### WEEK 7

**Goal:** Boost Performance Advanced

**Gym Days:** 5 (pick whichever 5 days of the week you can work out)

<table>
<thead>
<tr>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
<th>DAY 5</th>
<th>MENU</th>
</tr>
</thead>
</table>

#### CARDIO + STRENGTH TRAINING COMBINED

**Bootcamp Workout**
To get started, gather the equipment you need for the workout in one place:

- Mat
- Medicine ball
- Dumbbells
- Resistance band
- Exercise bench or box

Make sure you have some room around you to move freely without disturbing others. Then cycle through all 10 moves in the workout below and repeat the circuit 2 more times.

**MOUNTAIN CLIMBERS — 40 reps each side**
Get into the pushup position, keeping your arms completely straight and directly beneath your shoulders. Tighten your stomach and lift one foot off the floor, raising your knee up toward your chest while keeping your body in as straight a line as possible. Return to the starting position and repeat the movement with your opposite leg.

**WALKING LUNGES — 15 reps each leg**
Stand tall with your feet together. Take a large step forward with your right leg. Drop into a lunge, bending both knees to 90 degrees. Keep your torso upright with your chest up and shoulders back. Maintain your balance. Step forward and bring your feet together. Take another step forward with your left leg.

**MEDICINE-BALL WOOD CHOPS — 15 reps each side**
Stand with your feet shoulder-width apart. Hold a weight or medicine ball in front of your stomach. Squat down, keeping your knees out, chest up and shoulders back. Bring the ball to the outside of your right knee. Stand, and bring the ball across your body toward your left shoulder. Bring the ball to starting position. Switch sides and repeat.

See more on next page »

#### WARM-UPS

- **SHOULDER CIRCLES**
  30 secs each direction

- **NECK ROTATIONS**
  5 reps each side

- **GOOD MORNING STRETCH**
  5 reps

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**WEEK 7**

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**DAY 1**

**CARDO + STRENGTH TRAINING COMBINED**

**SQUAT, PLANK, PUSHUP — 8 reps**

Stand with your feet shoulder-width apart and toes pointed outward. Lower your hips until your thighs are parallel to the ground and place your hands directly in front of you on the floor. Jump your legs back so that you’re in a full plank position. Keeping the elbows tucked close to the torso, descend into a pushup until your chest touches the ground. Jump your feet forward into a squat position, and repeat.

**REVERSE CRUNCH — 15 reps**

Lie on your back with your knees together and your legs bent to 90 degrees, feet planted on the floor. Place your palms on the floor for support. Bring your knees into your chest, tightening your abs to lift your hips off the floor. Pause at the top before lowering your legs as close to the floor as possible without allowing your lower back to arch and lose contact with the floor. Return to the starting position.

**STEP-UPS WITH DUMBBELLS — 15 reps each leg**

Stand behind an exercise bench or box. Hold a dumbbell in each hand at your sides and place your right foot on the box. Shift your weight onto your right leg to step onto the box. Keep the help from your left leg to a minimum. Finish by stepping onto the box with your left leg. Step your left leg down. Do all reps with your right leg, switch sides, then repeat.

**PLANK — Hold for 1 min**

Lie facedown with your elbows directly beneath your shoulders and raise your torso into the air until it’s a completely straight line from your shoulders to your ankles. Tighten your stomach, squeeze your glutes, and hold.

**BICYCLE SIT-UPS — Do continuously for 1 min**

Lie on your back with your knees bent and feet flat on the floor. Place your palms hands-behind-your-head. Bring your knees to your chest and raise your shoulders. Slowly move your legs in the air as if you’re riding a bike.

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See more on next page »
### WEEK 7

**Goal: Boost Performance Advanced**  
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<tr>
<td><strong>CARDIO + STRENGTH TRAINING COMBINED</strong> CONT.</td>
<td></td>
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<tr>
<td><strong>SEATED CABLE ROW — 20 reps</strong></td>
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<td>Sit at a low pulley cable station with a V-handle attachment. Place the feet securely on the platform and using your legs (not your back), sit back into the start position with your arms fully extended and supporting the weight. Keeping your torso stationary, drive your elbows past your back and pull the cable attachment towards the waist. Attempt to squeeze shoulder blades together and hold this contraction for a second. Return the weight until the arms are fully extended, and repeat the movement. To end the set, return the weight to the starting position by bending at the knees and not the lower back.</td>
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<td><strong>SQUAT JUMP — 15 reps</strong></td>
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<td>Place your fingers on the back of your head and pull your elbows back so that they're in line with your body. Dip your knees in preparation to leap. Explosively jump as high as you can. When you land, immediately squat down and jump again.</td>
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<tr>
<td><strong>STRETCH SESSION</strong></td>
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</tr>
</tbody>
</table>
| HAMSTRING STRETCH  
Hold 30 secs each side | | | | | |
| GLUTE STRETCH  
Hold 45 secs each side | | | | | |
| LYING ABDUCTION STRETCH  
Hold 30 secs each side | | | | | |
| BICEPS STRETCH  
Hold 45 secs | | | | | |

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Week 7

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**STRENGTH TRAINING**

**Warm-up:** Stationary jog for 8 mins at a low to moderate speed

**Weight-Training Circuit (3 times, with 1 min of rest between each circuit)**

**PUSHUPS — 12 reps**
Get on all fours, and place your hands on the floor slightly wider than and in line with your shoulders. Form a straight line with your body from your ankles to your shoulders. Squeeze your abs as tight as possible and keep them contracted for the entire exercise. Lower your body until your chest nearly touches the floor, making sure that you tuck your elbows close to the sides of your torso. Pause, then push yourself back to the starting position.

**Rest:** 10 secs

**DUMBBELL UPRIGHT ROW — 12 reps**
Grab a pair of dumbbells with an overhand grip, and hold the weights in front of your thighs with your palms facing your body. Keeping the weights as close to your body as possible, pull the dumbbells up toward your chest. Your elbows should remain flared out during the movement. When the dumbbells are at your chest level (and not your chin), pause for 1 to 2 seconds, and then lower the dumbbells back to the starting position.

**Rest:** 10 secs

**SQUATS — 15 reps**
Stand as tall as you can with your feet shoulder-width apart, toes slightly pointed outward. Keep arms in front of you at chest height to help maintain balance. Drop your hips and sit back until your thighs are parallel with the floor. Pause, then drive through the heels and lift body upward to the starting position, squeezing the glutes at the top of the movement.

**Rest:** 10 secs

**Cooldown:** Finish with a light stationary jog for 3 mins while rolling shoulders and shaking out arms.

**STRETCH SESSION**

- **QUAD STRETCH**
  Hold 30 secs each side

- **SCORPION**
  Hold 45 secs each side

- **STRAIGHT-LEG CALF STRETCH**
  Hold 30 secs on each side

- **OVER UNDER SHOULDER STRETCH**
  Hold 30 secs each side

- **CAT CAMEL**
  15 reps

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**The Gold’s Gym 12-Week Personal Transformation Plan**

**WEEK 7**

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**CARDIO**

Continue to incorporate high-intensity interval training into your workout for speed plus strength. You can do this workout on a cardio machine of your choice: treadmill, elliptical or stationary bike.

The level of intensity varies between Zone 1 (lowest level; barely feel exertion) and Zone 5 (highest exertion level; maximum effort). As a general guide, treadmill incline should be somewhere between a 4% and a 10% grade, and sprint speed should be between 7.5 and 10 mph. Focus on pushing yourself but keep good posture with your hips, shoulders and neck relaxed.

**Warm-up:** 10 mins / Zone 2–3

**Interval Cycle**

- **Interval 1:** 2 mins / Zone 4
- **Interval 2:** 1 min / Zone 2
- **Interval 3:** 2 mins / Zone 4

Repeat interval cycle 5 times.

**Cooldown:** 5–10 mins / Zone 1

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**CORE CHECK-IN**

**PLANK**

- **3 sets of 1-min holds (rest for 30 secs between holds)**

Lie facedown with your elbows directly beneath your shoulders and raise your torso into the air until it’s a completely straight line from your shoulders to your ankles. Tighten your stomach, squeeze your glutes, and hold this position for the desired amount of time.

**SIDE PLANK**

- **3 sets of 1-min holds on each side (rest for 30 secs between holds)**

Begin facedown with your elbows resting on the floor or a mat. Rotate to the right side, then push up so you are resting on your right forearm and outer right foot, with your hips and back in alignment. Try not to let your hips sag. Repeat on left side.

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**WARM-UPS**

- **SHOULDER CIRCLES**
  - 30 secs each direction
- **NECK ROTATIONS**
  - 5 reps each side
- **GOOD MORNING STRETCH**
  - 5 reps

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**STRETCH SESSION**

- **HAMSTRING STRETCH**
  - Hold 30 secs each side
- **GLUTE STRETCH**
  - Hold 45 secs each side
- **LYING ABDUCTION STRETCH**
  - Hold 30 secs each side
- **BICEPS STRETCH**
  - Hold 45 secs

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CARDIO + STRENGTH TRAINING COMBINED

BOOTCAMP WORKOUT
To get started, gather the equipment you need for the workout in one place:

- Mat
- Medicine ball
- Dumbbells
- Resistance band
- Exercise bench or box

Make sure you have some room around you to move freely without disturbing others. Then cycle through all 10 moves in the workout below and repeat the circuit 2 more times.

MOUNTAIN CLIMBERS — 40 reps each side
Get into the pushup position, keeping your arms completely straight and directly beneath your shoulders. Tighten your stomach and lift one foot off the floor, raising your knee up toward your chest while keeping your body in as straight a line as possible. Return to the starting position and repeat the movement with your opposite leg.

WALKING LUNGES — 15 reps each leg
Stand tall with your feet together. Take a large step forward with your right leg. Drop into a lunge, bending both knees to 90 degrees. Keep your torso upright with your chest up and shoulders back. Maintain your balance. Step forward and bring your feet together. Take another step forward with your left leg.

MEDICINE-BALL WOOD CHOPS — 20 reps each side
Stand with your feet shoulder-width apart. Hold a weight or medicine ball in front of your stomach. Squat down, keeping your knees out, chest up and shoulders back. Bring the ball to the outside of your right knee. Stand, and bring the ball across your body toward your left shoulder. Bring the ball to starting position. Switch sides and repeat.

See more on next page »

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WEEK 7  |  Goal: Boost Performance Advanced
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CARDIO + STRENGTH TRAINING COMBINED CONT.

SQUAT, PLANK, PUSHUP — 8 reps
Stand with feet shoulder-width apart and toes pointed outward. Lower your hips until your thighs are parallel to the ground and place your hands directly in front of you on the floor. Jump your legs back so that you’re in a full plank position. Keeping the elbows tucked close to the torso, descend into a pushup until your chest touches the ground. Jump your feet forward into a squat position and repeat.

REVERSE CRUNCH — 15 reps
Lie on your back with your knees together and your legs bent to 90 degrees, feet planted on the floor. Place your palms on the floor for support. Bring your knees into your chest, tightening your abs to lift your hips off the floor. Pause at the top before lowering your legs as close to the floor as possible without allowing your lower back to arch and lose contact with the floor. Return to the starting position.

STEP-UPS WITH DUMBBELLS — 15 reps each leg
Stand behind an exercise bench or box. Hold a dumbbell in each hand at your sides and place your right foot on the box. Shift your weight onto your right leg to step onto the box. Keep the help from your left leg to a minimum. Finish by stepping onto the box with your left leg. Step your left leg down. Do all reps with your right leg, switch sides, then repeat.

PLANK — Hold for 1 min
Lie facedown with your elbows directly beneath your shoulder and raise your torso into the air until it’s a completely straight line from your shoulders to your ankles. Tighten your stomach, squeeze your glutes, and hold.

BICYCLE SIT-UPS — Do continuously for 1 min
Lie on your back with your knees bent and feet flat on the floor. Place your palms hands-behind-your-head. Bring your knees to your chest and raise your shoulders. Slowly move your legs in the air as if you’re riding a bike.

See more on next page »

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**CARDIO + STRENGTH TRAINING COMBINED**  
CONT.

**SEATED CABLE ROW — 20 reps**
Sit at a low pulley cable station with a V-handle attachment. Place feet securely on the platform and using your legs (not your back), sit back into the start position with your arms fully extended and supporting the weight. Keeping your torso stationary, drive your elbows past your back and pull the cable attachment toward the waist. Attempt to squeeze shoulder blades together and hold this contraction for a second. Return the weight until the arms are fully extended, and repeat the movement. To end the set, return the weight to the starting position by bending at the knees and not the lower back.

**SQUAT JUMP — 15 reps**
Place your fingers on the back of your head and pull your elbows back so that they’re in line with your body. Dip your knees in preparation to leap. Explosively jump as high as you can. When you land, immediately squat down and jump again.

---

**STRETCH SESSION**

| QUAD STRETCH | Hold 30 secs each side |
| SCORPION | Hold 45 secs each side |
| STRAIGHT-LEG CALF STRETCH | Hold 30 secs on each side |
| OVER UNDER SHOULDER STRETCH | Hold 30 secs each side |
| CAT CAMEL | 15 reps |

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Cardio Triathlon
Do the Gold’s Gym Indoor Cardio Triathlon! Push harder in each section and try to beat last week’s effort.

Elliptical (15 mins)
A traditional triathlon starts with swimming, but for our indoor version try an elliptical machine that provides a highly efficient low-impact workout. Think of this portion as your warm-up to the bike and run, and be sure to keep your head and body upright.

Tip: Most elliptical trainers have arm levers; use them to give yourself an upper-body workout.

Bicycle (15 mins)
To gain maximum cycling benefits, properly align yourself before you start. Adjust the seat so that your knees have a slight bend when extended. Find a comfortable resistance that allows you to maintain around 80 revolutions per min (RPM).

Tip: For the last 2 mins, lower the resistance and increase your RPM to 90.

Treadmill (15 mins)
Because your legs will likely feel a little rubbery after the bike ride, ease into the run. In fact, you should feel free to start with 1 or 2 mins of walking or jogging to get going. Once you’re in a groove, build up speed.

Tip: Need a push? Remember that you’re simulating a triathlon, and use that as motivation to drive you to the finish line.

Warm-Ups
- Shoulder Circles: 30 secs each direction
- Neck Rotations: 5 reps each side
- Good Morning Stretch: 5 reps

Stretch Session
- Hamstring Stretch: Hold 30 secs each side
- Glute Stretch: Hold 45 secs each side
- Lying Abduction Stretch: Hold 30 secs each side
- Biceps Stretch: Hold 45 secs

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<tr>
<td><strong>BREAKFAST</strong></td>
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<tr>
<td>1 whey protein shake made with 1 banana, 1/2 cup blackberries, 1 tbsp ground flax meal, and 1/2 cup almond milk with water.</td>
<td>2 slices of gluten-free toast with 1 tbsp sugar-free raspberry preserves and 1 tbsp peanut butter.</td>
<td>2 egg whites sautéed with 1/2 cup spinach and 1 tbsp olive oil. 1 cup of high-fiber cereal with 1 cup nonfat milk and 1 cup blueberries.</td>
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<tr>
<td>507 Cal.</td>
<td>344 Cal.</td>
<td>487 Cal.</td>
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| LUNCH | | |
|-------| | |
| 1 cup of pinto beans sautéed in 1 tbsp of olive oil with herbs. Combine with 1 cup of cooked red quinoa sautéed with spinach and broccoli. Dip mixture in 1/2 cup Greek yogurt with dill and garlic. | Brown rice tortilla wrap made with 4 ounces of grass-fed ground beef, lettuce, spinach, 1 slice of low-fat mozzarella cheese, and 1 tbsp of sodium-free ketchup. On the side have 1-1/2 cups of vegetable soup (homemade, or lowest-sodium version available). | One 4-ounce turkey sandwich on 2 slices of gluten-free bread. Add 2 slices of low-fat mozzarella cheese, spinach leaves, 1 tsp nonfat mayo, and 1 tbsp hot mustard. On the side, have 1 cup of low-sodium split pea soup. |
| 775 Cal. | 496 Cal. | 536 Cal. |

| SNACK | | |
|-------| | |
| 1 apple. 1/3 cup unsalted pecans. | 1/3 cup pecans. 1 pear. | Celery sticks with 1 tbsp pecan butter. |
| 323 Cal. | 270 Cal. | 110 Cal. |

| DINNER | | |
|-------| | |
| One 5-ounce grilled pork chop. On the side, have 2 cups of asparagus sautéed in 1 tbsp grapeseed oil. | Grill one 4-ounce NY strip steak. On the side, have 1 cup of sautéed white cabbage, 1 cup of asparagus, red grapes, and 1 cup of quinoa mixed with chopped jalapeños (at your level of spice preference). | Steam 3 ounces of clams or available shelfish like shrimp. Pour over 1/2 cup gluten-free spaghetti, with 3 tbsp olive oil and 1 cup of tomato and basil sauce. On the side, have a spinach salad with 1 tbsp of light vinaigrette. |
| 415 Cal. | 658 Cal. | 643 Cal. |

| TOTAL CALORIES | | |
|----------------| | |
| 2020 Calories | 1768 Calories | 1776 Calories |

*Each day based on a balance of approximately 1700–2000 average total calories to be consumed per day.

Day 4-6 continued on next page...
**BOOST PERFORMANCE MEAL PLAN**

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<tr>
<th>DAY 4</th>
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<tr>
<td>1 gluten-free bagel with 6 ounces of your favorite specialty nonfat cream cheese, and spinach leaves. 587 Cal.</td>
<td>1 cup of gluten-free oatmeal. 1/3 cup crushed almonds. 1 cup almond milk. 1 sliced apple with skin. 672 Cal.</td>
<td>2 small low-sodium turkey sausage links (lowest-sodium version available). Scramble 1 egg and pair with 1/2 cup ground flax meal. 660 Cal.</td>
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<td><strong>LUNCH</strong></td>
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<td>Grill one 6-ounce sole filet, sautéed with green onions in 1 tbsp of olive oil. On the side, have 2 cups of sautéed spinach in 1-1/2 tbsp olive oil. 1 cup of brown and wild rice. 625 Cal.</td>
<td>Turkey wrap made with 3 ounces low-sodium turkey, 1 slice of low-fat cheddar cheese, 1 tbsp flax meal, 1/2 cup of raw broccoli, and 1 tbsp nonfat mayo and hot mustard. Wrap in a brown rice tortilla. 412 Cal.</td>
<td>One 4-ounce low-sodium ham sandwich on gluten-free bread with 1 slice of low-fat melted Swiss cheese, lettuce, and hot mustard. On the side, have 1 cup of vegetable and brown rice soup (homemade or lowest-sodium version available). 405 Cal.</td>
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<tr>
<td>2 ounces sliced low-sodium turkey breast. 30 gluten-free crackers and 1 cup of red grapes. 315 Cal.</td>
<td>1 orange. 1/3 cup walnuts. 237 Cal.</td>
<td>1 slice low-fat Swiss cheese. 1 whole nectarine. 145 Cal.</td>
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<td>Bake a 6-ounce turkey breast with onions and dandelion greens. On the side, have 1 cup brown and wild rice mixture and 1 cup of green beans sautéed in 1 tbsp olive oil. 540 Cal.</td>
<td>Sauté 5 ounces of chicken fritters made with gluten-free bread crumbs. Sauté 1 to 2 cups mixed vegetable medley consisting of pomegranate seeds, asparagus, cauliflower, broccoli, red cabbage, and brussels sprouts. 445 Cal.</td>
<td>Grill 4 ounces wild salmon. On the side, have 1 cup of mashed cauliflower and 1/2 cup red quinoa mixed with 1 tbsp olive oil. 552 Cal.</td>
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