Week 7 | Goal: Get Lean Advanced
Gym Days: 5 (pick whichever 5 days of the week you can work out)

Focus: Cardio and Strength
Warm-up: 5 mins / brisk walk or jog on a treadmill

CARDIO + STRENGTH TRAINING COMBINED

BOOTCAMP WORKOUT (3 times; rest 30 secs at the end of each circuit)

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 side
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 CHOP — 15 reps each side
Stand with your feet shoulder-width apart. Hold a medicine ball or weight 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. Do all reps, switch sides and repeat.

SQUAT, PLANK, PUSHUP — 5 reps
Stand with the feet shoulder-width apart and toes pointed outward. Lower your hips until your thighs are parallel to the ground. 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.

See more on next page »

WARM-UPS

SHOULDER CIRCLES
30 secs each direction

NECK ROTATIONS
5 reps each side

GOOD MORNING STRETCH
5 reps

Need help? Wanna speak with a trainer? Click here to find Gold’s Gym nearest you.
**Quote of the Week:**
At the time when I started training, I found comfort in the fact that I could take control of how I was treating my body.
— Jamie Eason

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

**WEEK 7**

**Goal: Get Lean Advanced**

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

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<td><strong>CARDIO + STRENGTH TRAINING COMBINED</strong> CONT.</td>
<td><strong>STRETCH SESSION</strong></td>
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**SUPERMAN — 15 reps**

Lie facedown on the floor with your legs straight and arms out ahead of you. Your palms should be down on the floor. Squeeze your glutes and lower back to raise your upper body off the floor with your hands out in front of you. Simultaneously, lift your straight legs off the floor. Pause at the top for two seconds. Relax and return to the starting position.

**STEP-UPS WITH DUMBBELL — 15 reps each side**

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 45 secs**

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 hands behind your head with palms toward 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.

**SEATED CABLE ROW — 15 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 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 — 12 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.

**Stretching:** 5 mins

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**WEEK 7**

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**Focus:** Cardio and Chest  
**Warm-up:** 5 mins / brisk walk or jog on the treadmill

**CARDIO**

**ELLiptical**  
45 mins / moderate

**STRENGTH TRAINING**

**WEIGHT CIRCUIT (Focus: Chest)**

**Pushup Superset (3 times; rest 1 min at the end of each circuit)**

**PUSHUP — 10 reps**
Get on all fours, and place your hands on the floor slightly wider than and in line with your shoulders. Your body should form a straight line 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.

**Judo Pushup — 10 reps**
Get in the pushup position with legs wider than hip-width apart and arms directly underneath your shoulders. Step feet in slightly toward your hands and lift your hips so that your body forms an inverted V. Keeping your core tight and elbows close to the body, bend your arms and lower your chest to the floor. At the bottom of the movement, swoop your head and shoulders upward while lowering your hips until they almost touch the floor. Reverse the motion and return to start.

**Upper-Body Supersets**

A superset means doing two consecutive exercises back to back without a rest. Use a low to medium weight that feels challenging. You don’t have to overdo it with weight because the workout includes lots of reps, continuing to build lean muscles and muscle endurance.

See more on next page »

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**QUOTE OF THE WEEK:**

At the time when I started training, I found comfort in the fact that I could take control of how I was treating my body.

— Jamie Eason

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

**WEEK 7**

**Goal: Get Lean Advanced**

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**STRENGTH TRAINING**

**Superset 1 (3 times; rest 1 min before beginning Superset 2)**

**BASIC BENCH**

Lie on a bench holding a barbell with an overhand grip slightly wider than shoulder-width apart. Press the barbell above your chest, straightening your arms. Hold the barbell in place for 30 secs and lower it to your chest to return to start.

- **Round 1:** 15 reps
- **Round 2:** 12 reps
- **Round 3:** 10 reps

**DUMBBELL FLY**

Grab a pair of dumbbells and lie on your back on a bench with a 30- to 45-degree angle. Raise your arms straight above your chest with your palms facing each other and your elbows slightly bent. Slowly lower the dumbbells in an arc down and away from your body. Once the dumbbells are just above chest level—reverse the movement back to the starting position, making sure you squeeze the muscles in your chest at the top of the movement.

- **Round 1:** 15 reps
- **Round 2:** 12 reps
- **Round 3:** 10 reps

**Superset 2 (3 times; rest 1 min before beginning Superset 3)**

**DUMBBELL INCLINE CHEST PRESS**

Set an adjustable bench to an incline of 30- to 45-degrees. Grab a pair of dumbbells and lie face-up on the bench. Hold the dumbbells directly above your shoulders with your arms straight. Lower the dumbbells to the sides of your chest, pause, and then press the weights back above your chest.

- **Round 1:** 15 reps
- **Round 2:** 12 reps
- **Round 3:** 10 reps

See more on next page »

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The Gold’s Gym 12-Week Personal Transformation Plan

**WEEK 7**

**Goal: Get Lean Advanced**

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

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### STRENGTH TRAINING

#### ALTERNATING DUMBBELL CURL

Stand with feet shoulder-width apart, holding a dumbbell in each hand with an overhand grip and palms facing your sides. Curl the right dumbbell toward the right shoulder by flexing the elbow. The other dumbbell should remain at your left side. Try to minimize moving the elbow (shoulder flexion) or cheating with the lower back. As you curl the weight up, twist the pinky finger of the working arm toward the ceiling. This intensifies the contraction in the biceps. Hold at the top for 1 sec and return to the starting position, and then repeat the movement using the left dumbbell.

- **Round 1:** 12 reps each side
- **Round 2:** 10 reps each side
- **Round 3:** 8 reps each side

#### Superset 3 (3 times)

##### CABLE CROSSOVER

Begin in a staggered stance with your body positioned in the middle of a dual cable machine with one weight stack on either side of you. Adjust the handles so they’re slightly lower than shoulder height and grab the handles so your palms are facing forward and your arms are roughly parallel with the ground. Maintain a slight bend in the elbows. Contract your pecs and pull your arms together in front of you, keeping a slight forward lean from the waist up. Pause, and then slowly return the weight back to the starting position.

- **Round 1:** 15 reps
- **Round 2:** 12 reps
- **Round 3:** 10 reps

##### INCLINE DUMBBELL FLY

Lie on your back on an incline bench, holding a pair of dumbbells above your chest. Make sure your palms are facing toward one another, and keep your elbows slightly bent. Maintenance a slight bend in the elbows, slowly lower the dumbbells horizontally until your upper arms are parallel with the ground. Pause, then squeeze your pecs while bringing your arms back to the starting position. Repeat for the prescribed number of sets and repetitions.

- **Round 1:** 15 reps
- **Round 2:** 12 reps
- **Round 3:** 10 reps

### STRETCH SESSION

- **Quad Stretch:** Hold 30 secs each side
- **Scorpion:** Hold 45 secs each side
- **Straight-Leg Calf Stretch:** Hold 30 secs each side
- **Over Under Shoulder Stretch:** Hold 30 secs each side
- **Cat Camel:** 15 reps

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**Stretching:** 5 mins

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### WEEK 7

**Goal:** Get Lean Advanced

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#### CARDDIO

**TREADMILL INTERVALS**

**Incline:** 3.5

**Intermediate to Advanced**

- Jog interval: 5–6 mph
- Sprint interval: 7–8 mph
  - Jog: 4 mins
  - Sprint: 1 min
  - Jog: 3 mins
  - Sprint: 2 mins
  - Jog: 2 mins
  - Sprint: 3 mins
  - Walk briskly: 2 mins
  - Jog: 3 mins
  - Sprint: 2 mins
  - Jog: 3 mins
  - Sprint: 1 min
  - Jog: 4 mins
  - Rest: 2 mins

#### WARM-UPS

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

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**QUOTE OF THE WEEK:**

At the time when I started training, I found comfort in the fact that I could take control of how I was treating my body.

— Jamie Eason

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

**Week 7**

**Goal:** Get Lean Advanced

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**STRENGTH TRAINING**

**SUPERSETS (Focus: Legs)**

A superset means doing two consecutive exercises back to back without a rest. Use a low to medium weight that feels challenging. You don’t have to overdo it with weight because the workout includes lots of reps, continuing to build lean muscles and muscle endurance.

**Superset 1 (3 times; rest 1 min before beginning Superset 2)**

**LEG-PRESS MACHINE — 12 reps**

Sit on a leg-press machine with feet hip-width apart. Set the weight on a challenging yet doable resistance. Bend your knees 90 degrees, keeping your feet flat against the footplate. Extend your legs until they are straight but not locked. Slowly return to the starting position.

**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.

**Superset 2 (3 times; rest 1 min before beginning Superset 3)**

**DUMBBELL SQUAT — 12 reps**

Hold a pair of dumbbells at arm’s length next to your sides, your palms facing each other. Brace your abs, and lower your body as far as you can by pushing your hips back and bending your knees. Pause, then push back up to the starting position.

**DUMBBELL DEADLIFT — 12 reps**

Set a pair of dumbbells on the floor in front of you. Bend at your hips and knees, and grab the dumbbells with an overhand grip. Without allowing your lower back to round, stand up with the dumbbells and thrust your hips forward. Lower your body back to the starting position.

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Week 7

Goal: Get Lean Advanced

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Strength Training (CONT.)

Superset 3 (3 times; rest 1 min before beginning Superset 4)

**LEG EXTENSION** — 12 reps
Sit down on the seat and hook your legs behind the padded bar. Adjust the bar so that it rests on your lower leg. Select a weight and slowly lift the bar until your legs are almost straight, then lower your legs back down. Make sure to keep your back straight and grip the handles on each side of the seat.

**LEG CURL** — 12 reps
Set the machine to a challenging but doable weight. Lying stomach down on the bench part of the machine, hook your ankles behind the padded leg rests. Draw your ankles toward your buttocks until your legs form a 90-degree angle. Slowly return to the starting position.

Superset 4 (3 times)

**LUNGE WITH DUMBBELLS AT SIDES** — 12 reps each side
Grab a pair of dumbbells and hold them at arm's length next to your sides, your palms facing each other. Step forward with your right leg and slowly lower your body until your front knee is bent at least 90 degrees. Pause, then push yourself to the starting position as quickly as you can. Complete the prescribed number of reps with your right leg, then do the same number with your left leg.

**GLUTE BRIDGE WITH ADDUCTION** — 15 reps
Lie on your back with your knees bent and heels flat against the floor. Keep your feet hip-width apart. Place a medicine ball, rolled-up towel, or exercise mat between your knees. Tighten your stomach and press your heels into the floor, driving your hips upward and squeezing your knees together. Finish the movement by squeezing your butt, making sure not to use your lower back.

**Stretching:** 5 mins

Stretching Session

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

- **GLUTE STRETCH**
  Hold 45 secs each side

- **LEYING ABDUCTION STRETCH**
  Hold 30 secs each side

- **BICEPS STRETCH**
  Hold 45 secs

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### The Gold's Gym 12-Week Personal Transformation Plan

#### WEEK 7

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**Cardio**

Attend a Les Mills Body Jam class (1 hour).

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The Gold's Gym 12-Week Personal Transformation Plan

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WEEK 7
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DAY 1
Focus: Cardio and Strength
Warm-up: 5 mins / brisk walk or jog on a treadmill

CARDIO + STRENGTH TRAINING COMBINED

BOOTCAMP WORKOUT (3 times; rest 30 secs at the end of each circuit)

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 side
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 CHOP — 15 reps each side
Stand with your feet shoulder-width apart. Hold a medicine ball or weight 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. Do all reps, switch sides and repeat.

SQUAT, PLANK, PUSHUP — 5 reps
Stand with feet shoulder-width apart and toes pointed outward. Lower your hips until your thighs are parallel to the ground. 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.

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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**CARDIO + STRENGTH TRAINING COMBINED**

**SUPERMAN** — 15 reps
Lie facedown on the floor with your legs straight and arms out ahead of you. Your palms should be down on the floor. Squeeze your glutes and lower back to raise your upper body off the floor with your hands out in front of you. Simultaneously, lift your straight legs off the floor. Pause at the top for two seconds. Relax and return to the starting position.

**STEP-UPS WITH DUMBBELL** — 15 reps each side
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 45 secs
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 hands-behind-your-head with palms toward 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.

**SEATED CABLE ROW** — 15 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 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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**WEEK 7**  
**Goal: Get Lean Advanced**  
**Gym Days: 5** *(pick whichever 5 days of the week you can work out)*

### GET LEAN MEAL PLAN

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| 1 cup oatmeal with cinnamon and stevia.  
5 boiled egg whites. | 1 egg-white omelet with 1 ounce of tomatoes and a light sprinkling of basil. On the side, have 1 slice of toast with 1 tsp almond butter. | 1 protein shake made with 1 scoop of protein, 1 handful of spinach, 1 cup mixed berries, 6 ounces of water, and 6 ounces of skim milk. |
| 341 Cal. | 362 Cal. | 213 Cal. |
| **LUNCH** | **LUNCH** | **LUNCH** |
| Salad made with raw vegetables of choice, tomatoes, 4 ounces of boiled shrimp, and 1 tbsp olive oil and balsamic vinegar dressing. | Bake 4 ounces of chicken breast. On the side, have 1 cup steamed veggies and 1/2 cup brown rice. | Grilled zucchini, onions, and bell peppers with 4-ounces grilled chicken breast and 1/2 cup quinoa. |
| 481 Cal. | 456 Cal. | 459 Cal. |
| **SNACK** | **SNACK** | **SNACK** |
| 1/2 avocado and 1 cup assorted vegetables of choice. | 6 ounces of Greek yogurt mixed with 1/4 cup of blueberries. Handful of almonds. | 1 cup chopped vegetables of choice dipped in salsa. |
| 184 Cal. | 233 Cal. | 109 Cal. |
| **DINNER** | **DINNER** | **DINNER** |
| Grill 4 ounces of tuna steak. On the side, have 1/2 cup sautéed spinach, 1/2 cup steamed asparagus, and 1 small red potato. | Grill 4 ounces of chicken. Pair with 1/2 cup brown rice and 1 cup steamed mixed greens. | Grill 4 ounces of salmon. On the side, have 1/2 cup brown rice, 1 cup chopped cucumber mixed with 1/2 cup chopped tomatoes and 1 tbsp oil and vinegar. |
| 352 Cal. | 379 Cal. | 586 Cal. |
| **TOTAL CALORIES** | **TOTAL CALORIES** | **TOTAL CALORIES** |
| 1358 Calories | 1430 Calories | 1367 Calories |

* Each day is based on a balance of approximately 1200-1400 average total calories to be consumed per day.  
If you are intensely training, try having a protein smoothie with breakfast.
** Quote of the Week: **
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— Jamie Eason

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<td>1 whole wheat tortilla with 1 cup of mixed beans; top with salsa. Add in 1 cup of grilled peppers and onions.</td>
<td>1 cup lentil soup. On the side, have a small green mesclun salad with 1/2 cup tomatoes and 1/2 cup cucumbers.</td>
<td>Small Cobb salad with 1/4 cup of strawberries, blueberries, raspberries, blackberries, and drizzled olive oil.</td>
<td>6 ounces of Greek yogurt mixed with 1/4 cup of blueberries. Handful of almonds.</td>
<td>1 cup fresh fruit of choice. 10 walnuts.</td>
<td>1/2 cup avocado. 1 apple.</td>
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<tr>
<td>6 ounces of Greek yogurt mixed with 1/4 cup of blueberries. Handful of almonds.</td>
<td>1 cup fresh fruit of choice. 10 walnuts.</td>
<td>1/2 cup avocado. 1 apple.</td>
<td>Grill 4 ounces of chicken. Pair with 1/2 cup brown rice and 1 cup steamed mixed greens.</td>
<td>Prepare 4 ounces of turkey burger and serve open face on 1 slice of whole wheat toast. On the side, have 1 cup tossed salad with carrots and grape tomatoes. Drizzle balsamic vinaigrette to taste.</td>
<td>6 ounces of roasted chicken paired with 1/2 cup cooked broccoli and 1 sweet potato.</td>
</tr>
<tr>
<td>233 Cal.</td>
<td>254 Cal.</td>
<td>189 Cal.</td>
<td>379 Cal.</td>
<td>605 Cal.</td>
<td>419 Cal.</td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
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<tr>
<td>Lunch</td>
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</tr>
<tr>
<td>1431 calories</td>
<td>1482 calories</td>
<td>1044 calories</td>
<td>* Each day is based on a balance of approximately 1200-1400 average total calories to be consumed per day. If you are intensely training, try having a protein smoothie with breakfast.</td>
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<tr>
<td><strong>TOTAL CALORIES</strong></td>
<td><strong>TOTAL CALORIES</strong></td>
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<tr>
<td>1431</td>
<td>1482</td>
<td>1044</td>
<td>1371</td>
<td>1292</td>
<td>1323</td>
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</tbody>
</table>

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