**Week 7**  
*Goal: Stay Healthy Advanced*  
*Gym Days: 5 (pick whichever 5 days of the week you can work out)*

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

### Cardio
Do 45 mins of cardio on a machine of your choice—treadmill, elliptical or stationary bike. Begin with a 2-min warm-up at Zone 1, then maintain an exertion level between Zone 3 and Zone 4. Finish with a 1-min cooldown at Zone 2. (Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort.)

**Cooldown**
**Stretching:** 5 mins  

### 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

Need help? Wanna speak with a trainer? [Click here](#) to find Gold’s Gym nearest you.
**WEEK 7**

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**CLASS DAY**

**Focus:** Balance, Flexibility and Strength

Attend a restorative yoga class (1 hour).

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WEEK 7

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**CARDIO**

Do 45 mins of cardio on a machine of your choice—treadmill, elliptical or stationary bike. Begin with a 1.5-min warm-up at Zone 1, then maintain an exertion level between Zone 3 and Zone 4. Finish with a 1-min cooldown at Zone 2. (Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort.)

**Cooldown**

**Stretching:** 5 mins

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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**

- **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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Week 7
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Day 1

Cardio
Do 30 mins of cardio on a machine of your choice—treadmill, elliptical or stationary bike. Begin with a 1-min warm-up at Zone 1, then maintain an exertion level between Zone 3 and Zone 4. (Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort.)

Strength Training
Resistance-Training Circuit (2 rounds; rest 30 secs at the end of each round)
Try this bootcamp-style resistance-training workout. Do these exercises in a circuit; that is, do 1 set of an exercise, then move on to the next exercise. The key is to keep your heart rate high by constantly moving, but make sure to rest as instructed between sets.

Overhead Dumbbell Squat
Hold a pair of dumbbells directly above your head at about shoulder-width apart. Your feet should be shoulder-width apart, too. Maintain a tight core, and begin to lower your hips by pushing them back, and then bending your knees. Make sure the dumbbells remain directly above your head during the entire movement. At the bottom of the movement, your knees should be at about 90 degrees. Pause for a second, and then push through your heels back to the starting position. Repeat until all prescribed reps are completed.

Round 1: 12 reps
Round 2: 15 reps

Straight-Arm Lat Pulldown
Sit at a lat pulldown station and grab the bar with an overhand grip that’s just beyond shoulder width. Your arms should be completely straight and your torso upright. Pull your shoulder blades down and back, and bring the bar to your chest. Pause, then return to the starting position.

Round 1: 12 reps
Round 2: 15 reps

See more on next page »

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**STRENGTH TRAINING** CONT.

**PUSHUP WITH MEDICINE BALL**

Grab a medicine ball and place it on the ground. Get in the standard pushup position with one hand on the floor and the other hand on top of the medicine ball. Your body should be in a straight line with your legs straight and toes pointing into the ground. Keeping your core tight, slowly lower yourself toward the ground. Make sure to keep your elbows tucked in close by your sides so they make a 45-degree angle with your torso. Once your chest nearly touches the ground, pause, and then press back up to the starting position. Roll the medicine ball beneath the other hand and perform the same movement. Repeat for the prescribed number of reps.

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

**STEP-UPS WITH DUMBBELLS**

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.

- **Round 1:** 12 reps each side
- **Round 2:** 15 reps each side

**KETTLEBELL SWING**

Hold a single kettlebell with both hands, using an overhand grip and keeping your feet shoulder-width apart. Bend your knees slightly while pushing your hips backward, pushing your chest out and hinging your torso until it is parallel with the floor. Explosively push your hips forward while squeezing your glutes, letting the momentum from this movement propel the kettlebell, not by using your arms.

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

See more on next page »
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**STRENGTH TRAINING**

**HOVERING SITUP**

Start by sitting with your feet and upper back off the ground and knees bent toward your chest, placing your hands behind your head for support and balance. Make sure not to pull at your neck. Tighten your abs and straighten your legs out completely while leaning back, touching your lower back to the ground while making sure that your shoulders remain in the air. Use your abs to crunch up and return to the starting position, repeating for the desired number of repetitions.

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

**Stretching:** 5 mins

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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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WEEK 7 | Goal: Stay Healthy Advanced
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Day 1
Day 2
Day 3
Day 4
Day 5
Menu

Focus: Balance, Flexibility and Strength

Attend an Abs & Stretch class (30 minutes).

Quote of the Week:
I don’t want to be the woman who’s angry at
the world because the clock keeps ticking.
— Gabrielle Reece

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**Week 7**

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**STAY HEALTHY MEAL PLAN**

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<tr>
<th>DAY 1</th>
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<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>SNACK</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. 507 Cal.</td>
<td>1 cup pinto beans sautéed in 1 tbsp of olive oil with herbs. Combine with 1 cup cooked red quinoa sautéed with spinach and broccoli. Dip mixture in 1/2 cup Greek yogurt with dill and garlic. 775 Cal.</td>
<td>1 apple. 1/3 cup unsalted pecans. 323 Cal.</td>
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<tr>
<td><strong>DINNER</strong></td>
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<td><strong>DINNER</strong></td>
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<tr>
<td>One 5-ounce grilled pork chop. On the side, have 2 cups of asparagus sautéed in 1 tbsp grapeseed oil. 415 Cal.</td>
<td>1/3 cup pecans. 1 pear. 270 Cal.</td>
<td>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 jalapenos (at your level of spice preference). 658 Cal.</td>
</tr>
<tr>
<td><strong>TOTAL CALORIES</strong></td>
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</tr>
<tr>
<td>2020 Calories</td>
<td>1768 Calories</td>
<td>1776 Calories</td>
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Days 4-6 continued on next page...

* Each day based on a balance of approximately 1700–2000 average total calories to be consumed per day.
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<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 green peppers. 1 cup gluten-free bran cereal. 1 cup nonfat milk. 1 tbsp ground flax meal. 660 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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**TOTAL CALORIES**

2067 Calories 1766 Calories 1762 Calories

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