The Gold’s Gym 12-Week Personal Transformation Plan

Week 8

Goal: Boost Performance Advanced

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

Day 1 (CLASS DAY)

Attend a power yoga class (1 hour).

Quote of the Week:

"Put blinders on those things that conspire to hold you back, especially the ones in your own head."

— Gabrielle Reece

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**CARDIO**

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

**ELLIPTICAL (20 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.

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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.

**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

---

**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**
This strength workout is great for all your muscles, plus it adds a little cardio to keep it interesting.

**Series 1 (5 times; then rest for 1 min)**

**Jumping Jacks — 30 secs**
Stand with your feet together and your hands at your sides. Simultaneously raise your arms above your head and jump your feet out to the sides. Immediately jump back to the starting position.

**Walking High Knees — 12 reps each side**
Stand tall with your legs straight and arms hanging at your sides. Kick your right knee up, bringing it as high as possible before slowly lowering it. Immediately repeat with your left knee to “walk” forward.

**Lateral Stepover — 8 reps on each side**
Stand tall with a bench to your right side. Raise your right knee and laterally step your right foot over the bench. Immediately follow the movement with your left leg, so that you end up on the other side of the bench. Repeat to the other side.

**Series 2 (5 times; then rest for 1 min)**

**Squat Jump — 10 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.

See more on next page »
**WEEK 8**

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**CARDIO + STRENGTH TRAINING COMBINED**

**SCISSOR POWER SWITCH — 5 reps each side**

Stand with your feet a lunge-length apart, with your right foot in front of your left. Bend both knees to 90 degrees and descend into the lunge. Reach for the ground with your left hand. Jump off the ground while swinging your arms forward. Switch your feet in the air and land with your left foot forward. Descend into a lunge in preparation for the next rep. Alternate sides.

**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 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.

**JUMPING JACKS — 30 secs**

Stand with your feet together and your hands at your sides. Simultaneously raise your arms above your head and jump your feet out to the sides. Immediately jump back to the starting position. Repeat for all reps.

**Series 3 (5 times; then rest for 1 min)**

**SPLIT JACKS — 5 reps**

Stand tall, your hands hanging at your sides. Lunge forward with your right foot in front of you and your left foot behind you as you reach your left arm skyward and bring your right arm down and slightly behind you. Reverse the motion, going back and forth.

**LATERAL LEAP AND HOP — 8 reps each side**

Stand on your right leg and take your left foot completely off of the ground. Make sure to keep a slight bend in the right knee. Bend your right knee a bit deeper and then explosively leap to the left and land on your left foot. Do not allow your right foot to touch the ground. Pause, and then hop once on your left leg. Repeat for the prescribed number of sets and repetitions.

See more on next page »

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**QUOTE OF THE WEEK:**

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### DAY 1

**SQUAT THRUSTS — 8 reps**

Stand tall with your feet shoulder-width apart and arms hanging at your sides. Push your hips back and bend your knees to descend into a squat. Drop your hips as low as possible and place your palms on the ground. Kick your legs backward so that you’re in a pushup position. Quickly bring your legs back to the squat position and jump up quickly back to the starting position.

### DAY 2

**PUSHUPS PLUS — 5 reps on each side**

Assume a standard pushup position with your feet slightly elevated on a bench behind you. With your hands a bit wider than shoulder-width apart, transfer most of your body weight to one hand and slowly lower yourself toward that side until your chest is nearly touching the ground. Pause, and then push yourself back up to the starting position. Repeat on the other side. Repeat for prescribed number of sets and 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 8

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.

Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort. As a general guide, treadmill incline should be somewhere between a 6% and a 10% grade, and sprint speed should be between 7.5 and 10 mph.

**Warm-up:** 2 mins / Zone 1

**Intervals**
- High-intensity interval: 1 min / Zone 5
- Rest interval: 90 secs / Zone 3

Repeat interval cycle 4 times.

**Cooldown:** 2 mins / Zone 1

STRENGTH TRAINING
UPPER-BODY SUPERSET

**First Superset**

**DUMBBELL ROW** — 3 sets of 15 reps
Stand with feet shoulder-width apart and holding a dumbbell in each hand. Bend the knees slightly and bend at the waist with your back straight. Avoid rounding the upper back, and keep the head neutral. Extend your arms fully so each dumbbell is just above the floor. Contract your back and pull both dumbbells up to your ribcage. Be sure to pull through the elbow and hold for one second in the top position. Lower the dumbbells to the fully extended arm position, and repeat.

See more on next page »

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## WEEK 8

### Goal: Boost Performance Advanced

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

#### DAY 1

**Strength Training**

**Incline Dumbbell Fly** – 3 sets of 15 reps
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. Maintaining 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.

Rest 1 min between supersets.

**Second Superset**

**Bent Over Reach to Sky** – 3 sets of 15 reps
Stand with your feet shoulder-width apart and knees slightly bent. Bend at your hips and lower your torso toward the ground, keeping your back straight. Rotate your torso to the right and reach as high as you can with your right hand. Return to the bent position, and repeat to your left.

**Dumbbell Biceps Curls** – 3 sets of 15 reps
Grab a pair of dumbbells and stand up straight with a tight torso. Allow the dumbbells to hang at arm's length with your palms facing forward. With feet shoulder-width apart, bend your elbows to curl the dumbbells upward to your shoulders. Pause for 1 sec and slowly allow the weights to return to the starting position. Completely straighten your arms and repeat until all reps are completed.

Rest 1 min between supersets.

#### DAY 2

**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

#### DAY 3

#### DAY 4

#### DAY 5


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WEEK 8

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CARDIO + STRENGTH TRAINING COMBINED

BOOTCAMP WORKOUT

Some of these exercises require a flat bench and dumbbells. Choose a dumbbell weight that is challenging but not straining.

Warm-up: Stationary jog for 4 mins at a low to moderate speed

Series 1 (Cycle through 3 times)

WIDE-HANDS PUSHUPS — 5 reps

Get on all fours, and place your hands on the floor wider than 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 — 5 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.

STACKED FEET PUSHUP — 5 reps on each side

Get in the standard pushup position with your hands slightly wider than shoulder-width apart and elbows completely locked out. Keeping one foot planted on the ground, pick the other foot up and place it on the heel of the planted foot. 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 touches the ground, pause, and then press back up to the starting position. Repeat for the prescribed number of sets and reps.

Rest: 30 secs

See more on next page »
Week 8

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Cardio + Strength Training Combined

Series 2 (Cycle through 3 times)

High-Pull Burpees — 8 reps
Grab a set of dumbbells with an overhand grip and stand tall with your feet shoulder-width apart. Bend down and place your dumbbells on the ground before hopping into a pushup position. Perform a pushup, then quickly spring your legs forward to the bottom of a squat and stand up tall. As you stand, shrug the dumbbells up as high as you can, then lower weights to your sides to return to start.

Kneeling Dumbbell Rear Flies — 12 reps each side
Grab a set of dumbbells and get on all fours on the ground. Grip the dumbbells directly beneath your shoulders with your palms facing each other. Make sure your knees are directly beneath your hips. Maintaining a slight bend in the elbow, lift one arm straight out to the side until it is parallel with the ground. Keep your back flat and core tight the entire time. Pause, and then lower the weight back to the starting position. Repeat for the prescribed number of sets and repetitions, then switch arms.

Dumbbell Triceps Kickbacks — 12 reps each side
Kneel over one side of a weight bench by placing your right knee and right hand on the bench. Position the left leg slightly back and to the side with the left foot firmly planted on the floor. Your torso should be parallel to the floor. Grab a dumbbell with your left hand in an overhand grip, and position the elbow at your side so the upper arm is parallel to the floor. Now extend the left arm to full extension by contracting the triceps. Pause for one second at the top and then return to the starting position. Continue and repeat with the opposite arm.

Rest: 30 secs

See more on next page »
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Cardio + Strength Training Combined

Series 3 (Cycle through 3 times)

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.

Scissor Power Switch — 10 reps each side
Stand with your feet a lunge-length apart, with your right foot in front of your left. Bend both knees to 90 degrees and descend into the lunge. Reach for the ground with your left hand. Jump off the ground while swinging your arms forward. Switch your feet in the air and land with your left foot forward. Descend into a lunge in preparation for the next rep. Alternate sides and complete all reps.

Dumbbell Row — 10 reps
Stand with feet shoulder-width apart and holding a dumbbell in each hand. Bend the knees slightly and bend at the waist with your back straight. Avoid rounding the upper back, and keep the head neutral. Extend your arms fully so each dumbbell is just above the floor. Contract your back and pull both dumbbells up to your ribcage. Be sure to pull through the elbow and hold for one second in the top position. Lower the dumbbells to the fully extended arm position, and repeat.

Rest: 20 secs

See more on next page →

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**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>

**STRENGTH TRAINING CONT.**

**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.

**MOUNTAIN CLIMBERS — Do continuously for 45 secs**
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.

**SQUATS — 10 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.

**BICYCLE SIT-UPS — 15 reps each side**
Lie on your back with your knees bent and feet flat on the floor. Place your 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.

**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 8**

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**BOOST PERFORMANCE MEAL PLAN**

<table>
<thead>
<tr>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
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<td><strong>BREAKFAST</strong></td>
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<tr>
<td>2 egg whites sautéed with 1/2 cup of spinach and 1 tbsp olive oil. 1 cup of high fiber cereal with 1 cup of nonfat milk and 1 cup of blueberries. 487 Cal.</td>
<td>2 slices of gluten-free toast with sugar-free raspberry preserves and 1 tbsp peanut butter. 344 Cal.</td>
<td>1 cup of gluten-free oatmeal. On the side, have 1 hard-boiled egg and 1 whole grapefruit. 450 Cal.</td>
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<tr>
<td><strong>LUNCH</strong></td>
<td><strong>LUNCH</strong></td>
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<tr>
<td>Turkey wrap made with 3-ounces of 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>Chicken wrap made with 4 ounces ground chicken, 1 tbsp olive oil, ground pepper, onions, tomatoes, and spinach. Wrap in a brown rice tortilla. On the side, have 1 cup Greek yogurt with 1 cup raspberries. 596 Cal.</td>
<td>Turkey sandwich made with 5 ounces of sliced turkey, 1/2 sliced avocado, tomato, lettuce, and hot mustard on 2 slices of gluten-free bread. On the side, have 1 peach with the skin left on. 548 Cal.</td>
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<tr>
<td><strong>SNACK</strong></td>
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<td><strong>SNACK</strong></td>
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<tr>
<td>Dip eight to 12 zucchini and celery sticks into 1 cup of Greek yogurt with dill, garlic and black pepper. 145 Cal.</td>
<td>1/3 cup pecans. 1 pear. 270 Cal.</td>
<td>1 cup red grapes. 1/2 cup sunflower seeds. 192 Cal.</td>
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<tr>
<td><strong>DINNER</strong></td>
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<tr>
<td>Sauté one 4-ounce lamb or grass-fed beef burger patty in 1 tbsp grape-seed oil. On the side, have 1 cup black beans with herbs, small to medium sized green salad with cucumber and jicama. Top with 2 tbsp vinaigrette. 652 Cal.</td>
<td>Slice a 4-ounce chicken breast in half; stuff with pesto, spinach, and herbs, and bake. On the side, have 2 cups boiled quinoa with 1/3 cup chopped pecans, plus 1 to 2 cups of sautéed red cabbage and asparagus, and 1/2 of a banana (add the 1/2 banana at the very end of the sauté process). 814 Cal.</td>
<td>Grill 6 ounces halibut. On the side, have grilled red and yellow peppers, 1/2 baked potato with the skin, and 1 tbsp pesto. Sauté 1 cup of fresh tomatoes, basil, and olive oil to cover the halibut. 574 Cal.</td>
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**TOTAL CALORIES**

| 1696 Calories | 2024 Calories | 1764 Calories |

*Day 4-6 continued on next page...

* Each day based on a balance of approximately 1700–2000 average total calories to be consumed per day.
**Week 8**

**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>DAY 6</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Snack</strong></td>
<td><strong>Dinner</strong></td>
<td><strong>Total Calories</strong></td>
<td><strong>Total Calories</strong></td>
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<tr>
<td>Scramble 2 whole eggs with 1 tbsp grapeseed oil, 1/2 cup sautéed spinach, and a pinch of cayenne pepper. Pair with 1/2 of a gluten-free bagel and 1 slice of low-fat cheddar cheese. <strong>525 Cal.</strong></td>
<td>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. <strong>775 Cal.</strong></td>
<td>1 apple with 1 tbsp almond butter. <strong>165 Cal.</strong></td>
<td>One 5-ounce grilled pork chop. On the side, have 2 cups of asparagus sautéed in 1 tbsp grapeseed oil. <strong>415 Cal.</strong></td>
<td>1880 Calories</td>
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<td></td>
<td>1 protein shake made with 2 scoops whey protein, 1 banana, 1/2 cup strawberries, 1 tbsp flax meal, 1 cup almond milk, and 1 cup water. <strong>439 Cal.</strong></td>
<td>1 slice of low-fat Jarlsberg cheese. 1 whole kiwi and 1/2 of a sliced green apple. <strong>170 Cal.</strong></td>
<td>Mix 4-1/2 ounces sardines with an assorted vegetable salad, 1 cup of brown rice, and 2 tbsp light vinaigrette. <strong>520 Cal.</strong></td>
<td>1676 Calories</td>
<td></td>
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<td></td>
<td>Egg white omelet made with 2 egg whites, 3 ounces ground chicken, 1/2 tomato, fresh oregano, 1/2 cup dandelion greens, and 2 tbsp olive oil. On the side, have 1 gluten-free waffle with 1 tbsp real butter. <strong>576 Cal.</strong></td>
<td>2 tbsp hummus dip with a mix of eight to 12 carrot, celery, and zucchini sticks. <strong>113 Cal.</strong></td>
<td>Three 2-ounce beef meatballs sautéed with 1 to 2 cups of white and red cabbage and 3 tbsp grapeseed oil. For dessert, have 1 baked apple with cinnamon. <strong>670 Cal.</strong></td>
<td>1993 Calories</td>
<td></td>
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</tbody>
</table>

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