QUOTE OF THE WEEK:
If you do what you’ve always done, you’ll get what you’ve always gotten.
— Anonymous

The Gold’s Gym 12-Week Personal Transformation Plan

WEEK 8

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

CARDIO + STRENGTH TRAINING COMBINED

TOTAL BODY CARDIO AND STRENGTH CIRCUIT

Circuit 1 (3 times; rest 1 min at the end of each circuit)

JUMPING JACK — 20 reps
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, reverse the movement and jump back to the starting position. Repeat for all reps.

WALKING HIGH KNEE — 15 reps each side
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 STEPOVER — 10 reps 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.

Circuit 2 (3 times; rest 1 min at the end of each circuit)

HIGH-PULL BURPEE — 5 reps
Grab a set of dumbbells with an overhand grip and stand tall with your feet shoulder-width apart. Bend down and place the 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 the weights to your sides to return to start.

WARM-UPS

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

See more on next page »

Subscribe to the Gold’s Gym Extra + get exclusive health and fitness tips. It’s free!

GO NOW
**Week 8**

**Goal: Get Lean**

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

---

**CARDIO + STRENGTH TRAINING COMBINED**

**KNEELING DUMBBELL REAR FLY — 15 reps**
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 and then switch arms.

**DUMBBELL ROW — 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 rib cage. 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.

**TRICEPS DUMBBELL KICKBACK — 15 reps each side**
Kneel over one side of a weight bench by placing the 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. The torso should be parallel to the floor. Grab a dumbbell with the left hand with 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.

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

**MODIFIED SIT-UP — 20 reps**
Lie on your back with your knees bent to 90 degrees and feet flat on the floor. Keep your arms straight against your sides, palms facing down and hovering slightly above the floor. Tighten your abs and raise your torso until you’re sitting up at a 45-degree angle, pausing for a moment before returning to the floor. Perform all reps.

See more on next page »
WEEK 8 | **Goal: Get Lean**

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

---

**DAY 1**

**CARDIO + STRENGTH TRAINING COMBINED CONT.**

**HOVERING SIT-UP — 20 reps**
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.

**SWISS BALL RUSSIAN TWIST — 12 reps each side**
Lie with your back on a Swiss ball. Your feet should be flat on the floor with your knees bent at 90 degrees. Clasp your hands together directly above your chest with straight elbows. Carefully rotate your arms to the side. The ball will roll across your back to your shoulder. Keep your hips up by squeezing your glutes. Rotate back to the starting position. Repeat on the opposite side. Complete all reps.

**SIDE PLANK WITH TWIST — 10 reps each side**
Lie on your side and position yourself on your bottom elbow and the side of your bottom foot. Lift your hips off the ground so your body forms a straight line from your shoulders to your feet. Brace your abs and squeeze your butt. Take your top arm and sweep underneath and slightly behind you. Your torso will twist forward; make sure to pivot your feet. Bring your arm back to the starting position as your body straightens out. Finish the rep with your shoulders square and your arm pointed toward the ceiling. Do all reps, switch sides, and repeat.

**Stretching:** 5 mins

---

**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

---

Subscribe to the **Gold’s Gym Extra** + get exclusive health and fitness tips. It’s free!

**GO NOW**

---

© Gold’s Gym | Privacy Policy | Terms & Conditions
WEEK 8 | Goal: Get Lean
Gym Days: 5 (pick whichever 5 days of the week you can work out)

DAY 1

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

CARDIO
ELLIPITCAL
30 mins / moderate

STRENGTH TRAINING
WEIGHT CIRCUIT (Focus: Chest)

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

PUSHUP — 15 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 arm 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 »

Subscribe to the Gold's Gym Extra + get exclusive health and fitness tips. It’s free!

GO NOW
Goal: Get Lean

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

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 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 30 secs between each set)

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

See more on next page »

Subscribe to the Gold’s Gym Extra + get exclusive health and fitness tips. It’s free!

GO NOW
## SINGLE-ARM STANDING CABLE REVERSE FLY

Stand next to an adjustable cable machine so that it is on your right. Hold the D-handle attachment with your left hand, palm facing your right oblique. Keep your left elbow tight to your side. Rotate your left shoulder by bringing the handle across your body until your arm is almost extended, then return to the starting position. Switch sides and repeat.

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

### Stretching: 5 mins

<table>
<thead>
<tr>
<th>STRETCH SESSION</th>
</tr>
</thead>
<tbody>
<tr>
<td>QUAD STRETCH</td>
</tr>
<tr>
<td>Hold 30 secs each side</td>
</tr>
<tr>
<td>SCORPION</td>
</tr>
<tr>
<td>Hold 45 secs each side</td>
</tr>
<tr>
<td>STRAIGHT-LEG CALF STRETCH</td>
</tr>
<tr>
<td>Hold 30 secs on each side</td>
</tr>
<tr>
<td>OVER UNDER SHOULDER STRETCH</td>
</tr>
<tr>
<td>Hold 30 secs each side</td>
</tr>
<tr>
<td>CAT CAMEL</td>
</tr>
<tr>
<td>15 reps</td>
</tr>
</tbody>
</table>
**WEEK 8**

**Goal: Get Lean**

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

---

**Focus:** Cardio and Legs

**Warm-up:** 5 mins / brisk walk or jog on the treadmill

---

**CARDIO**

**TREADMILL INTERVALS**

Incline: 4

**Beginner**

Jog interval: 4–5 mph
Sprint interval: 5–6 mph

**Intermediate to Advanced**

Jog interval: 5–6 mph
Sprint interval: 7–8 mph

|---|-------------|---------------|-------------|----------------|-------------|----------------|---------------------|-------------|----------------|-------------|-------------|-------------|--------------|

See more on next page »

---

**WARM-UPS**

- **SHOULDER CIRCLES**
  - 30 secs each direction

- **NECK ROTATIONS**
  - 5 reps each side

- **GOOD MORNING STRETCH**
  - 5 reps

---

Subscribe to the **Gold's Gym Extra** + get exclusive health and fitness tips. It's free!

---

© Gold's Gym | Privacy Policy | Terms & Conditions
The Gold's Gym 12-Week Personal Transformation Plan

**WEEK 8**

**Goal:** Get Lean

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

---

**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 — 15 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 — 15 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 — 15 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.

See more on next page »

---

Subscribe to the Gold’s Gym Extra + get exclusive health and fitness tips. It’s free!
WEEK 8

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

STRENGTH TRAINING

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

LEG EXTENSION — 15 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 — 15 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 — 15 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.

Cooldown
Cardio: 5 mins / easy
Stretching: 5 mins

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

Subscribe to the Gold’s Gym Extra + get exclusive health and fitness tips. It’s free!

GO NOW
QUOTE OF THE WEEK:
If you do what you’ve always done, you’ll get what you’ve always gotten.
— Anonymous

The Gold’s Gym 12-Week Personal Transformation Plan

WEEK 8 | Goal: Get Lean
Goal: Get Lean
Gym Days: 5 (pick whichever 5 days of the week you can work out)

DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 MENU

CLASS DAY
Focus: Cardio

Cardio
Attend a Zumba class (1 hour).

Subscribe to the Gold's Gym Extra + get exclusive health and fitness tips. It's free!

GO NOW
**WEEK 8**

**Goal: Get Lean**

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

---

**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 — 20 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 CHOPS — 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.

---

**WARM-UPS**

- **SHOULDER CIRCLES**
  - 30 secs each direction

- **NECK ROTATIONS**
  - 5 reps each side

- **GOOD MORNING STRETCH**
  - 5 reps

---

See more on next page »

Subscribe to the *Gold's Gym Extra* + get exclusive health and fitness tips. It's free!

GO NOW
**WEEK 8**

**Goal: Get Lean**

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

---

**CARDIO + STRENGTH TRAINING COMBINED**

**SUPERMAN — Hold for 1 min**

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-UP WITH DUMBBELL — 30 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 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 hands behind your head, 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 — 25 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.

**Stretching:** 5 mins

---

**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

---

Subscribe to the *Gold's Gym Extra* for exclusive health and fitness tips. It's free!

[GO NOW]
**WEEK 8**  
**Goal: Get Lean**  
**Gym Days: 5** (pick whichever 5 days of the week you can work out)

### GET LEAN MEAL PLAN

<table>
<thead>
<tr>
<th></th>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
</tr>
</thead>
</table>
| **BREAKFAST** | 1 cup oatmeal with cinnamon and stevia.  
5 boiled egg whites.  
341 Cal. | 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.  
362 Cal. | 1 cup of Greek yogurt with 1 orange and 2 slices of whole grain toast with 1 tsp almond butter.  
388 Cal. |
| **LUNCH** | Salad made with raw vegetables of choice, tomatoes, 4 ounces of boiled shrimp, and 1 tbsp olive oil and balsamic vinegar dressing.  
481 Cal. | Bake 4 ounces of chicken breast. On the side, have 1 cup steamed veggies and 1/2 cup brown rice.  
456 Cal. | Grilled zucchini, onions, and bell peppers with 4 ounces of grilled chicken breast and 1/2 cup quinoa.  
459 Cal. |
| **SNACK** | 1/2 avocado and 1 cup assorted vegetables of choice.  
184 Cal. | 6 ounces of Greek yogurt mixed with 1/4 cup of blueberries. Handful of almonds.  
233 Cal. | 1 cup fresh fruit of choice.  
10 walnuts.  
254 Cal. |
| **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.  
352 Cal. | Grill 4 ounces of chicken. Pair with 1/2 cup brown rice and 1 cup steamed mixed greens.  
379 Cal. | 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.  
586 Cal. |

**TOTAL CALORIES**  
- DAY 1: 1358 Calories  
- DAY 2: 1430 Calories  
- DAY 3: 1687 Calories

*Day 4-6 continued on next page...*  
*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.*
**WEEK 8**  
**Goal: Get Lean**  
**Gym Days: 5** (pick whichever 5 days of the week you can work out)

### GET LEAN MEAL PLAN

<table>
<thead>
<tr>
<th>DAY 4</th>
<th>DAY 5</th>
<th>DAY 6</th>
</tr>
</thead>
</table>
| **BREAKFAST** | **1/2 cup of low-fat cottage cheese.**  
**1 slice whole grain toast with 1 tbsp almond butter.**  
**1/2 grapefruit.**  
**TOTAL CALORIES: 1353 Calories** |
| **LUNCH** | **Salad made with raw vegetables of choice, tomatoes, 4 ounces of boiled shrimp, and 1 tbsp olive oil and balsamic vinegar dressing.**  
**TOTAL CALORIES: 481 Cal.** |
| **SNACK** | **1 apple.**  
**TOTAL CALORIES: 72 Cal.** |
| **DINNER** | **Prepare 4 ounces of Cornish hen with the skin removed.**  
**On the side, have 1 cup of spinach and one small red potato.**  
**TOTAL CALORIES: 490 Cal.** |
| **TOTAL CALORIES** | **1282 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.