**WEEK 9**

**Goal: Build Muscle**

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

---

**DAY 1**

**CARDIO**

Choose a machine that feels comfortable to you—a stationary bike, elliptical or treadmill. The level of intensity here varies between Zone 1 (lowest level; barely feel exertion) and Zone 5 (highest exertion level; maximum effort).

**Warm-up:** 3 mins / Zone 1 increasing to Zone 3
- + Speed Interval: 30 secs / Zone 4
- - Rest Interval: 90 secs / Zone 2
- + Speed Interval: 30 secs / Zone 5
- - Rest Interval: 90 secs / Zone 2
- + Speed Interval: 30 secs / Zone 5
- - Rest Interval: 90 secs / Zone 2
- + Speed Interval: 30 secs / Zone 5
- - Rest Interval: 90 secs / Zone 2
- + Speed Interval: 30 secs / Zone 5
- - Rest Interval: 90 secs / Zone 2
- + Speed Interval: 30 secs / Zone 4
- - Rest Interval: 90 secs / Zone 2
- + Speed Interval: 30 secs / Zone 4
- - Rest Interval: 90 secs / Zone 2

**Cooldown:** 2 mins / Zone 3 decreasing to Zone 1

**STRENGTH TRAINING**

**DIAMOND PUSHUP — 3 sets of 12 reps; rest 1 min between sets**

Get in the standard pushup position with your hands directly beneath your chest. Connect your pointer fingers and thumbs to form a triangle/diamond and lock out your elbows. 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. Once your chest touches the triangle/diamond, pause, and then press back up to the starting position. Repeat for the prescribed number of sets and reps.

**WARM-UPS**

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

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**Day 1**  
**Strength Training**

**Seated Cable Row** — 3 sets of 15 reps; rest 30 secs between sets
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.

**Dumbbell Front Raise** — 3 sets of 15 reps; rest 30 secs between sets
Stand tall with your feet hip-width apart, holding a dumbbell in each hand in front of your thighs. Your palms should face toward you. Raise your arms in front of you, pausing once the dumbbells reach shoulder height. Return the weights to the starting position.

**Lat PullDown** — 3 sets of 15 reps; rest 30 secs between sets
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.

**EZ-BAR Preacher Curl** — 3 sets of 15 reps; rest 30 secs between sets
Grab an EZ-bar with an underhand grip, hands shoulder-width apart, and sit on a preacher bench. Place the back of your upper arms against the padding and allow your arms to fully extend. Contract your biceps and curl the bar toward your face. Raise the bar as high as possible while maintaining constant tension on the biceps. Pause, and then slowly lower the bar back to the starting position.

**Skull Crusher** — 3 sets of 15 reps; rest 30 secs between sets
Lie down on a flat bench. Using an overhand grip, hold the EZ-Bar with your hands placed slightly less than shoulder-width apart. With your core braced and feet firmly planted on the ground, extend your arms over your chin. This is your starting position. Brace your core and bend your elbows to lower the bar overhead until your forearms are parallel to the floor. Pause, then extend your arms back to the starting position by contracting the triceps.

**See more on next page »**

**Day 2**

**Strength Training**

**Hamstring Stretch**
10 reps each side

**Glute Stretch**
Hold 45 secs each side

**Lying Abduction Stretch**
Hold 30 secs each side

**Biceps Stretch**
Hold 45 seconds

**Glute Foam Roll**
Roll back and forth on each side for 10 reps
Grab a foam roller and sit on the ground, your legs extended in front of you and your hands on the ground behind you. Place the foam roller under your right glute, and bring your left ankle up to your right knee, letting it rest there. With your weight resting on your hands and on the foam roller, rock back and forth so that the foam roller rolls up and down your glute.

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**STRENGTH TRAINING**

**SWISS BALL WINDSHIELD WIPERS** — 3 sets of 12 reps each side; rest 1 min between sets

Lie on your back with your arms out to the sides. Squeeze a Swiss ball between your ankles. Brace your abs and lift your legs and ball in the air. Keep your legs straight and form a 90-degree angle at your hips. Carefully lower your legs and the ball to the side. Stabilize your torso with your arms. Return the ball back to center. Repeat on the opposite side. Complete all reps.

**THE AB WHEEL** — 3 sets of 15 reps; rest 30 secs between sets

Kneel on a mat and grasp the handles of the ab wheel with an overhand grip with your hands about shoulder-width apart. Roll the wheel in front of you with extended arms. Your knees should stay stationary while you move your torso forward with your arms. Pause, and raise your body back to the starting position. Repeat.

**BI CYCLE SIT-UP** — 3 sets of 30 on each side; rest 30 secs between sets

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 shoulder blades in the air. Slowly move your legs in the air as if you're riding a bike.

**PLANK WITH GLUTE RAISE** — 3 sets of 15 reps; rest 30 secs between sets

Lie on your side and position yourself on your bottom elbow and side of your foot. Raise your hips so that they’re off the ground and your body forms a straight line from your ankles to shoulders. Brace your abs and squeeze your glutes. While keeping your torso stable, raise your top leg upward without bending your knee. Do not let your hips drop. Return the leg to the starting position. Do all reps, switch sides, and repeat.

**Cooldown**

Light cardio and stretching: 5 mins

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**STRETCH SESSION**

**GROIN FOAM ROLL**

Roll back and forth on each side for 10 reps

Lie on your stomach with your arms bent 90 degrees in front of you, your elbows on the ground, and a foam roller parallel to your right leg. Lift your right leg and place your inner thigh on the foam roller, just above your knee. Push your body to the right so that the foam roller rolls up your right inner thigh, until it reaches your pelvis. Reverse the motion. Finish all reps, switch legs and repeat.

**UPPER BACK FOAM ROLL**

Roll back and forth for 10 reps

Grab a foam roller and lie on your back, your legs extended and hands at your sides. Place the foam roller under your upper back, and bend your knees so that your feet are flat on the floor. With your weight resting on your feet and on the foam roller, rock back and forth so that the foam roller rolls up and down your upper back.

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**WEEK 9**

**Goal: Build Muscle**

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

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**CARDIO**

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. Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort.

- **Warm-up:** 2 mins / Zone 1
- **Warm-up:** 1 min / Zone 2
- **High-incline power walk:** 1.5 mins / Zone 4
- **High-incline sprint:** 1.5 mins / Zone 5
- **Rest interval:** 3 mins / Zone 2
- **High-incline power walk:** 1.5 mins / Zone 4
- **High-incline sprint:** 1.5 mins / Zone 5
- **Cooldown:** 2 mins / Zone 2
- **Cooldown:** 1 min / Zone 1

**STRENGTH TRAINING**

**SQUAT, PLANK, PUSHUP — 3 sets of 10 reps; rest 1 min between sets**

Stand with the feet shoulder-width apart and toes pointed outward. Descend your hips until your thighs are parallel to the ground and place your hands directly in front of you on the floor. Jump the 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.

**BALL WALL-SQUAT — 3 sets of 15 reps; rest 30 secs between sets**

Stand with a Swiss ball behind your back and pressed up against a wall. Your feet should be slightly in front of you and shoulder-width apart. Squat down, keeping your heels flat and knees out. Let the Swiss ball roll up your back. Hold your arms out for balance. Stand and return to the starting position.

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### STRENGTH TRAINING

**STANDING RESISTANCE-BAND HIP ABDUCTION — 3 sets of 15 reps each side; rest 30 secs between sets**

Loop a resistance band around a sturdy object and your ankle. Stand tall with the looped ankle farthest from the opposite end of the band while holding the sturdy object with your inside arm. This is your starting position. Lift looped ankle up and straight out to the side as far as possible. Pause, then return leg to starting position.

**LATERAL SQUAT — 3 sets of 15 reps each side; rest 30 secs between sets**

Begin by standing tall with your heels pressed together, turning your toes out to 45 degrees. Keep your hands on your hips for support. Slide your right foot out farther than hip width, keeping your left foot in the same position, and descend into a squat position. Make sure to keep your chest pushed out and abs tight the entire time. Rise out of the squat position, sliding your leg back to the starting position before repeating with your opposite side.

**SPLIT SQUAT WITH DUMBBELL — 3 sets of 15 reps each side; rest 1 min between sets**

Hold a pair of dumbbells at arm’s length next to your sides, your palms facing each other. Stand in a staggered stance, your left foot in front of your right. Slowly lower your body as far as you can. Your rear knee should nearly touch the floor. Pause, then push yourself back up to the starting position. Complete the prescribed number of reps, then do the same number of reps with your right foot in front of your left.

**STANDING CABLE HIP ABDUCTION — 3 sets of 15 reps each side; rest 30 secs between sets**

Stand tall with one shoulder next to the cable machine. Your legs should be about shoulder-width apart and the ankle attachment placed around the ankle that’s farthest from the cable machine. Place one hand on your hips, while your other hand is securely positioned on cable machine. Raise the weighted leg out laterally as high as possible. Pause and then reverse the motion back to starting position. Do all reps, switch legs and repeat.

**STANDING Calf RAISE — 3 sets of 15 reps; rest 30 secs between sets**

Stand on a box or stair with your heels and mid-foot hanging off the edge. Use a wall or rail to stay balanced. Raise your heels as high as possible, pause, and then lower them back into the starting position. Repeat.

### 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

**LOWER BACK FOAM ROLL**

Roll back and forth for 10 reps

Grab a foam roller and lie on your back, your legs extended and hands at your sides. Place the foam roller under your lower back and bend your knees, so that your feet are flat on the floor. With your weight resting on your feet and on the foam roller, rock back and forth so that the foam roller rolls up and down your lower back.

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### WEEK 9

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**DAY 1**

**DAY 2**

**DAY 3**

**DAY 4**

**DAY 5**

**MENU**

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**STRENGTH TRAINING**

**STRENGTH TRAINING**

**CONT.**

**REVERSE CRUNCH — 3 sets of 30 reps; rest 30 secs between sets**

Lie on your back with your knees together and your legs bent to 90 degrees, feet planted on the floor. Place your palms facedown on the floor for support or cross them over your chest. 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 ground as possible without allowing your lower back to arch and lose contact with the floor. Return to the starting position.

**CRUNCH — 3 sets of 30 reps; rest 30 secs between sets**

Lie flat on your back, placing your hands behind your head or crossing them over your chest. Bring your feet close to your glutes so your knees are bent and your feet are flat on the ground. Tighten your abs and lift your shoulders and upper back off of the ground. Squeeze your abs at the top of the movement and hold for one second. Return to starting position and repeat.

**SUPERMAN — 3 sets of 15 reps; rest 30 secs between sets**

Lie facedown on the floor with your legs straight and arms stretched 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 secs. Relax and return to the starting position.

**Cooldown**

Light cardio and stretching: 5 mins

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**STRETCH SESSION**

**STRETCH SESSION**

**CONT.**

**CALF FOAM ROLL**

Roll back and forth on each side for 10 reps

Grab a foam roller and sit on the ground, your legs extended in front of you and your hands on the ground behind you. Place the foam roller under one leg, letting it rest under the calf muscle. Raise your hips so that your weight is resting on your hands and the foam roller. Rock forward and backward so that the foam roller rolls up and down your calf.

**HAMSTRING FOAM ROLL**

Roll back and forth on each side for 10 reps

Grab a foam roller and sit on the ground with your legs extended in front of you and your hands on the ground behind you. Place the foam roller under one hamstring, and bring your other ankle up to rest on the knee on the foam roller. Raise your hips so that your weight is resting on your hands and the foam roller. Rock back and forth so the foam roller rolls up and down your hamstring.

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**DAY 1**

Attend a power yoga class (1 hour).

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Week 9

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**CARDIO**

Choose a machine that feels comfortable to you—a stationary bike, elliptical or treadmill. The level of intensity here varies between Zone 1 (lowest level; barely feel exertion) and Zone 5 (highest exertion level; maximum effort).

**Warm-up:** 3 mins / Zone 1 increasing to Zone 3

- Speed Interval: 30 secs / Zone 4
- Rest Interval: 90 secs / Zone 2
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- Speed Interval: 30 secs / Zone 4
- Rest Interval: 90 secs / Zone 2
- Speed Interval: 30 secs / Zone 5

**Cooldown:** 2 mins / Zone 3 decreasing to Zone 1

**STRENGTH TRAINING**

**DUMBBELL FLY** — 3 sets of 15 reps; rest 30 secs between sets

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 almost in line with your chest—but just above it—reverse the movement back to the starting position, making sure you squeeze the muscles in your chest at the top of the movement.

**LAT PULLDOWN** — 3 sets of 15 reps; rest 30 secs between sets

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.

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**STRENGTH TRAINING**

**ONE-ARM DUMBBELL ROW** — 3 sets of 15 reps each side; rest 30 secs between sets
Grab a dumbbell in one hand, and put the opposite knee and hand on a bench. The torso should be parallel to the ground. Start with your arm straight by your side, and pull the dumbbell up to the side of your chest (near the armpit), keeping your arm close to your body. Lower the weight back to starting position. Do all reps, switch sides and repeat.

**SEATED CABLE ROW** — 3 sets of 15 reps; rest 30 secs between sets
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.

**SINGLE-ARM STANDING CABLE REVERSE FLY** — 3 sets of 15 reps each side; rest 30 secs between sets
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.

**DUMBBELL SHOULDER PRESS** — 3 sets of 15 reps each side; rest 30 secs between sets
Hold a pair of dumbbells just outside your shoulders, your arms bent and palms facing forward. Set your feet at shoulder-width and bend your knees slightly. Press both dumbbells up, until your arms are straight. Then return to the starting position.

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Day 1

Strength Training

Military Press — 3 sets of 15 reps; rest 30 secs between sets
Grip a barbell using a double-overhand grip with your hands slightly wider than shoulder-width apart. Stand up tall with your feet placed about hip-width apart and hold the bar below your chin but above your chest with your palms facing the ceiling. Gripping the bar as hard as possible, press it overhead until your elbows are completely locked out. Pause, and then slowly lower the weight back to the starting position. Repeat for the prescribed number of sets and repetitions.

Reverse Crunch — 3 sets of 30 reps; rest 30 secs between sets
Lie on your back with your knees together and your legs bent to 90 degrees, feet planted on the floor. Place your palms facedown on the floor for support or cross them over your chest. 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 ground as possible without allowing your lower back to arch and lose contact with the floor. Return to the starting position.

Crunch — 3 sets of 40 reps; rest 30 secs between sets
Lie flat on your back, placing your hands behind your head or crossing them over your chest. Bring your feet close to your glutes so your knees are bent and your feet are flat on the ground. Tighten your abs and lift your shoulders and upper back off of the ground. Squeeze your abs at the top of the movement and hold for one second. Return to starting position and repeat.

Side Plank With Twist — 3 sets of 15 reps each side; rest 30 secs between sets
Lie on your side and position yourself on your bottom elbow and the side of your foot. Lift your hips off the ground and form 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.

Cool down
Light cardio and stretching: 5 mins

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Day 1

Strength Training

Military Press — 3 sets of 15 reps; rest 30 secs between sets
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Reverse Crunch — 3 sets of 30 reps; rest 30 secs between sets
Lie on your back with your knees together and your legs bent to 90 degrees, feet planted on the floor. Place your palms facedown on the floor for support or cross them over your chest. 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 ground as possible without allowing your lower back to arch and lose contact with the floor. Return to the starting position.

Crunch — 3 sets of 40 reps; rest 30 secs between sets
Lie flat on your back, placing your hands behind your head or crossing them over your chest. Bring your feet close to your glutes so your knees are bent and your feet are flat on the ground. Tighten your abs and lift your shoulders and upper back off of the ground. Squeeze your abs at the top of the movement and hold for one second. Return to starting position and repeat.

Side Plank With Twist — 3 sets of 15 reps each side; rest 30 secs between sets
Lie on your side and position yourself on your bottom elbow and the side of your foot. Lift your hips off the ground and form 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.

Cool down
Light cardio and stretching: 5 mins

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**Cardio**

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. Focus on pushing yourself but keep good posture with your hips, shoulders and neck relaxed. Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort.

- **Warm-up:** 1.5 mins / Zone 1
- **Warm-up:** 1.5 mins / Zone 2
- **High-incline power walk:** 1.5 mins / Zone 5
- **Rest interval:** 1 min / Zone 2
- **Sprint:** 1.5 mins / Zone 5
- **Cooldown:** 1.5 mins / Zone 2
- **Cooldown:** 1.5 mins / Zone 1

**Strength Training**

**Step-up with Dumbbell** — 3 sets of 15 reps each side; rest 30 secs between sets

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.

**Core Control Rear Lunge** — 3 sets of 15 reps each side; rest 30 secs between sets

Hold a dumbbell in your right hand, and fully extend your arm overhead. Extend your left arm straight out to your side to help with balance if necessary. Push your chest out and lift your left leg up to your chest before stepping backward into a lunge. Lower your rear knee toward the ground while keeping your front shin as vertical as possible. Press into the floor and lift your rear knee up and in front of your body, bending in the elbow of the arm holding the dumbbell, attempting to touch your elbow and knee together. Bring your knee back down and step into the rear lunge position once again while simultaneously extending the arm holding the dumbbell into the overhead position. Repeat for the desired number of repetitions before switching to your opposite side.

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### Day 1

**Strength Training**

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Stand with your back pressed up against a wall. Your feet should be slightly in front of you and shoulder-width apart. Squat down, keeping your heels flat and knees out. Hold your arms out for balance. Stay in this position for up to 10 seconds, then stand and return to the starting position. Complete all reps.

Lie on your back with your knees bent and heels flat against the floor. Keep your feet hip-width apart. Tighten your stomach and press your heels into the floor, driving your hips upward and finishing the movement by squeezing your glutes, making sure not to use your lower back. While in this position, take one foot off the ground and extend that leg fully in front of you. Return your leg to the ground and repeat with the opposite leg.

Stand tall with one shoulder next to the cable machine. Your legs should be about shoulder-width apart and the ankle attachment placed around the ankle that's farthest from the cable machine. Place one hand on your hips, while your other hand is securely positioned on cable machine. Raise the weighted leg out laterally as high as possible. Pause and then reverse the motion back to starting position. Do all reps, switch legs and repeat.

Lie on your stomach on the bench part of the machine and 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.

Sit down on the seat and hook your legs behind the padded bar. Adjust the bar so that it rests on your lower leg. 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.

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**Strength Training**

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<tr>
<td>SIDE-TO-SIDE SHUFFLE JUMP — 3 sets of 15 reps each side; rest 1 min between sets</td>
<td>SWISS BALL WINDSHIELD WIPERS — 3 sets of 15 reps each side; rest 30 secs between sets</td>
<td>SIDE PLANK WITH TWIST — 3 sets of 15 reps each side; rest 30 secs between sets</td>
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**Side-to-side shuffle jump**

Stand tall with your arms by your side. Squat down, reaching your left hand to the outside of your left foot. Jump into the air and toward the right, landing in the squat position while reaching your right hand outside of your right foot. Make sure your heels hit the ground each time you land. Repeat this back and forth movement for the desired amount of reps.

**Swiss ball windshield wipers**

Lie on your back with your arms out to the sides. Squeeze a Swiss ball between your ankles. Brace your abs and lift your legs and ball in the air. Keep your legs straight and form a 90-degree angle at your hips. Carefully lower your legs and the ball to the side. Stabilize your torso with your arms. Return the ball back to center. Repeat on the opposite side. Complete all reps.

**Side plank with twist**

Lie on your side and position yourself on your bottom elbow and the side of your foot. Lift your hips off the ground and form 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.

**Cooldown**

Light cardio and stretching: 5 mins

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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 on each side |
| OVER UNDER SHOULDER STRETCH Hold 30 secs each side |
| CAT CAMEL 15 reps |
| LOWER BACK FOAM ROLL Roll back and forth for 10 reps |
| CALF FOAM ROLL Roll back and forth on each side for 10 reps |
| HAMSTRING FOAM ROLL Roll back and forth on each side for 10 reps |

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*Click here* to try a class/view our class schedule.
## Week 9
### Goal: Build Muscle
### Gym Days: 5 (pick whichever 5 days of the week you can work out)

<table>
<thead>
<tr>
<th>Menu</th>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td>Spinach omelet made with 6 egg whites, 1 whole egg, 1 cup spinach, and 1/2 cup of black beans. <strong>321 Cal.</strong></td>
<td>Mix 1-1/2 scoops whey protein powder with 1 tbsp almond butter and 1-1/2 ounces oatmeal. <strong>388 Cal.</strong></td>
<td>8 ounces of low-fat cottage cheese mixed with 1/4 ounce of raw almonds, 4 ounces of strawberries, and 3 ounces of blueberries. <strong>335 Cal.</strong></td>
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<tr>
<td><strong>LUNCH</strong></td>
<td>3 cups of garden salad with lettuce and grilled vegetables. Top with 1 tbsp light salad dressing, 1 ounce hummus and 5 ounces of grilled salmon. <strong>423 Cal.</strong></td>
<td>Chicken fajitas consisting of 4 ounces of boneless, skinless chicken breast, 1-1/2 ounces avocado, 1 ounce green and red peppers, and 2 ounces of any sprouted-whole-grain tortillas. <strong>305 Cal.</strong></td>
<td>3-1/2 ounces ahi tuna with 1 cup brown rice and 1 cup of fresh cucumber and carrot salad. <strong>367 Cal.</strong></td>
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<tr>
<td><strong>SNACK</strong></td>
<td>Roll 1/2 ounce almonds and 5 ounces apple in 4-1/2 ounces of sliced turkey breast (low sodium). <strong>283 Cal.</strong></td>
<td>1 protein smoothie made with 1-3/4 scoops of whey protein powder, 6 ounces almond milk, 1 tbsp almond butter, and 3 ounces of banana. <strong>402 Cal.</strong></td>
<td>Tuna salad consisting of 4 ounces albacore tuna, 1/2 ounce pitted olives, 3 tbsp balsamic vinaigrette, 2 ounces tomato, and 1/2 ounce onion. On the side, 5 ounces of peach. <strong>276 Cal.</strong></td>
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<tr>
<td><strong>DINNER</strong></td>
<td>Grill one 4-ounce turkey burger. Place on a whole-wheat bun and top with 1-1/2 ounces of avocado. On the side, have 2 cups of garden salad topped with 3 tbsp balsamic vinaigrette. <strong>325 Cal.</strong></td>
<td>Prepare 4 ounces of filet mignon. On the side, have 6 ounces of steamed broccoli and 1/2 ounce of brown rice. <strong>343 Cal.</strong></td>
<td>In a salad bowl, mix 4-1/2 ounces grilled chicken breast, 1/2 ounce olives, 1/2 cup brown rice, 1 ounce raw arugula, 1 ounce tomato, and 1 ounce cucumber. Top with 2-1/2 tbsp balsamic vinaigrette. <strong>327 Cal.</strong></td>
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</table>

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

*Each day based on a balance of approximately 1000-1500 average total calories to be consumed per day.*
**Week 9**

**Goal:** Build Muscle

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

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### BUILD MUSCLE MEAL PLAN

<table>
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<tr>
<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>
</tr>
</tbody>
</table>
| Hot cereal & protein, made with 1-3/4 scoops whey protein powder, 1/2 cup quinoa, 1/4 ounce almonds, and 6 ounces almond milk. **390 Cal.** | Grill one 4-ounce boneless, skinless chicken breast. Pair with 1 ounce of almonds and 6 ounces of apple. **311 Cal.** | **DINNER**
| Mix 1-1/2 scoops whey protein powder with 1 tbsp almond butter and 1-1/2 scoops oatmeal. **388 Cal.** | Sushi lunch made with 1 ounce tuna sashimi, 2 ounces of yellowtail sashimi, 2 ounces salmon sashimi, and a 3-piece vegetable roll. On the side, have 1/4 cup brown rice. **367 Cal.** | 3 cups garden salad made with lettuce and vegetables. Top with 1 tbsp oil and vinegar and 4 ounces of boneless, skinless grilled chicken breast. **299 Cal.** |
| 390 Cal. | **DINNER** | **DINNER**
| BACON, EGG & CHEESE SANDWICH made with 6 egg whites, 1-ounce cheddar cheese, 2 slices of turkey bacon and 1-ounce of tomato on gluten-free or paleo bread. On the side, a whole peach. **321 Cal.** | Prepare 5-1/2 ounces of seared scallops. On the side, have 1/2 cup brown rice and 2 cups raw spinach leaves. **314 Cal.** | 1 Advanced Athletics meal replacement bar. **240 Cal.** |

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*Check tipsheet for more information on this menu item.*