**Week 9**

**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**

**Treadmill Inclines — Jogging**

- Increase incline level every 1 min until reaching Incline 15
- Decrease incline level every 1 min until reaching 0

**Duration:** 30 mins

- **Beginner:** 4.5–5.5 mph
- **Intermediate:** 5.5–6.5 mph
- **Advanced:** 6.5–7.5 mph

---

**Strength Training**

**Weight 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.

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

**Dumbbell Deadlift**

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.

- **Round 1:** 5 reps
- **Round 2:** 10 reps
- **Round 3:** 15 reps

**Squat Jump**

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.

- **Round 1:** 5 reps
- **Round 2:** 10 reps
- **Round 3:** 15 reps

---

**Warm-ups**

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

---

See more on next page »

---

*Click here* to try a class/view our class schedule.

---
## WEEK 9

**Goal: Get Lean**

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

### DAY 1

#### STRENGTH TRAINING

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

**Stationary Side-Lunge**

Stand tall with your feet about double shoulder-width apart, your hands cupped in front of your chest. Push your hips back, bend your right knee, and shift your weight to the right, dropping your hips. Return to the starting position and then immediately repeat to the left.

- **Round 1:** 5 reps
- **Round 2:** 10 reps
- **Round 3:** 15 reps

**Mountain Climber**

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 of a line as possible. Return to the starting position and repeat the movement with your opposite leg.

- **Round 1:** 5 reps
- **Round 2:** 10 reps
- **Round 3:** 15 reps

**Superset 3 (3 times; rest 1 min before starting Superset 4)**

**Leg Extension Machine**

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.

- **Round 1:** 5 reps
- **Round 2:** 10 reps
- **Round 3:** 15 reps

#### STRETCH SESSION

**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 secs

**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 glutes, 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 glutes.

See more on next page »

---

*Click here* to try a class/view our class schedule.
Week 9

Goal: Get Lean

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

Day 1

Strength Training

Leg Curl
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.

Round 1: 5 reps
Round 2: 10 reps
Round 3: 15 reps

Superset 4 (3 times)

Side Plank
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.

Round 1: Hold for 20 secs each side
Round 2: Hold for 40 secs each side
Round 3: Hold for 1 min each side

Bicycle Sit-Up
Lie on your back with your knees bent and feet flat on the floor. Place your hands behind your head, palms facing forward. 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.

Round 1: 5 reps each side
Round 2: 10 reps each side
Round 3: 15 reps each side

Stretching: 5 mins

Day 2

Day 3

Day 4

Day 5

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.

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.

Click here to try a class/view our class schedule.
WEEK 9

**Goal: Get Lean**

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

Focus: Cardio and Core

Warm-up: 8 mins / brisk walk or jog on a treadmill

---

**CARDIO**

**SPEED CIRCUIT (3 times)**

- 0.3 miles in 5 mins
- Rest: 1 min
- 0.3 miles in 4.5 mins
- Rest: 1 min
- 0.3 miles in 4 mins
- Rest: 1 min

---

**STRENGTH TRAINING**

**STRENGTH CIRCUIT**

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

**STACKED FEET PUSHUP**

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 reps.

**Round 1:** Do as many as you can for 1 min

**Round 2:** Do as many as you can for 45 secs

**Round 3:** Do as many as you can for 30 secs

See more on next page »

---

**Click here** to try a class/view our class schedule.
**Week 9 | Goal: Get Lean**

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

---

**STRENGTH TRAINING**

**Squat, Plank, Pushup**

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 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.

- **Round 1:** Do as many as you can for 1 min
- **Round 2:** Do as many as you can for 45 secs
- **Round 3:** Do as many as you can for 30 secs

**Plank**

Lie facedown with your elbows directly beneath your shoulders, raising 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 this position for the desired amount of time.

- **Round 1:** Hold for 1 min
- **Round 2:** Hold for 45 secs
- **Round 3:** Hold for 30 secs

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

**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:** Do as many as you can for 1 min
- **Round 2:** Do as many as you can for 45 secs
- **Round 3:** Do as many as you can for 30 secs

---

*Click here* to try a class/view our class schedule.
QUADRUPELED LEG RAISE
Get down on all fours with your back straight. Maintaining the bend in your knee, kick your right leg back and up as high as you possibly can. Pause, then return to the starting position and switch legs.
Round 1: Do as many as you can for 1 min
Round 2: Do as many as you can for 45 secs
Round 3: Do as many as you can for 30 secs

Circuit 3 (3 times; rest 1 min at the end of each circuit)
SEATED CABLE ROW
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.
Round 1: Do as many as you can for 1 min
Round 2: Do as many as you can for 45 secs
Round 3: Do as many as you can for 30 secs

SQUAT THRUST
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 back to the starting position.
Round 1: Do as many as you can for 1 min
Round 2: Do as many as you can for 45 secs
Round 3: Do as many as you can for 30 secs

See more on next page »

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
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.

See more on next page »
**WEEK 9**  
**Goal: Get Lean**  
**Gym Days:** 5 (pick whichever 5 days of the week you can work out)

**STRENGTH TRAINING**

**SIDE PLANK**
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.

- **Round 1:** Hold for 1 min each side
- **Round 2:** Hold for 45 secs each side
- **Round 3:** Hold for 30 secs each side

**Circuit 4 (3 times; rest 1 min at the end of each circuit)**

**ONE-ARM DUMBBELL ROW**
Grab a dumbbell in one hand and hold it at arm's length. Bend at your hips (don't round your lower back) and lower your torso until it's almost parallel to the floor. Let the dumbbell hang at arm's length from your shoulder. Without moving your torso, row the dumbbell upward by raising your upper arms, bending your elbows and squeezing your shoulder blades together. Pause, then lower the dumbbell back to start. Do all reps, hold the dumbbell in your other hand, and repeat.

- **Round 1:** Do as many as you can for 1 min
- **Round 2:** Do as many as you can for 45 secs
- **Round 3:** Do as many as you can for 30 secs

**DUMBBELL FLY**
Grab a pair of dumbbells and lie on your back on a flat bench. 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 your chest—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:** Do as many as you can for 1 min
- **Round 2:** Do as many as you can for 45 secs
- **Round 3:** Do as many as you can for 30 secs

**STRETCH SESSION**

**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.

**Stretching:** 5 mins

---

Click here to try a class/view our class schedule.
**WEEK 9**

**Goal: Get Lean**

**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>

**Focus:** Cardio and Strength  
**Warm-up:** 8 mins / brisk walk or jog on a treadmill

---

**CARDIO**

**SPEED CIRCUIT (2 times)**

- 0.3 miles in 5 mins  
- Rest: 1 min  
- 0.3 miles in 4.5 mins  
- Rest: 1 min  
- 0.3 miles in 4 mins  
- Rest: 1 min

---

**STRENGTH TRAINING**

**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.

---

**WARM-UPS**

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

---

*See more on next page →

[Click here](#) to try a class/view our class schedule.*
**WEEK 9**  
**Goal: Get Lean**  
**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.

**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 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.

#### 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.

See more on next page »
**Week 9**

**Goal: Get Lean**

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

---

**STRENGTH TRAINING**

**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.

**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**
  - 10 reps each side

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

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

- **BICEPS STRETCH**
  - Hold 45 secs

- **GLUTE FOAM ROLL**
  - Roll back and forth on each side for 10 reps

- **GROIN FOAM ROLL**
  - Roll back and forth on each side for 10 reps

- **UPPER BACK FOAM ROLL**
  - Roll back and forth for 10 reps

---

*Click here* to try a class/view our class schedule.
QUOTATION OF THE WEEK:
It’s not about being the best, it’s about being better than you were yesterday.
— Unknown

The Gold’s Gym 12-Week Personal Transformation Plan

WEEK 9 | 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: Stretch and Strength

Stretching/Strength
Attend a Restorative Yoga class (1 hour).

Click here to try a class/view our class schedule.
WEEK 9  |  Goal: Get Lean
Gym Days: 5 (pick whichever 5 days of the week you can work out)

Focus: Strength
Warm-up: 8 mins / brisk walk or jog on a treadmill

STRENGTH TRAINING

BICEPS/TRICEPS – Mid-Weight Workout

Circuit 1 (3 times; rest for 30 secs 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.

Circuit 2 (3 times; rest for 30 secs at the end of each circuit)

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: 12 reps
Round 2: 10 reps
Round 3: 8 reps

See more on next page »

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

---

**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

**STACKED FEET PUSHUP**
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.

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

**Circuit 3 (3 times; rest for 30 secs at the end of each circuit)**

**TRICEPS DUMBBELL KICKBACK**
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.

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

---

*Click here* to try a class/view our class schedule.
**Week 9**

**Goal: Get Lean**

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

---

**STRENGTH TRAINING**

**Single-Arm Triceps Extension**

Stand with feet shoulder-width apart and a dumbbell in one hand. Bracing your abs, press the dumbbell over head by extending your arm. This is your starting position. Lower the dumbbell by bending your elbow so that it sticks out to the side. Get a good stretch in the triceps and stop just shy of the dumbbell touching your neck. Pause the dumbbell for 1 sec in the bottom position and then extend them back to the starting position by contracting the triceps.

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

**Standing Triceps Pushdown**

Facing the pulley station, grab the V-handle attachment, set to a high pulley with a shoulder-width, overhand grip. Holding the attachment and supporting the weight, bring your elbows to your sides so your forearms are parallel to the floor. This is the starting position and from here your elbows shouldn’t move. Extend your forearms straight down by contracting the triceps, twisting the attachment slightly so the knuckles face the floor at the bottom. Hold at lockout for 1 sec before returning to the starting position.

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

**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 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

---

*Click here* to try a class/view our class schedule.
### Week 9

**Goal: Get Lean**

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

#### DAY 1

<table>
<thead>
<tr>
<th>M E A L  P L A N</th>
<th><strong>B R E A K F A S T</strong></th>
<th><strong>L U N C H</strong></th>
<th><strong>S N A C K</strong></th>
<th><strong>D I N N E R</strong></th>
<th><strong>T O T A L C A L O R I E S</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td>1 cup steel cut oatmeal with 1 sliced green apple mixed in for flavor. 372 cal.</td>
<td>1 ounce of low-fat cheddar cheese melted on 1 slice of whole wheat bread with 1 slice of tomato and 2 slices of turkey. On the side, have 1 fruit of choice. 224 Cal.</td>
<td>2 tbsp almonds. 170 Cal.</td>
<td>Grill 6 ounces of salmon. On the side, have 6 asparagus with drizzled olive oil and 1 medium baked potato. 520 Cal.</td>
<td>1286 Calories</td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td>1 cup Greek yogurt with 1 cup of sliced strawberries and 1 slice of whole grain bread on the side. 261 Cal.</td>
<td>Mix 3 ounces of canned tuna with 2 tbsp of reduced-fat mayonnaise, 2 tbsp minced onion, 2 tbsp celery, 2 tbsp grated carrot, 1 lettuce leaf, and 1 ounce of reduced-fat Swiss cheese. Serve in a whole wheat pita bread. 286 Cal.</td>
<td>1 cup fresh fruit of choice. 10 walnuts. 254 Cal.</td>
<td>6 ounces of roasted chicken paired with 1/2 cup cooked broccoli and 1 sweet potato. 419 Cal.</td>
<td>1220 Calories</td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td>1 cup oat bran cereal with almond milk. 1 cup of blueberries and 2 boiled eggs on the side. 367 Cal.</td>
<td>4 ounces of sliced roast beef on 2 slices of whole wheat bread. Add brown mustard and 1 slice of tomato. On the side, have 1 green apple. 412 cal.</td>
<td>1 apple. 72 Cal.</td>
<td>Grill 4 ounces of shrimp. On the side, have 1 cup steamed asparagus and 1 garbanzo bean salad. In the salad, place 1 cup garbanzo beans on a bed of lettuce and drizzle 3 tbsp of oil and vinegar over top. 626 Cal.</td>
<td>1477 Calories</td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td><strong>Day 4-6 continued on next page...</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*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 9**

**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>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
</tr>
<tr>
<td>1/2 cup sweetened oatmeal with 1 cup mixed berries.</td>
<td>1/2 cup sweetened oatmeal with 1 cup mixed berries.</td>
<td>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.</td>
</tr>
<tr>
<td><strong>Calories:</strong> 371</td>
<td><strong>Calories:</strong> 371</td>
<td><strong>Calories:</strong> 213</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
</tr>
<tr>
<td>Grill 1 turkey burger. Place on a whole wheat bun and top with lettuce and tomato. On the side, have a small mixed green salad.</td>
<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 large salad with veggies. Top with 4 ounces of shrimp and oil-and-vinegar dressing.</td>
</tr>
<tr>
<td><strong>Calories:</strong> 400</td>
<td><strong>Calories:</strong> 448</td>
<td><strong>Calories:</strong> 300</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td><strong>Snack</strong></td>
<td><strong>Snack</strong></td>
</tr>
<tr>
<td>1 apple.</td>
<td>1/2 cup avocado.</td>
<td>1 cup watermelon.</td>
</tr>
<tr>
<td><strong>Calories:</strong> 72</td>
<td><strong>Calories:</strong> 189</td>
<td>10 almonds.</td>
</tr>
<tr>
<td><strong>Calories:</strong> 189</td>
<td><strong>Calories:</strong> 254</td>
<td><strong>Calories:</strong> 254</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td><strong>Dinner</strong></td>
<td><strong>Dinner</strong></td>
</tr>
<tr>
<td>Grill 4 ounces of tilapia and top with garlic, pepper, 5 cherry tomatoes, and olive oil. On the side, have 5 asparagus and 1 cup quinoa.</td>
<td>Grill 6 ounces of halibut. On the side, have 1 cup of brown rice and grilled vegetables marinated in olive oil.</td>
<td>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.</td>
</tr>
<tr>
<td><strong>Calories:</strong> 399</td>
<td><strong>Calories:</strong> 503</td>
<td><strong>Calories:</strong> 352</td>
</tr>
<tr>
<td><strong>Total Calories</strong></td>
<td><strong>Total Calories</strong></td>
<td><strong>Total Calories</strong></td>
</tr>
<tr>
<td>1242</td>
<td>1511</td>
<td>1119</td>
</tr>
</tbody>
</table>

*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.*