Week 9

Goal: Stay Healthy Advanced

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

Day 1

CARDIO

Do this cardio on a machine of your choice—treadmill, elliptical or stationary bike. The level of intensity here varies. (Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort.)

Warm-up: 5 mins / Zone 1 increasing to Zone 3

Intervals

+ Speed Interval: 1 min / Zone 4
- Rest Interval: 3 mins / Zone 2
+ Speed Interval: 2 mins / Zone 5
- Rest Interval: 3 mins / Zone 1
+ Speed Interval: 3 mins / Zone 4
- Rest Interval: 3 mins / Zone 2
+ Speed Interval: 2 mins / Zone 5
- Rest Interval: 3 mins / Zone 1
+ Speed Interval: 1 min / Zone 4

Cooldown: 5 mins / Zone 3 decreasing to Zone 1

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
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.

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 the 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: Stay Healthy Advanced**

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

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**DAY 1**

**CARDIO**

Do 60 mins of cardio on a machine of your choice: treadmill, elliptical or stationary bike. The level of intensity here varies. (Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort.)

- **Warm-up:** 10 mins / Zone 3

- **Interval Cycle 1 (repeat 6 times)**
  - 2 mins / Zone 4
  - 2 mins / Zone 2

- **Interval Cycle 2 (repeat 6 times)**
  - 1 min / Zone 5
  - 1 min / Zone 2

**Cooldown:** 5–10 mins at an easy pace

**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 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

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**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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**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.

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Day 1  Day 2  DAY 3  Day 4  Day 5  MENU

CLASS DAY

Focus: Balance, Flexibility and Strength

Attend a power yoga class (1 hour).

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

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#### CARDDIO

Do 60 mins of cardio on a machine of your choice—treadmill, elliptical or stationary bike. The level of intensity varies between Zone 1 (lowest level; barely feel exertion) and Zone 5 (highest exertion level; maximum effort).

**Warm-up:** 10 mins / Zone 3

**Interval Cycle (repeat 3 times)**

- 4 mins / Zone 4
- 1 min / Zone 5
- 3 mins / Zone 4
- 1 min / Zone 2

**Cooldown:** 5–10 mins at an easy pace

#### STRENGTH TRAINING

Follow your cardio with this short strength routine. Put 20 mins on the clock and repeat this series until time runs out—no breaks between exercises!

**PUSHUPS — 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.

**MOUNTAIN CLIMBERS — 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.

#### WARM-UPS

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

See more on next page »

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STRENGTH TRAINING

SQUATS — 15 reps
Stand as tall as you can with your feet shoulder-width apart, toes pointed slightly outward. Keep arms out 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.

SIDE PLANK WITH TWIST — 12 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

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**BALANCE AND STRENGTH**

Plyometric workouts utilize jumps, hops and rapid movements to engage muscle groups in your core and lower and upper body—at times simultaneously to increase balance and strength.

Do 2 sets of each of these exercises in this order, resting for 1 mins between each set.

**SQUAT JUMP ONTO BOX — 12 reps**
Stand in front of a 12-inch box or a stabilized weight bench. Push your hips back, squat down and jump with both feet onto the box. Jump off the box, reset and repeat the movement. Repeat until desired amount of reps are completed.

**SQUAT, PLANK, PUSHUP — 10 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.

**SCISSOR POWER SWITCH — 12 reps each leg**
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. Switch sides and repeat.

**PLYOMETRIC SIDE PLANK — 12 reps each side**
Lie on your right side with your legs completely straight. Using your right elbow and forearm, prop your body up, making sure to keep your abs tight the entire time. Raise your hips into the air until your body is in a straight line from your ankles to your shoulder. Once in this position, raise your top leg and move it forward and backward, making sure not to let your hips sag, before switching sides.

See more on next page »

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### BALANCE AND STRENGTH CONT.

**SIDE SHUFFLE SWITCH — 20 reps each side**
Stand straight up with your arms by your sides and feet shoulder-width apart. Perform three quick side shuffles to one side, making sure to raise your knees as high as possible during every step. On the last shuffle, land on your outside foot and pause with your opposite knee raised above hip height. Lower the knee and perform three side shuffles to the other side. Repeat for the prescribed number of repetitions.

**MEDICINE-BALL KNEELING SIDE THROW — 12 reps each side**
Hold a medicine ball in front of your chest with your arms extended and stand sideways about 3 feet from a wall. Slightly bend your elbows. Bring the ball across your body, then quickly rotate your torso and throw the ball against the wall. As the ball rebounds off the wall, catch and repeat the movement. Do all reps, switch sides and repeat.

**MEDICINE-BALL WOOD CHOP — 12 reps each side**
Stand with your feet shoulder-width apart. Hold a weight or medicine ball 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.

**MEDICINE BALL SLAM — 12 reps**
Grab a medicine ball and hold it above your head. Your arms should be slightly bent and your feet shoulder-width apart. Forcefully slam the ball to the floor in front of you as hard as you can. Pick the ball up and repeat.

**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 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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### DAY 1

**BREAKFAST**
- 2 egg whites sautéed with 1/2 cup spinach and 1 tbsp olive oil. 1 cup of high-fiber cereal with 1 cup nonfat milk and 1 cup blueberries.  
  487 Cal.

**LUNCH**
- Turkey sandwich made with 5 ounces sliced turkey, 1/2 avocado sliced, 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.

**SNACK**
- 1 cup red grapes.  
  192 Cal.

**DINNER**
- 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.

**TOTAL CALORIES**
- 2041 Calories

### DAY 2

**BREAKFAST**
- 1 gluten-free waffle with 1 tbsp peanut butter and 1 cup raspberries.  
  253 Cal.

**LUNCH**
- Prepare one 4-ounce lamb steak. On the side, have 1 cup of quinoa mixed with fresh herbs and 1 tbsp olive oil, 1/2 cup of steamed carrots with 1/2 cup of chopped red onion, and 1/2 of an apple.  
  634 Cal.

**SNACK**
- 3 ounces of grilled chicken strips with gluten-free bread crumbs and 1/2 cup of Greek yogurt dip with green onion and garlic.  
  312 Cal.

**DINNER**
- 5 ounces of grilled liver with onions sautéed in 1 tbsp of olive oil. On the side, have 1 cup cooked quinoa mixed with 1 cup of steamed broccoli.  
  525 Cal.

**TOTAL CALORIES**
- 1724 Calories

### DAY 3

**BREAKFAST**
- 1 cup of gluten-free oatmeal. On the side, have 1 hard-boiled egg and 1 whole grapefruit.  
  450 Cal.

**LUNCH**
- 1 cup cooked garbanzo beans mixed with fresh lettuce (as much as you want), topped with 2 tbsp light vinaigrette and 1 tbsp ground flax seed. Pair with 2 ounces grilled chicken strips dipped in 1 cup of marinara sauce.  
  747 Cal.

**SNACK**
- 1 cup red grapes.  
  192 Cal.

**DINNER**
- Grill 6 ounces halibut or your choice of white fish. Sauté 1 cup of fresh tomatoes, basil, and olive oil to pour over the fish. On the side, have 1 cup of grilled red and yellow peppers, 1/2 baked potato with the skin, and 1 tbsp pesto.  
  574 Cal.

**TOTAL CALORIES**
- 1963 Calories

*Each day based on a balance of approximately 1700–2000 average total calories to be consumed per day.*
## The Gold’s Gym 12-Week Personal Transformation Plan

### Quote of the Week:
Seize the day, put no trust in the morrow!  
—Horace

### Week 9

#### Goal: Stay Healthy Advanced

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

### DAY 1

#### Breakfast

| 4 ounces sliced roast beef on a gluten-free bun. Add lettuce and sprouts. On the side, have 1 pear with the skin. | 516 Cal. |

#### Lunch

| 1 cup fresh watermelon. 1/3 cup mixed walnuts and pecans. | 274 Cal. |

#### Snack

| One 5-ounce grilled pork chop. On the side, have 2 cups of asparagus sautéed in 1 tbsp grapeseed oil. | 415 Cal. |

#### Dinner

| 1730 Calories |

#### Total Calories

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