



YEARS
A Legacy of Strength
Since 1965

QUOTE OF THE WEEK:

The resistance that you fight physically in the gym and the resistance that you fight in life can only build a strong character.

— Arnold Schwarzenegger

The Gold's Gym 12-Week Personal Transformation Plan

WEEK 1

Goal: Boost Performance

Gym Days: 4 (pick whichever 4 days of the week you can work out)

DAY 1

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CARDIO

Do 20 mins of cardio on a machine of your choice—treadmill, elliptical or stationary bike—keeping the pace within an exertion zone of 2–3. (Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort.)



STRENGTH TRAINING

Follow your cardio with this 20-min weight-training circuit. All you need is a pair of 10- to 15-pound dumbbells. You'll do 3 rounds total, doing each exercise straight for 1 min before continuing onto the next. Rest for 1 min between sets.

WALKING LUNGES – Aim for 10–15 reps each leg

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.

SHOULDER PRESS – Aim for 10–15 reps

Hold a pair of dumbbells just outside your shoulders, your arms bent and palms facing each other. 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.

Easier option if Shoulder Press is too difficult:

LATERAL RAISE – Aim for 10–15 reps

Grab a pair of dumbbells and let them hang at your sides. Stand tall and make sure your palms are facing your body. Keeping your elbows slightly bent, raise your arms straight out to the sides until they're at shoulder level. Pause, then lower the weights back to the starting position.

See more on next page »

WARM-UPS

**SHOULDER CIRCLES
30 secs each direction**

Stand tall and let your arms hang at your sides. In a large circular motion, fluidly push your shoulders out, then up, then back, then down. Repeat the motion in the other direction.

**NECK ROTATIONS
5 reps each side**

Stand tall, your arms hanging at your sides. Bend your neck to bring your head toward your shoulders. Gently rotate your neck in one direction in a large circle before returning to the starting position.

**GOOD MORNING STRETCH
5 reps**

Stand tall in a shoulder-width stance. Place hands on the back of your head, bending the elbows 90 degrees. Maintain a tight core, and upright torso. Bend forward at the hips, keeping the back straight. Maintain a slight arch in lower back, and keep the chest and head up. Lower yourself until you feel a stretch in the hamstrings, or until your back is almost parallel with the ground.

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STRENGTH TRAINING CONT.

SQUATS – Aim for 10 reps

Stand as tall as you can with your feet shoulder-width apart, toes slightly pointed outward. Keep arms in front of you at chest height to help maintain balance. Drop your hips and sit back until your thighs are parallel with the floor. Pause, then drive through the heels and lift body upward to the starting position, squeezing the glutes at the top of the movement.

DUMBBELL ROW – Aim for 10–15 reps

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

STEP-UPS WITH DUMBBELLS – Aim for 10 reps each leg

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.



STRETCH SESSION

HAMSTRING STRETCH Hold 30 secs each side

Stand next to an exercise bench. Place one leg on the bench. Stand tall, puff out your chest, and move your shoulders down. Slightly bend your standing leg knee and bend over at the waist. Once you feel a stretch behind the thigh of your lifted leg, stop and hold this position.

GLUTE STRETCH Hold 45 secs each side

Lie on your back and cross one leg over the other. Clasp your hands behind your uncrossed leg. Hug your leg in toward your stomach.

LYING ABDUCTION STRETCH Hold 30 secs each side

Lie on the ground on your right side, your left leg stacked on your right, and your knees bent 90-degrees. Lift your left knee, raising it as high as you can while keeping your feet together.

BICEPS STRETCH Hold 45 seconds

Place hands together, palms facing each other with fingers interlocked behind your back. Straighten and rotate your palms so they face downward. Lift arms away from the body until you feel a stretch in the biceps.

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CARDIO

Incorporate some high-intensity interval training to add some speed plus strength to your cardio routine. You can do this workout on a cardio machine of your choice—treadmill, elliptical, stationary bike—or run outside.

The level of intensity varies between Zone 1 (lowest level; barely feel exertion) and Zone 5 (highest exertion level; maximum effort).

Interval Circuit (21 mins)

Warm-up: 4.5 mins / Zone 1 working up to Zone 2

- + Speed Interval: 30 secs / Zone 4
- Rest Interval: 2 mins / Zone 2
- + Speed Interval: 30 secs / Zone 4
- Rest Interval: 1 min / Zone 2
- + Speed Interval: 30 secs / Zone 4
- Rest Interval: 2 mins / Zone 2
- + Speed Interval: 1 min / Zone 5
- Rest Interval: 2 mins / Zone 2
- + Speed Interval: 30 secs / Zone 4
- Rest Interval: 2 mins / Zone 2
- + Speed Interval: 30 secs / Zone 4

Cooldown: 4 mins / Zone 3 decreasing to Zone 1

STRENGTH TRAINING

Core Circuit (15 mins)

Repeat this circuit workout 3 times, resting 30 secs between circuits.

See more on next page »



STRETCH SESSION

QUAD STRETCH

Hold 30 secs each side

Stand tall with your feet shoulder-width apart. Bend your right knee back, and bring your foot to your glutes. Grab your right ankle and pull it into your glutes.

SCORPION

Hold 45 secs each side

Lie flat on your stomach with your arms out to your sides. Keep your feet together. Lift your right leg off of the floor as high as possible, then cross it over to your left side while twisting your hips until your foot touches the ground. Your leg should mimic the look of a scorpions tail.

STRAIGHT-LEG CALF STRETCH

Hold 30 secs on each side

In a staggered stance, stand about 2-3 feet in front of a wall. Make sure the toes of your back foot are about even with the heel of your front foot. Place your hands against the wall, lean against it, and shift your weight to the back foot until you feel a stretch in your calf muscle.

See more on next page »

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STRENGTH TRAINING **CONT.**

PLANK – Hold for 30 secs

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.

RUSSIAN TWIST WITH BALL – 10 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 the back of your shoulders. Keep your hips up by squeezing your glutes. Rotate back to the starting position. Repeat on the opposite side.

DUMBBELL STRAIGHT-LEG DEADLIFT – 10 reps

Grab a pair of dumbbells with an overhand grip, and hold them at arm's length in front of your thighs. Stand with your feet hip-width apart and your knees slightly bent. Brace your core—try to make it stiff—and hold it that way throughout the entire movement. Without changing the bend in your knees, bend at your hips and lower your torso until it's almost parallel to the floor. Don't round your lower back. It should stay naturally arched as you lower your body. Pause, then squeeze your glutes tightly and raise your torso back to the starting position.

CRUNCH – 12 reps

Lie flat on your back, placing your hands behind your head. Bring your feet close to your glutes so your knees are bent and your feet are flat on the ground. With your elbows behind your head and flared to the side, tighten your abs and lift your shoulders and upper back off the ground. Squeeze your abs at the top of the movement and hold for one second. Return to starting position and repeat until all prescribed reps have been completed.

STRETCH SESSION **CONT.**

OVER UNDER SHOULDER STRETCH Hold 30 secs each side

Stand tall with your arms hanging at your sides, grasping a resistance band in both hands behind your back. Twisting the band, bend your left arm and bringing it behind your back and grasping the resistance band as high as possible. Simultaneously bend your right arm above your head, pointing your elbow upwards and grasping the resistance band as low as possible.

CAT CAMEL

15 reps

Get on the floor on all fours with your hands directly beneath your shoulders and knees directly beneath your hips. Begin to exhale and lightly press into the ground with your palms, while rounding your upper back toward the ceiling. Slowly lower your head, resting it between your shoulders. Pause and take a deep breath in, while slightly arching your back as you up towards the ceiling.

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CLASS DAY

Attend a restorative yoga class (1 hour).

Remember: If this class isn't offered on the day it's assigned, switch the order of your workouts to fit the class schedule.



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CARDIO

Do 40 mins of cardio on a machine of your choice—treadmill, elliptical or stationary bike—keeping the pace within an exertion zone of 2–3. (Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort.)

CORE CHECK-IN

PLANK – 3 sets of 30-sec holds (rest for 30 secs between holds)

Lie facedown with your elbows directly beneath your shoulders and raise your torso into the air until it's a completely straight line from your shoulders to your ankles. Tighten your stomach, squeeze your glutes, and hold.

SIDE PLANK – 3 sets of 30-sec holds on each side (rest for 30 secs between holds)

Begin facedown with your elbows resting on the floor or a mat. Rotate to the right side, then push up so you are resting on your right forearm and outer right foot, with your hips and back in alignment. Try not to let your hips sag. Repeat on left side.



WARM-UPS

SHOULDER CIRCLES
30 secs each direction

NECK ROTATIONS
5 reps each side

GOOD MORNING STRETCH
5 reps

STRETCH SESSION

HAMSTRING STRETCH
Hold 30 secs each side

GLUTE STRETCH
Hold 45 secs each side

LYING ABDUCTION STRETCH
Hold 30 secs each side

BICEPS STRETCH
Hold 45 seconds

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BOOST PERFORMANCE MEAL PLAN

	DAY 1	DAY 2	DAY 3
BREAKFAST	Sauté 2 eggs in 1-1/2 tbsp olive oil. Add 2 tbsp Parmesan cheese. On the side, have 1 cup bran cereal with 1 cup nonfat milk and 1 medium to large slice of fresh pineapple or 7 to 8 cubes canned. 697 Cal.	Toast 2 slices of gluten-free toast and top with 1 tbsp almond butter. On the side have 1 cup fresh blueberries and 1 cup nonfat milk. 412 Cal.	Grill 2 small low-sodium chicken sausage links (lowest sodium version available). Pair with 2 small gluten-free pancakes topped with 1 tbsp real butter. 482 Cal.
LUNCH	Grill one 4-ounce chicken breast with choice of fresh herbs. Pair with baked yam, leaving the skin on and adding 1 tbsp. of butter. On the side, prepare 1 cup of turnip greens with 1 tbsp olive oil. 485 Cal.	5 ounces of tuna in 1 medium to large tortilla wrap or labash wrap with 1 tbsp of nonfat mayo, celery, red onion, lettuce, sprouts, and a slice of low-fat cheddar. 450 Cal.	Sauté 8 medium shrimp in 1 tbsp olive oil. Pair with 1 cup quinoa mixed with herbs and 1 tbsp olive oil. Green salad with romaine, tomatoes, and red cabbage, topped with 2 tbsp balsamic vinaigrette. 653 Cal.
SNACK	8 to 12 celery sticks with 1 tbsp natural peanut butter. 100 Cal.	In a bowl, mix 1 cup low-fat cottage cheese, 1 cup raspberries, and 1/3 cup pecans. Drizzle 1/3 tbsp of honey over the top. 474 Cal.	1 orange. 1/3 cup walnuts. 250 Cal.
DINNER	Grill one 5-ounce lamb chop. Have 3/4 cup of herb quinoa cooked with 1 tbsp olive oil and 1 cup of steamed green beans on the side. Finish with 1/2 cup raspberries. 681 Cal.	Broil 6 ounces of wild salmon. Sauté 1-1/2 cup chopped asparagus in grapeseed oil and garlic. For a dip, mix 1/2 cup low-fat Greek yogurt with dill and garlic. 465 Cal.	Broil a 4-ounce grass-fed beef burger (no bun). On the side, cut one medium potato in half and scoop out about half the potato on each side, sprinkle each side with herbs and a tbsp of olive oil, and bake. Sauté 1 cup spinach with 1/2 of a medium tomato, herbs, and 1 tsp garlic. 590 Cal.
TOTAL CALORIES	1963 Calories	1801 Calories	1975 Calories

Day 4-6 continued on next page...

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



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BOOST PERFORMANCE MEAL PLAN

	DAY 4	DAY 5	DAY 6
BREAKFAST	1 whey protein shake made with 1 banana, 1/2 cup blackberries, 1 tbsp ground flax meal, and 1/2 cup almond milk with water. 507 Cal.	1 cup gluten-free oatmeal. 1/3 cup crushed almonds. 1 cup almond milk. 1 sliced apple with skin. 672 Cal.	2 eggs and 1 egg white scrambled with 1/2 pepper of your choice and 1/2 medium tomato. 2 pieces of gluten-free toast with 1 tbsp of olive oil on each. 580 Cal.
LUNCH	Grill one 5-ounce turkey burger, then sauté in grapeseed oil. Place the burger on a gluten-free bun and top with 1 slice of low-fat mozzarella cheese, lettuce, and tomato. On the side, have 1 cup of chicken and rice soup (lowest-sodium version available, or homemade). 725 Cal.	Sprinkle 5 ounces of tuna with your choice of herbs. Sauté a handful of green onions in 1 tbsp olive oil, then add 2 cups of spinach with 1-1/2 tbsp olive oil. Mix tuna and vegetables with 1 cup of brown rice. 625 Cal.	Grill one 3-ounce chicken breast and place on 1 slice of gluten-free bread. Top with 1 slice of low-fat Swiss cheese and 1/2 cup of marinara sauce. On the side, steam and chop 2 cups of asparagus. 363 Cal.
SNACK	"2 tbsp hummus dip with 8 to 15 carrots and zucchini sticks. 85 cal. "	"8 to 15 gluten-free crackers (choose amount based on size) with 1/2 cup Greek yogurt dip made with dill and garlic. 190 Cal. "	"1 cup of low-fat Greek yogurt with 1 cup of strawberries and 1/3 cup crushed walnuts. Drizzle 1 tbsp honey over the top. 435 Cal. "
DINNER	Prepare a salad with a 2 cups of fresh chopped veggies of your choice. Add 5 ounces tuna and 1 cup cooked quinoa. Top with 1 or 2 tbsp light vinaigrette dressing. 487 Cal.	Two 2-ounce turkey meatballs with 1 cup of spaghetti squash and 1 cup of low-sodium marinara mixed with 1 medium to large fresh sautéed tomato. On the side, have a medium to large green salad with chopped red cabbage and sprouts topped with 1 or 2 tbsp of light vinaigrette dressing. 496 Cal.	Broil one 4-ounce pork chop. On the side, have 1/2 cup brown and wild rice mixture, and 1 cup chopped sautéed broccoli with jalapeno or serrano chili peppers (at your level of spice preference). 1/2 cup fresh blueberries. 472 Cal.
TOTAL CALORIES	1963 Calories	1983 Calories	1850 Calories

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TIP SHEET: Boost Performance Week 1

WORKOUT TIPS

Welcome to Week 1 of your 12-Week journey! Here are a few tips to get you started the right way:

- **Get techie:** There are plenty of apps and wearable devices that can help you stay on track with a new routine. Here are a few that we recommend:
 - **Microsoft Band + Microsoft Health app:** Pair Microsoft's new wearable device with their health app to track all your steps and workouts. The band also has this 12-Week plan programmed into it!
 - **MyFitnessPal:** This app can help you log daily calories and fitness goals plus it has a whole community of people who are trying to get healthy just like you.
- **Stay pain free:** It's normal to have some muscle aches and stiffness a day or two after working out muscles you haven't used in a while, but if you start to feel sick or overly tired, you could be training too hard. Make sure to take a rest day or two to heal up.
- **Give it time:** Don't expect to see results right away. Most experts say it takes about four to six weeks to really see and feel the results of a fitness regime.

MENU NOTES

As you peruse this week's menu, keep in mind that these meals can be made larger or smaller depending on the calorie count you need to reach your goals. Use the calorie calculator on MyFitnessPal.com to see how many calories you should eat per day. And make sure to invest in a good kitchen scale!

Whether you follow this menu to the letter or just incorporate some of the meals into your lunch bag, you can learn a lot from preparing these recipes like...

- **Proper portion size:** Learning exactly what 4 ounces of chicken or 1 cup of brown rice looks like can help you make smart diet choices when you're eating out or at a dinner party.
- **The right stuff:** Each of your meals incorporates the four pillars of a smart diet.
 - Fiber
 - Fruits & Vegetables
 - Good fat
 - Lean protein