



**BUILT STRONG
WITH GOLD'S**
BRITISH COLUMBIA

**FREE 4 WEEK
TRAINING PLAN
TO GET YOU STARTED!**





BUILT STRONG WITH GOLD'S

BRITISH COLUMBIA

4 WEEK TRAINING PLAN
WEEK 1

*Time to get started
Congratulations!*

Begin building your baseline for muscular strength and cardiovascular fitness with two full body strength training workouts and two cardio sessions. This week focuses on using machines, as they are the easiest to learn and safest for beginners.

**DAY 1
FULL
BODY**

**DAY 2
CARDIO
DAY**

**DAY 3
REST
DAY**

**DAY 4
FULL
BODY**

**DAY 5
CARDIO
DAY**

**DAY 6
REST
DAY**

**DAY 7
REST
DAY**

WORKOUT	FULL BODY					CARDIO	FULL BODY				
WARM UP	10 Minutes on the Elliptical					<i>Time to get your heart rate up!</i> 45 to 60 minutes on cardio equipment (treadmill, bike, elliptical, etc.) or you can take a group exercise class. Check out your local GGX schedule for details.	10 Minutes on the Elliptical				
STRENGTH TRAINING	Exercise	Sets	Reps	Weight	Rest		Exercise	Sets	Reps	Weight	Rest
	Leg Press	2	20		30s		Leg Press	2	20		30s
	Chest Press	2	20		30s	Chest Press	2	20		30s	
	Machine Row	2	20		30s	Machine Row	2	20		30s	
	Overhead Press	2	20		30s	Overhead Press	2	20		30s	
	Crunches	2	20		30s	Crunches	2	20		30s	
CARDIO	20 Minutes on Cardio Equipment (Treadmill, Bike, Elliptical, etc.)					20 Minutes on Cardio Equipment (Treadmill, Bike, Elliptical, etc.)					



TRAINING TIPS



> IDENTIFYING PROPER AMOUNT OF WEIGHT FOR EACH EXERCISE:

This may take some experimenting on the first couple of sets of each exercise, but you want to identify the amount of weight that you can lift on each set for the full number of reps with the last two to four there is at least a moderate amount of resistance from the first rep. Conversely, you know you have too much weight if you get towards the end of the set and you cannot finish the final reps while still maintaining good form.

> HEART RATE (HR) CALCULATIONS FOR CARDIO:

Calculate Max Heart Rate (MHR) Take 220 minus your age Eg. 40 Years Old = 180 bpm (MHR)
Calculate Target HR Zone (THR) approx. 60%-70% of MHR. Target HR @40 years of age = 108-126 bpm



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4 WEEK TRAINING PLAN

WEEK 2

You are on your way!

Let's continue building your baseline muscular strength and cardiovascular fitness through two full body strength training workouts and two cardio sessions. While you will train the same number of days this week you will begin to add more volume through an increase in sets. Additionally, you will add in an exercise each day for ancillary muscle groups (biceps and triceps). The final progression will be to add an additional ten minutes of cardio on your "cardio only" days.

DAY 1 FULL BODY **DAY 2 CARDIO DAY** **DAY 3 REST DAY** **DAY 4 FULL BODY** **DAY 5 CARDIO DAY** **DAY 6 REST DAY** **DAY 7 REST DAY**

WORKOUT	FULL BODY					CARDIO	FULL BODY				
WARM UP	10 Minutes on the Elliptical					<i>Time to get your heart rate up!</i> ↓ 45 to 60 minutes on cardio equipment (treadmill, bike, elliptical, etc.) or you can take a group exercise class. Check out your local GGX schedule for details.	10 Minutes on the Elliptical				
STRENGTH TRAINING	Exercise	Sets	Reps	Weight	Rest		Exercise	Sets	Reps	Weight	Rest
	Leg Press	3	20		30s		Leg Press	3	20		30s
	Chest Press	3	20		30s		Chest Press	3	20		30s
	Machine Row	3	20		30s		Machine Row	3	20		30s
	Overhead Press	3	20		30s		Overhead Press	3	20		30s
	Cable Bicep Curls	2	20		30s		Cable Tricep Pushdown	2	20		30s
Crunches	2	20		30s	Crunches	2	20		30s		
CARDIO	20 Minutes on Cardio Equipment (Treadmill, Bike, Elliptical, etc.)						20 Minutes on Cardio Equipment (Treadmill, Bike, Elliptical, etc.)				



TRAINING TIPS



> TRAINING TIPS:
CABLE BICEP CURLS: Stand up straight with your shoulders back. While moving weight upward, keep your elbows close to your side and move weight to full elbow flexion, then return slowly to your starting position. Make sure each rep is slow and controlled throughout entire rep squeezing muscle to full contraction.
CABLE TRICEP PRESSDOWN: Starting with handle at chest height, lean forward slightly and begin to press weight downward while keeping elbows tight to your side. Once elbows are fully extended, allow weight to return to starting position slowly. Make sure each rep is slow and controlled throughout entire rep squeezing muscle to full contraction.

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Wow you're doing great!

The goal this week is to stick with the full body strength training workouts and add a third strength training day which will increase your weekly volume. The third day of training can be added on Day 6.

**DAY 1
FULL
BODY**

**DAY 2
CARDIO
DAY**

**DAY 3
REST
DAY**

**DAY 4
FULL
BODY**

**DAY 5
CARDIO
DAY**

**DAY 6
REST
DAY**

**DAY 7
REST
DAY**

WORK OUT	FULL BODY					CARDIO	FULL BODY					FULL BODY				
WARM UP	10 Minutes on the Elliptical						10 Minutes on the Elliptical					10 Minutes on the Elliptical				
STRENGTH TRAINING	Exercise	Sets	Reps	Weight	Rest	45 to 60 minutes on cardio equipment (treadmill, bike, elliptical, etc.) or you can take a group exercise class. Check out your local GGX schedule for details.	Exercise	Sets	Reps	Weight	Rest	Exercise	Sets	Reps	Weight	Rest
	Leg Press	3	20		30s		Leg Press	3	20		30s	Leg Press	3	20		30s
	Chest Press	3	20		30s		Chest Press	3	20		30s	Hamstring Curl	2	20		30s
	Machine Row	3	20		30s		Machine Row	3	20		30s	Incline Chest press	3	20		30s
	Overhead Press	3	20		30s		Overhead Press	3	20		30s	Machine Row	3	20		30s
	Cable Bicep Curls	2	20		30s		Cable Tricep Pushdown	2	20		30s	Overhead Press	3	20		30s
	Crunches	2	20		30s		Crunches	2	20		30s	Calf Raise	2	20		30s
CARDIO	20 Minutes on Cardio Equipment (Treadmill, Bike, Elliptical, etc.)						20 Minutes on Cardio Equipment (Treadmill, Bike, Elliptical, etc.)					20 Minutes on Cardio Equipment (Treadmill, Bike, Elliptical, etc.)				

TRAINING TIPS

> TRAINING TIPS:

CALF RAISES: Make sure back is straight and you have a slight bend in knee throughout entire rep. Never lock knees out. Slowly drop heels toward ground. Once ankle is flexed to your full range of motion begin to press through pad of foot upward extending ankle to your full ROM. You know you are going at the proper speed if there is no bouncing within your reps.

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In the final week there will be three strength training workouts with an increase volume in each set to make this your highest volume week in the four-week program. The third day of training can be added on Day 6.

Amazing job, You made it!

DAY 1
FULL BODY

DAY 2
CARDIO DAY

DAY 3
REST DAY

DAY 4
FULL BODY

DAY 5
CARDIO DAY

DAY 6
REST DAY

DAY 7
REST DAY

WORK OUT	FULL BODY					CARDIO	FULL BODY					FULL BODY						
WARM UP	10 Minutes on the Elliptical						10 Minutes on the Elliptical					10 Minutes on the Elliptical						
STRENGTH TRAINING	Exercise	Sets	Reps	Weight	Rest	45 to 60 minutes on cardio equipment (treadmill, bike, elliptical, etc.) or you can take a group exercise class. Check out your local GGX schedule for details.	Exercise	Sets	Reps	Weight	Rest	Exercise	Sets	Reps	Weight	Rest		
	Leg Press	4	20		30s		Leg Press	4	20		30s	Leg Press	4	20		30s		
	Chest Press	4	20		30s		Chest Press	4	20		30s	Hamstring Curl	3	20		30s		
	Machine Row	4	20		30s		Machine Row	4	20		30s	Incline Chest press	4	20		30s		
	Overhead Press	4	20		30s		Overhead Press	4	20		30s	Machine Row	4	20		30s		
	Cable Bicep Curls	3	20		30s		Cable Tricep Pushdown	3	20		30s	Overhead Press	4	20		30s		
	Crunches	3	20		30s		Crunches	3	20		30s	Calf Raise	3	20		30s		
CARDIO	20 Minutes on Cardio Equipment (Treadmill, Bike, Elliptical, etc.)						20 Minutes on Cardio Equipment (Treadmill, Bike, Elliptical, etc.)					20 Minutes on Cardio Equipment (Treadmill, Bike, Elliptical, etc.)						

TRAINING TIPS

> TRAINING TIPS:

This is your highest volume week yet so at the end of sets, especially toward the end of your workout, you will be getting very fatigued. Extra fatigue will cause your form to break down even more. Don't let yourself continue a set with poor form. Once form begins to break down, the set is finished. Safety first!

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