

# STRONG to the FINISH™

TRANSFORMATION CONTEST



OVER \$100 000 IN CASH & PRIZES



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# FEMALE MUSCLE BUILDING INTERMEDIATE-ADVANCED TRAINING PLAN



Go to [muscletech.ca/strongtothefinish](http://muscletech.ca/strongtothefinish) for full contest details.

## POPEYE'S TRANSFORMATION CHALLENGE – FEMALE MUSCLEBUILDING – TRAINING SPLIT

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Training</b>	Back	Cardio + Abs	Lower Body – Hams + Glutes Focus	Shoulders + Conditioning	Arms	Lower Body – Quads/ Glutes Focus	Rest/Steady-State Cardio

## POPEYE'S TRANSFORMATION CHALLENGE – FEMALE MUSCLEBUILDING – TRAINING

Goal	Sets/Reps	Rest	Tempo
Increase strength, add some muscle while remaining lean	As indicated below	60-90 seconds rest between exercises unless otherwise noted	2 seconds up, 2 seconds down unless otherwise noted
	Sets/Reps	Exercise	Alternative Exercise
<b>Day 1: Back</b>	4 X 10-15	Cable Pulldowns	Assisted Chin-Ups
	4 X 10-15	Bent-Over Barbell Rows	Seated Cable Rows
	4 X 10-15	Close-Grip Cable Pulldowns	Wide-Grip Underhand Cable Pulldowns
	4 X 10-15	One-Arm Dumbbell Rows	One-Arm Machine Rows
	4 X 12-15	Back Extensions	Barbell Deadlifts
<b>Day 2: Cardio + Abs</b>	After a 5-minute progressive warm-up, perform 5 challenging intervals @ 90% intensity for 45 seconds with 1-2 minutes rest/recovery period between intervals. Complete in 20 minutes or less on one of the following cardio machines: stepmill, rower, bike or cross trainer. Follow with 15 minutes of ab training (see below).		
	<b>Ab Routine:</b> Bench V-Ups, Stability Ball Crunches, Seated Medicine Ball Torso Twist, Toe Touch Crunches, Plank. Perform 10-15 reps per exercise (30-60 seconds for the plank) in a circuit.		
<b>Day 3: Lower Body – Hams + Glutes Focus</b>	4 X 10-15	Lying Leg Curls	Seated Leg Curls
	4 X 10-15	Barbell Stiff-Leg Deadlifts	Good Mornings
	4 X 10-15	Barbell Glute Bridge	Donkey Kickbacks
	4 X 10-15	Dumbbell Sumo Squats	Barbell Sumo Squats
	4 X 10-15	Adductor/Abductor Machines	Abductor Banded Side Steps
<b>Day 4: Shoulders + Conditioning</b>	4 X 10-15	Dumbbell Lateral Raises	Cable Lateral Raises
	4 X 12-15	Rear-Delt Pec Deck	Seated Rear-Delt Raises
	3 X 12-15	Dumbbell Front Raises (palms down)	Cable Rope Front Raises
	3 X 12-15	Dumbbell V-Raises	Bent-Arm Lateral Raises
	<b>Conditioning Circuit – 20 minutes, 3 rounds</b>		
	40 seconds	Battle Ropes	Kettlebell Swings
	10-20 reps	Medicine Ball Slams	Burpees
	40 seconds	Jump Rope	Sled Sprint
	10-20 reps	Dumbbell Push Press	Dumbbell Power Clean
	40 seconds	Bicycle Crunches	BOSU Ball Crunches
<b>Day 5: Arms</b> <i>Perform as supersets – biceps/triceps</i>	3 X 10-15	EZ-Bar Cable Curls	Machine Preacher Curls
	3 X 10-15	Triceps Cable Pressdowns	Underhand Cable Pressdowns (single arm)
	3 X 10-15	Twisting Dumbbell Curls	Wide-Grip Straight Bar Curls
	3 X 10-15	Lying EZ-Bar Extensions	Incline EZ-Bar Extensions
	3 X 10-15	Dumbbell Hammer Curls	Cable Rope Hammer Curls
	3 X 12-15	Machine Dips	Bench Dips (bodyweight)
<b>Day 6: Lower Body – Quads + Glutes Focus</b>	4 X 15-20	Leg Extensions	
	4 X 12-15	Barbell Squats	Smith Machine Squats
	4 X 15-20	Leg Press	
	4 X 20 (10 per leg)	Walking Barbell Lunges	Dumbbell Split Squats (off bench)
	4 X 15	Glute Kickbacks	Reverse Hyperextensions
<b>Day 7: Rest or Steady-State Cardio</b>	If energy is good, perform 20-30 minutes of steady-state cardio.		

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# FEMALE MUSCLE BUILDING INTERMEDIATE-ADVANCED DIET PLAN



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## POPEYE'S TRANSFORMATION CHALLENGE – FEMALE MUSCLEBUILDING – DIET

Meal 1: Protein/Complex Carb/ Veggie/Fruit	Meal 2: Protein/Complex Carb/ Veggie	Meal 3: Protein/Veggie/Fats	Training	Meal 4 Protein/Carb	Meal 5: Protein/Half Carb/Fats
1 Protein	1 Protein	1 Protein (i.e. Mission1™ Clean Protein Bar)	<b>Pre-Workout:</b> GAKIC® 2.0, NANO VAPOR®	1 Protein	1 Protein (i.e., PHASE8™ or Platinum 100% Casein)
1 Complex Carb	1 Complex Carb	1 Veggie/Fibrous Carb	<b>Training:</b> As per Training Plan	2 Complex Carbs	1/2 Carb
1 Veggie	1 Veggie/Fibrous Carb	2 Fats	<b>Intra-Workout:</b> Platinum BCAA, Platinum 100% Creatine		2 Fats
1 Fruit			<b>Post-Workout:</b> NITRO-TECH®, Platinum 100% Glutamine		
<b>Supplements –</b> Clear Muscle™, VITAKIC™		<b>Supplements –</b> Clear Muscle™		<b>Supplements –</b> Clear Muscle™	Magnesium
<b>Notes –</b> Okay to add some fruit to this meal occasionally				<b>Notes –</b> Extra carbs in this meal	

One cheat meal per week is acceptable.

Protein Options	Amount
Egg whites w/ eggs (1-2)	1 1/4 cups (uncooked)
Chicken breast (boneless/skinless)	6.5 oz./184g (cooked)
Turkey breast (baked)	4 oz./113g (cooked)
White fish (baked)	4.5 oz./127g (cooked)
Lean red meat (flank/skirt/top sirloin/round/tenderloin)	4 oz./113g (cooked)
Salmon fillet/tuna	4 oz./113g (cooked)
Ground turkey/ground chicken	4.5 oz./127g (cooked)
Pork tenderloin	4 oz./113g (cooked)
Game meats (bison/venison)	4 oz./113g (cooked)
Low-fat or fat-free cottage cheese/Greek yogurt (occasional)	2/3 cup
Platinum 100% Iso-Whey	1 scoop
Platinum 100% Casein or PHASE8™	1 scoop
Mission1™ Clean Protein Bar	1
Complex Carb Options	Amount
Oats/oat bran	1/2 cup
Cream of rice/corn grits/steel-cut oats	1/3 cup
Ezekiel bread/rye bread	2 slices
Brown jasmine rice/white rice/black rice/basmati rice	5 oz./141g (cooked)
Quinoa/freekeh	5 oz./141g (cooked)
Amaranth/barley/buckwheat	5 oz./141g (cooked)
Sweet potato/red potato/white potato/baked potato/purple potato	5 oz./141g (cooked)
Lentils/beans/chickpeas	1/4 cup mixed into rice
Corn (yellow)	1 cup (cooked)
Gluten-free pasta	4 oz./113g (cooked)

Veggie Options/ Fibrous Carbs	Amount
Broccoli/asparagus/Brussels sprouts/cauliflower	1 cup
Green/yellow beans	1 cup
Squash/pumpkin	1 cup
Cabbage	1 cup
Bok choy/spinach/Swiss chard/kale	1 cup
Cucumber	1 cup
Zucchini/eggplant	1 cup
Peppers (green/yellow/red)	1/2 cup
Lettuce (any type)	1 cup
Greens	1 tbsp.
Fruit Options	Amount
Grapefruit/orange	1
Berries (blueberries, strawberries, raspberries, etc.)	1/2 cup
Apple	1
Grapes	1/2 cup
Pineapple	1 cup
Lemon juice	2x per day
Peach/nectarine/apricot/plum	1
Kiwi	2
Fats	Amount
Raw nuts (almonds, walnuts, pecans, Brazil, etc.)	1/8 cup
Pumpkin seeds	1/8 cup
Chia seeds	1 tbsp.
Sunflower seeds	1/8 cup
Avocado	1/2
Olive oil/macadamia nut oil	1 tbsp.

Flax oil	1 tbsp.
Natural peanut/almond/cashew butter	1 tbsp.
MCT oil	1 tbsp.
Essential fats blend (i.e., Udo's)	1 tbsp.
Supplements – MuscleTech®	Amount
Anarchy™	As per label
Platinum 100% Carnitine	As per label
PEAK ATP™	As per label
Platinum BCAA	As per label
Platinum 100% Iso-Whey	As per label
Platinum 100% Glutamine	As per label
Clear Muscle™	As per label
Mission1™ Clean Protein Bar	1 per day
PHASE8™ or Platinum 100% Casein	1 scoop per day
VITAKIC™	As per label
Platinum 100% Creatine	As per label
NANO VAPOR®	As per label
Vitamins/Minerals	Amount
B	50mg/day
C	2g/day
D	1,000 IU/day
E	400 IU/day
Calcium	1,200mg/day
Magnesium	300mg/day
Potassium	200mg/day

General guideline. Serving sizes may vary for each individual dependent on activity level.