

# STRONG to the FINISH™

TRANSFORMATION CONTEST

OVER \$100 000 IN CASH & PRIZES

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# FEMALE MUSCLE BUILDING BEGINNER TRAINING PLAN



POPEYE'S TRANSFORMATION CHALLENGE – FEMALE MUSCLEBUILDING – BEGINNER TRAINING SPLIT							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Training</b>	Full Body		Full Body		Full Body		Stretching
<b>Cardio</b>		30 Minutes (fast walk)		30 Minutes (fast walk)			30 Minutes (fast walk)

POPEYE'S TRANSFORMATION CHALLENGE – FEMALE MUSCLEBUILDING – BEGINNER TRAINING PLAN			
Focus on form and control breathing			
Goal	Sets/Reps	Rest	Tempo
<b>Add muscle and trim down excess weight</b>	<b>As indicated</b>	<b>45-60 seconds between most sets unless otherwise noted</b>	<b>2 seconds up and 2 seconds down</b>
	<b>Sets/Reps</b>	<b>Exercise</b>	<b>Alternative Exercise</b>
<b>Day 1: Full Body – Bodyweight</b>	3 X 10	Squats	Walking Lunges
	3 X 10	Push-Ups	Assisted Push-Ups
	3 X 10	Pull-Ups	Assisted Pull-Ups
	3 X 10	Dips	Assisted Dips/Bench Dips
	3 X 10	Hip Bridge (Hip Thrusts)	Back Extensions
	3 X 30 seconds	Core Bridge	Scissor Kicks
<b>Day 2: Cardio</b>	30 minutes	Walk, Treadmill, Elliptical	Sport, Hike, Swim
<b>Day 3: Full Body – Bodyweight</b>	3 X 10	Squats	Walking Lunges
	3 X 10	Push-Ups	Assisted Push-Ups
	3 X 10	Pull-Ups	Assisted Pull-Ups
	3 X 10	Dips	Assisted Dips/Bench Dips
	3 X 10	Hip Bridge (Hip Thrusts)	Back Extensions
	3 X 10 seconds	Core Bridge	Scissor Kicks
<b>Day 4: Cardio</b>	30 minutes	Walk, Treadmill, Elliptical	Sport, Hike, Swim
<b>Day 5: Full Body – Bodyweight</b>	3 X 10	Squats	Walking Lunges
	3 X 10	Push-Ups	Assisted Push-Ups
	3 X 10	Pull-Ups	Assisted Pull-Ups
	3 X 10	Dips	Assisted Dips/Bench Dips
	3 X 10	Hip Bridge (Hip Thrusts)	Back Extensions
	3 X 30 seconds	Core Bridge	Scissor Kicks
<b>Day 6: Full Rest</b>			
<b>Day 7 – Cardio/Stretching</b>	30 minutes	Walk, Treadmill, Elliptical	Sport, Hike, Swim
	Stretch all body parts to ensure muscle recovery and flexibility.		
<b>Notes</b>	To increase strength, try to add a weighted medicine ball to squats and lunges. Also, make sure you alternate exercises on a bi-weekly basis to shock your body!		

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# FEMALE MUSCLE BUILDING BEGINNER DIET PLAN



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

Meal 1: Protein/Complex Carb/ Fruit/Veggie	Meal 2: Protein/Complex Carb/Veggie	Meal 3: Protein/Veggie/Fats	Training	Meal 4 Protein/Carb	Meal 5: Protein/Fats
1 Protein	1 Protein	1 Protein (i.e. Mission1™ Clean Protein Bar)	<b>Pre-Workout:</b> Anarchy™, Platinum 100% Carnitine, PEAK ATP™	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	1 1/2 Complex Carbs	1 Fat
1 Fruit	1/2 Veggie/Fibrous Carb	1 Fat	<b>Intra-Workout:</b> Platinum BCAA or AMINO BUILD®		
1 Veggie			<b>Post-Workout:</b> Platinum 100% Iso- Whey, Platinum 100% Glutamine		
<b>Supplements</b> – Clear Muscle™, VITAKIC™		<b>Supplements</b> – Clear Muscle™		<b>Supplements</b> – Clear Muscle™	
<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 cup (uncooked)
Chicken breast (boneless/ skinless)	4 oz./113g (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, straw- berries, 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
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.