

STRONG to the FINISH™

TRANSFORMATION CONTEST



OVER \$100 000 IN CASH & PRIZES



POWERED BY **MUSCLETECH** RESEARCH & DEVELOPMENT

FEMALE SHAPE UP

INTERMEDIATE - ADVANCED TRAINING PLAN



Go to muscletech.ca/strongtothefinish for full contest details.

POPEYE'S TRANSFORMATION CHALLENGE – FEMALE SHAPE UP – TRAINING SPLIT

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Training	Upper Body – Push	Cardio	Lower Body – Hams/Glutes Focus	Conditioning	Upper Body – Pull	Lower Body – Quads/ Glutes Focus	Abs + Cardio

POPEYE'S TRANSFORMATION CHALLENGE – FEMALE SHAPE UP – TRAINING

Goal	Sets/Reps	Rest	Tempo
Increase strength and muscular conditioning without adding excess bulk	As indicated below	45-60 seconds rest between exercises unless otherwise noted	2 seconds up, 2 seconds down unless otherwise noted
	Sets/Reps	Exercise	Alternative Exercise
Day 1: Upper Body – Push <i>Perform as a circuit or straight sets</i>	4 X 10-15	Flat Dumbbell Press	Machine Chest Press
	4 X 10-15	Incline Dumbbell Flies	Pectoral Flies
	4 X 10-15	Dumbbell Lateral Raises	Cable Lateral Raises
	4 X 10-15	Lying Dumbbell Extensions (triceps)	Machine Dips
	4 X 12-15	Cable Pressdowns	One-Arm Triceps Kickbacks
Day 2: Cardio	After a 5-minute progressive warm-up, perform 7 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 this with 10 minutes of rolling hills on the treadmill at 60-70% intensity.		
Day 3: Lower Body – Hams + Glutes Focus	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
Day 4: Conditioning – Bootcamp Style <i>Perform as a circuit</i>	40 seconds	Battle Ropes	Kettlebell Swings
	10-20 reps	Med Ball Slams	Burpees
	40 seconds	Jump Rope	Sled Sprint
	10-20 reps	Dumbbell Squat Press	Goblet Squats
	40 seconds	Bicycle Crunches	BOSU Ball Crunches
Day 5: Upper Body – Pull <i>Perform as a circuit or straight sets</i>	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	Underhand Machine Pulldowns
	4 X 10-15	EZ-Bar Curls	EZ-Bar Cable Curls
	4 X 12-15	Seated Twisting Dumbbell Curls	Incline Dumbbell Curls
Day 6: Lower Body – Quads & Glutes Focus	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
Day 7: Abs + Cardio <i>Perform as a circuit</i>	4 X 15-20	Hanging Leg Raises	Roman Chair Leg Raises
	4 X 15	Weighted Cable Crunches	Stability Ball Crunches
	4 X 15	Decline Board Leg Raises	Bench V-Ups
	4 X 60 seconds	Plank	V-Sit
Finish off with 30 minutes of steady-state cardio @ 65% intensity.			

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POPEYE'S TRANSFORMATION CHALLENGE – FEMALE SHAPE UP – DIET

Meal 1: Protein/Complex Carb/ 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)	Pre-Workout: Hydroxycut Hardcore® Next Gen, Platinum 100% Carnitine, PEAK ATP™	1 Protein	1 Protein (i.e., PHASE8™ or 100% Platinum Casein)
1 Complex Carb	1 Complex Carb	1 Veggie/Fibrous Carb	Training: As per Training Plan	1 Complex Carb	1 Fat
1 Veggie	1 Veggie/Fibrous Carb	1 Fat	Intra-Workout: Platinum BCAA (Peach Mango)		
			Post-Workout : Platinum 100% Iso-Whey, Platinum 100% Glutamine		
Supplements – Clear Muscle™, VITAKIC™		Supplements – Clear Muscle™		Supplements – Clear Muscle™	
Notes – Okay to add some fruit to this meal occasionally					

One cheat meal per week acceptable.

Protein Options	Amount
Egg whites w/ eggs (1-2)	1 cup (uncooked)
Chicken breast (boneless/skinless)	3.5 oz./99g (cooked)
Turkey breast (baked)	3.5 oz./99g (cooked)
White fish (baked)	4 oz./ 113g (cooked)
Lean red meat (flank/skirt/top sirloin/round/tenderloin)	3.5 oz./99g (cooked)
Salmon fillet/tuna	3.5 oz./99g (cooked)
Ground turkey/ground chicken	4 oz./ 113g (cooked)
Pork tenderloin	3.5 oz./99g (cooked)
Game meats (bison/venison)	3.5 oz./99g (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	1/3 cup
Cream of rice/corn grits/steel-cut oats	1/4 cup
Ezekiel bread/rye bread	2 slices
Brown jasmine rice/white rice/black rice/basmati rice	4 oz./113g (cooked)
Quinoa/freekeh	4 oz./113g (cooked)
Amaranth/barley/buckwheat	4 oz./113g (cooked)
Sweet potato/red potato/white potato/baked potato/purple potato	4.5 oz./128g
Lentils/beans/chickpeas	1/4 cup mixed into rice
Corn (yellow)	2/3 cup
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	1/2 tbsp.

Flax oil	1/2 tbsp.
Natural peanut/almond/cashew butter	1 tbsp.
MCT oil	1 tbsp.
Essential fats blend (i.e., Udo's)	1/2 tbsp.
Supplements – MuscleTech®	Amount
Hydroxycut Hardcore® Next Gen	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.