

STRONG to the FINISH™

TRANSFORMATION CONTEST



OVER \$100 000 IN CASH & PRIZES



SUPPLEMENTS LOWEST PRICES
www.popeyescanada.com

POWERED BY



FEMALE SHAPE UP

BEGINNER 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	Full Body		Full Body		Full Body		Stretching
Cardio		30 Minutes (fast walk)		30 Minutes (fast walk)			30 Minutes (fast walk)

POPEYE'S TRANSFORMATION CHALLENGE – FEMALE SHAPE UP – TRAINING

Goal	Sets/Reps	Rest	Notes
Lose unwanted fat and tone up! Can be done in the gym or at home!	As indicated below	2-3 minute break between circuit sets	Focus on form and control breathing
	Sets/Time	Exercise	Alternative Exercise
Day 1: Full Body – Circuit	Repeat 3x	45 Jumping Jacks	45 Jumping Jacks
		15 Squats	10 Lunges (Each Leg)
		5 Squat Jumps	10 Lunge Split Jumps
		30-Second Plank	10 Sit-Ups
		15 Kneeling Push-Ups	5-10 Push-Ups
		10 Lunges (each leg)	10 Side Lunges (each leg)
		25 Crunches	20-Second Scissor Kicks
Take a 2-3 minute break between sets.			
Day 2: Cardio	30 minutes	Walk, Treadmill, Elliptical	Sport, Hike, Swim
Day 3: Full Body – Circuit	Repeat 3x	30-Second Jump Rope	30-Second Jump Rope
		15 Squat Jumps	30-Second Wall Sit
		10 Bench Dips	10 Close-Grip Kneeling Push-Ups (triceps)
		15 Standing Calf Raises	10 Box Step-Ups (each leg)
		20 Shoulder Presses	30-Second Lateral Shoulder Circles
		10 Side Lunges (Each Leg)	10 Lunge Jumps (each leg)
		25 Crunches	20-Second Scissor Kicks
Take a 2-3 minute break between sets.			
Day 4: Cardio	30 minutes	Walk, Treadmill, Elliptical	Sport, Hike, Swim
Day 5: Full Body – Circuit	Repeat 3x	50 Jumping Jacks	50 Jumping Jacks
		5-10 Push-Ups	15 Kneeling Push-Up (2-second pause)
		10 Walking Lunges (each leg)	20 Squats
		30-Second Plank	30-Second Plank
		15-Second High Knees	10 Lunge Jumps (each leg)
		5-10 Push-Ups	10 Sit-Ups
		10 Supermans	25-Second Wall Sit with Shoulder Presses
Take a 2-3 minute break between sets.			
Day 6: Full Rest			
Day 7: Cardio/Stretching	30 minutes	Walk, Treadmill, Elliptical	Sport, Hike, Swim
	Stretch all body parts to ensure muscle recovery and flexibility.		
Notes	To increase strength, try to add a weighted medicine ball to squats and lunges, or dumbbells for upper-body movements. Also, make sure you alternate exercises on a bi-weekly basis to shock your body! Also, if it is getting easier, then push for another set or more reps!		

STRONG to the FINISH™

TRANSFORMATION CONTEST



POWERED BY **MUSCLETECH**
RESEARCH & DEVELOPMENT

FEMALE SHAPE UP BEGINNER DIET PLAN



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

POPEYE'S TRANSFORMATION CHALLENGE – FEMALE SHAPE UP – DIET

Meal 1: Protein/Complex Carb/Veggie	Meal 2: Protein/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 Veggie/Fibrous Carb	1 Veggie/Fibrous Carb	Training: As per Training Plan	1 Complex Carb	1 Fat
1 Veggie		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./127g
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.