

# STRONG to the FINISH™

TRANSFORMATION CONTEST



OVER \$100 000 IN CASH & PRIZES



POWERED BY MUSCLETECH

# MALE MUSCLE BUILDING

INTERMEDIATE - ADVANCED TRAINING PLAN



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

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Training</b>	Back + Biceps Pump	Chest + Triceps Pump	Conditioning + Abs	Shoulders + Traps	Arms	Legs	Stretching
<b>Cardio</b>	N/A	20-Minute Steady State (post-workout)	30 Minutes (covered in the conditioning workout)	N/A	N/A	N/A	20-Minute Steady State

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

Goal	Sets/Reps	Rest	Tempo
Add size and strength while shedding body fat (body recomposition)	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
<b>Day 1 : Back + Biceps Pump</b>	4 X 12-15	Cable Lat Pulldowns	Assisted Chin-Ups
	4 X 10-12	Bent Barbell Rows (overhand)	Bent Dumbbell Rows (palms in)
	4 X 12-15	Close-Grip Cable Pulldowns	Underhand Hammer Pulldowns
	4 X 8-12	One-Arm Dumbbell Rows	Seated Cable Rows
	4 X 6-8	Barbell Deadlifts	Weighted Back Extensions
	4 X 12-15	One-Arm Dumbbell Preacher Curls	One-Arm Arnold Curls
<b>Day 2: Chest + Triceps Pump</b>	4 X 12-15	Pectoral Flies	Cable Crossovers
	4 X 8-12	Incline Dumbbell Press	Incline Machine Press
	4 X 8-12	Flat Smith Machine Press	Flat Dumbbell Press
	4 X 10-12	Decline Dumbbell Flies	Decline Dumbbell Crossover
	4 X 15-20	Pec Deck Flies	Incline Dumbbell Flies
	4 X 12-15	One-Arm Cable Cross-Body Pressdowns	Underhand Cable Pressdowns
<b>Day 3: Conditioning – Bootcamp Style + Abs</b> <i>Perform as a circuit</i>	40 seconds	Battle Ropes	Kettlebell Swings
	10-20 reps	Medicine Ball Slams	Burpees
	40 seconds	Jump Rope	Sled Sprint
	10-20 reps	Dumbbell Squat Press	Goblet Squats
	40 seconds	Bicycle Crunches	BOSU Ball Crunches
	<b>Bodyweight Ab Routine:</b> Stability Ball Crunches, Lying Leg Raises, Broomstick Twist, Toe Touch Crunches, Medicine Ball Pass. Perform 10-15 reps per exercise in a circuit.		
<b>Day 4: Shoulder + Traps</b>	4 X 15-20	Dumbbell Lateral Raises	Cable Lateral Raises
	4 X 8-12	Dumbbell Shoulder Press	Machine Shoulder Press
	4 X 12-15	Seated Rear-Delt Raises	Rear-Delt Reverse Pec Deck
	4 X 12	Dumbbell Front Raises (palms in)	Cable Front Raises
	4 X 10-12	Wide-Grip Upright Dumbbell Raises	Wide-Grip Upright Barbell Row
	4 X 12-15	Barbell Shrugs	Dumbbell Shrugs
<b>Day 5: Arms</b> <i>Perform as supersets – biceps then triceps</i>	4 X 12-15	Cable Curls	Straight Bar Wide-Grip Drag Curls
	4 X 12-15	Cable Rope Pressdowns	Machine Triceps Extensions
	4 X 8-12	Twisting Dumbbell Curls	Incline Bench Twisting Dumbbell Curls
	4 X 8-12	Lying EZ-Bar Extensions	Dumbbell Lying EZ-Bar Extensions
	4 X 10-12	Cross Body Hammer Curls	Rope Cable Hammer Curl
	4 X 10-12	Overhead Dumbbell Extensions (one or two arm)	Dumbbell Kickbacks
<b>Day 6: Legs</b>	4 X 20-25	Leg Extensions	
	4 X 12-20	Barbell Squats	Smith Machine Squats
	4 X 15-20	Leg Press	
	4 X 20 (10 per leg)	Walking Barbell Lunges	Reverse Barbell Lunges
	4 X 15	Dumbbell Split Squats	Sissy Squats
<b>Day 7: Cardio + Stretching</b>			

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

Meal 1: Protein/Complex Carb/ Veggie/Fruit	Meal 2: Protein/Complex Carb/ Veggie	Meal 3: Protein/Veggie/Fats	Training	Meal 4: Protein/ Complex 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®, Anarchy™	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> 100% BCAA, 100% Platinum Creatine		2 Fats
1 Fruit			<b>Post-Workout :</b> NITRO-TECH®, Platinum 100% Glutamine		
<b>Supplements – Clear Muscle™, VITAKIC™</b>		<b>Supplements – Clear Muscle™</b>		<b>Supplements – Clear Muscle™</b>	
				<b>Notes – Extra carbs in this meal</b>	

One cheat meal per week acceptable.

Protein Options	Amount	Veggie Options/Fibrous Carbs	Amount	Natural peanut/almond/ cashew butter	1 tbsp.
Egg whites w/eggs (1-2)	1 1/4 cups (uncooked)	Broccoli/asparagus/Brussels sprouts/cauliflower	1 cup	MCT oil	1 tbsp.
Chicken breast (boneless/ skinless)	6.5 oz./184g (cooked)	Green/yellow beans	1 cup	Essential fats blend	1 tbsp.
Turkey breast (baked)	6.5 oz./184g (cooked)	Squash/pumpkin	1 cup	<b>Supplements – MuscleTech®</b>	<b>Amount</b>
White fish (baked)	7.5 oz./212g (cooked)	Cabbage	1 cup	GAKIC® 2.0 (pre-workout)	As per label
Lean red meat (flank/skirt/top sirloin/round/tenderloin)	7 oz./198g (cooked)	Bok choy/spinach/Swiss chard/kale	1 cup	Platinum 100% Carnitine	As per label
Salmon fillet/tuna	7 oz./198g (cooked)	Cucumber	1 cup	NANO VAPOR®	As per label
Ground turkey/ground chicken	7 oz./198g (cooked)	Zucchini/eggplant	1 cup	Platinum BCAA	As per label
Pork tenderloin	6.5 oz./184g (cooked)	Peppers (green/yellow/red)	1/2 cup	NITRO-TECH®	As per label
Game meats (bison/venison)	6.5 oz./184g (cooked)	Lettuce (any type)	1 cup	Platinum 100% Glutamine	As per label
Low-fat or fat-free cottage cheese/Greek yogurt (occasional)	3/4 cup	Greens	1 tbsp.	Clear Muscle™	As per label
Platinum 100% Iso-Whey	1 1/2 scoops	<b>Fruit Options</b>	<b>Amount</b>	Mission1™ Clean Protein Bar	1 per day
Platinum 100% Casein or PHASE8™	1 1/2 scoops	Grapefruit/orange	1	PHASE8™ or Platinum 100% Casein	As per diet
Mission1™ Clean Protein Bar	1	Berries (blueberries, straw- berries, raspberries, etc.)	1/2 cup	VITAKIC™	1 serving daily
NITRO-TECH®	1 1/2 scoops	Apple	1	Platinum 100% Creatine	1 serving intra-workout
<b>Complex Carb Options</b>	<b>Amount</b>	Grapes	1/2 cup	Anarchy™ (pre-workout)	As per label
Oats/oat bran	3/4 cup (dry)	Pineapple	1 cup	<b>Vitamins/Minerals</b>	<b>Amount</b>
Cream of rice/corn grits/ steel-cut oats	1/3 cup (dry)	Lemon juice	2x per day	B	50mg/day
Ezekiel bread/rye bread	5 slices	Peach/nectarine/ apricot/plum	1	C	3g/day
Brown jasmine rice/white rice/ black rice/basmati rice	8 oz./226g (cooked)	Kiwi	2	D	2,000 IU/day
Quinoa/freekeh	8 oz./226g (cooked)	<b>Fats</b>	<b>Amount</b>	E	400 IU/day
Amaranth/barley/buckwheat	9 oz./255g (cooked)	Raw nuts (almonds, walnuts, pecans, Brazil, etc.)	1/4 cup	Calcium	2,400mg/day
Sweet potato/red potato/ white potato/baked potato/ purple potato	9 oz./255g (cooked)	Pumpkin seeds	1/4 cup	Magnesium	450mg/day
Lentils/beans/chickpeas	1 cup	Chia seeds	2 tbsp.	Potassium	400mg/day
Corn (yellow)	1 cup	Sunflower seeds	1/4 cup		
Gluten-free pasta	9 oz./255g (cooked)	Avocado	1		
		Olive oil/macadamia nut oil	1 tbsp.		
		Flax oil	1 tbsp.		

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