

STRONG to the FINISH™

TRANSFORMATION CONTEST

OVER \$100 000 IN CASH & PRIZES

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POWERED BY MUSCLETECH

MALE MUSCLE BUILDING BEGINNER TRAINING PLAN



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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Training	Full Body		Full Body		Full Body		Stretching
Cardio		30 Minutes (fast walk/jog)		30 Minutes (fast walk/jog)			30 Minutes (fast walk/jog)

POPEYE'S TRANSFORMATION CHALLENGE – MALE MUSCLEBUILDING – BEGINNER TRAINING PLAN

Goal	Sets/Reps	Rest	Notes
Build Lean Muscle	As indicated below	60-90 seconds break between sets	Focus on form and control breathing
	Sets/Reps	Exercise	Alternative Exercise
Day 1 : Full Body	3 X 12	Push-Ups	Dumbbell Shoulder Press
	3 X 12	Kettlebell Front Squats	Dumbbell Walking Lunges (each leg)
	3 X 12	Assisted Pull-Ups (bodyweight)	Inverted Pull-Ups (bodyweight)
	3 X 12	Bench Dips (bodyweight)	Dumbbell Curls
	3 X 20 seconds	Core Plank	Flutter Kicks
	Take a 60-90 second break in between sets.		
Day 2: Cardio	30 minutes	Walk, Treadmill, Elliptical	Sport, Hike, Swim
Day 3: Full Body	3 X 12	Box Push-Up (incline position)	Machine Chest Press
	3 X 12	Leg Press	Smith Machine Squats
	3 X 12	Machine Rows	Wide-Grip Lat Pulldowns
	3 X 12	Machine Curls	Triceps Rope Extension
	3 X 12	Back Extensions	Supermans
	Take a 60-90 second break in between sets.		
Day 4: Cardio	30 minutes	Walk, Treadmill, Elliptical	Sport, Hike, Swim
Day 5: Full Body	3 X 12	Dumbbell Incline Press	50 Jumping Jacks
	3 X 12	Dumbbell Lunges	Dumbbell Squats
	3 X 12	Dumbbell Rows	Assisted Chin-Ups
	3 X 12	EZ-Bar Curls	Triceps Pushdowns
	3 X 12	Lying Leg Raises (off bench)	Sit-Ups
	Take a 60-90 second break in 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 increase the weight for all body movements. Also, make sure you alternate exercises on a bi-weekly basis to shock your body! If it is getting easier, then push for another set or more reps!		

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MALE MUSCLE BUILDING BEGINNER DIET PLAN



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

One cheat meal per week 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)	6.5 oz./184g (cooked)
White fish (baked)	7.5 oz./212g (cooked)
Lean red meat (flank/skirt/top sirloin/round/tenderloin)	7 oz./198g (cooked)
Salmon fillet/tuna	7 oz./198g (cooked)
Ground turkey/ground chicken	7 oz./198g (cooked)
Pork tenderloin	6.5 oz./184g (cooked)
Game meats (bison/venison)	6.5 oz./184g (cooked)
Low-fat or fat-free cottage cheese/Greek yogurt (occasional)	3/4 cup
NITRO-TECH®	1 1/2 scoops
Platinum 100% Casein or PHASE8™	1 1/2 scoops
Mission1™ Clean Protein Bar	1
NITRO-TECH®	1 1/2 scoops
Complex Carb Options	Amount
Oats/oat bran	3/4 cup (dry)
Cream of rice/corn grits/steel-cut oats	1/3 cup (dry)
Ezekiel bread/rye bread	5 slices
Brown jasmine rice/white rice/black rice/basmati rice	8 oz./226g (cooked)
Quinoa/freekeh	8 oz./226g (cooked)
Amaranth/barley/buckwheat	9 oz./255g (cooked)
Sweet potato/red potato/white potato/baked potato/purple potato	9 oz./255g (cooked)
Lentils/beans/chickpeas	1 cup
Corn (yellow)	1 cup
Gluten-free pasta	9 oz./255g (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.)	1/4 cup
Pumpkin seeds	1/4 cup
Chia seeds	2 tbsp.
Sunflower seeds	1/4 cup
Avocado	1
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	1 tbsp.
Supplements – MuscleTech®	Amount
Platinum 100% Iso-Whey	As per label
Platinum 100% Carnitine	As per label
NANO VAPOR®	As per label
Platinum BCAA	As per label
NITRO-TECH®	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	As per diet
VITAKIC™	1 serving daily
Platinum 100% Creatine	1 serving intra-workout
Vitamins/Minerals	Amount
B	50mg/day
C	3g/day
D	4,000 IU/day
E	400 IU/day
Calcium	2,400mg/day
Magnesium	450mg/day
Potassium	400mg/day

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