

# STRONG to the FINISH™

TRANSFORMATION CONTEST



OVER \$100 000 IN CASH & PRIZES



POWERED BY MUSCLETECH

# MALE SHAPE UP

INTERMEDIATE - ADVANCED TRAINING PLAN



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

## POPEYE'S TRANSFORMATION CHALLENGE – MALE SHAPE UP – TRAINING SPLIT

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

## POPEYE'S TRANSFORMATION CHALLENGE – MALE SHAPE UP – 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</b>	4 X 12-15	Cable Lat Pulldowns	Assisted Chin-Ups
	4 X 10-12	Bent-Over Barbell Rows (overhand)	Bent-Over 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
<b>Day 2: Chest</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 Crossovers
	4 X 15-20	Pec Deck Flies	Incline Dumbbell Flies
<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	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
	3 X 8-12	Twisting Dumbbell Curls	Incline Bench Twisting Dumbbell Curls
	3 X 8-12	Lying EZ-Bar Extensions	Dumbbell Lying EZ-Bar Extensions
	3 X 10-12	Cross-Body Hammer Curls	Rope Cable Hammer Curl
	3 X 10-12	Overhead Dumbbell Extensions (one or two arms)	Dumbbell Kickbacks
<b>Day 6: Legs</b>	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	Reverse Barbell Lunges
	4 X 15	Dumbbell Split Squats	Sissy Squats
<b>Day 7: Abs + Cardio</b> <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.

# STRONG to the FINISH™

TRANSFORMATION CONTEST



OVER \$100 000 IN CASH & PRIZES

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



POWERED BY



# MALE SHAPE UP

INTERMEDIATE - ADVANCED  
DIET PLAN



## POPEYE'S TRANSFORMATION CHALLENGE – MALE SHAPE UP – DIET

Meal 1: Protein/Complex Carb/ Veggie/Fruit	Meal 2: Protein/Half Carb/ Veggie	Meal 3: Protein/Veggie/Fats	Training	Meal 4: Protein/ Complex Carb	Meal 5: Protein/Fats
1 Protein	1 Protein	1 Protein (i.e., Mission1™ Clean Protein Bar)	<b>Pre-workout:</b> Anarchy™, PEAK ATP™, Platinum 100% Carnitine	1 Protein	1 Protein (i.e., PHASE8™ or Platinum 100% Casein)
1 Complex Carb	1/2 Carb	1 Veggie/Fibrous Carb	<b>Training:</b> As per Training Plan	1 1/2 Complex Carbs	1 Fat
1 Veggie	1 Veggie/Fibrous Carb	1 Fat	<b>Intra-Workout:</b> AMINO BUILD™		
1 Fruit			<b>Post-Workout :</b> Platinum 100% Iso-Whey, 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
Egg whites w/eggs (1-2)	1 1/4 cups (uncooked)
Chicken breast (boneless/ skinless)	6 oz./170g (cooked)
Turkey breast (baked)	6 oz./170g (cooked)
White fish (baked)	7 oz./198g (cooked)
Lean red meat (flank/skirt/top sirloin/round/tenderloin)	6 oz./170g (cooked)
Salmon fillet/tuna	6 oz./170g (cooked)
Ground turkey/ground chicken	6.5 oz./184g (cooked)
Pork tenderloin	6 oz./170g (cooked)
Game meats (bison/venison)	6 oz./170g (cooked)
Low-fat or fat-free cottage cheese/Greek yogurt (occasional)	3/4 cup
Platinum 100% Iso-Whey	1 1/2 scoops
Platinum 100% Casein or PHASE8™	1 1/2 scoops
Mission1™ Clean Protein Bar	1
Complex Carb Options	Amount
Oats/oat bran	2/3 cup (dry)
Cream of rice/corn grits/ steel-cut oats	1/2 cup (dry)
Ezekiel bread/rye bread	4 slices
Brown jasmine rice/white rice/ black rice/basmati rice	7 oz./198g (cooked)
Quinoa/freekeh	7 oz./198g (cooked)
Amaranth/barley/buckwheat	8 oz./226g (cooked)
Sweet potato/red potato/ white potato/baked potato/ purple potato	8 oz./226g (cooked)
Lentils/beans/chickpeas	1 cup
Corn (yellow)	1 cup
Gluten-free pasta	8 oz./226g (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.)	1/4 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	2 tbsp.
MCT oil	1 tbsp.
Essential fats blend (i.e., Udo's)	1 tbsp.
Supplements – MuscleTech®	Amount
Anarchy™ (pre-workout)	As per label
Platinum 100% Carnitine	As per label
PEAK ATP™	As per label
Amino Build®	As per label
Platinum 100% Iso-Whey	As per diet
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
Vitamins/Minerals	Amount
B	50mg/day
C	3g/day
D	2,000 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.