

STRONG to the FINISH™

TRANSFORMATION CONTEST



OVER \$100 000 IN CASH & PRIZES

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POWERED BY



MALE SHAPE UP

BEGINNER TRAINING PLAN



POPEYE'S TRANSFORMATION CHALLENGE – MALE SHAPE UP – 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 SHAPE UP – BEGINNER TRAINING PLAN

Goal	Sets/Reps	Rest	Tempo
Lose unwanted fat while gaining muscle!	As indicated below	2-3 minutes break between circuit sets	Focus on form and control breathing
	Sets/Time	Exercise	Alternative Exercise
Day 1 : Full Body – Circuit	Repeat 3x	15 Push-Ups	15 Chest Presses
		15 Jump Squats	10 Lunges (each leg)
		10 Assisted Pull-Ups	10 Assisted Wide-Grip Pull-Ups
		15-Second Plank	10 Sit-Ups
		10 Lunges (each leg)	10 Medicine Ball Squats
		10 Shoulder Press (dumbbells)	10 Lateral Shoulder Raises
		15-Second Plank	15-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	25-Second Wall Sit
		10 Bench Dips	10 Triceps Rope Extensions
		10 Lateral Lunges (each leg)	10 Box Step-Ups (each leg)
		10 Front Shoulder Raises (dumbbells)	10 Dumbbell Rows (each arm)
		10 Reverse Lunges (step backwards)	10 Lunge Jumps (each leg)
		15 Back Extensions	15 Supermans
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
		10 Medicine Ball Squats (hold in front)	10 Dumbbell Lunges
		15 Close-Grip Push-Ups	10 Wide-Grip Push-Ups
		25-Second Plank	25-Second Scissor Kicks
		15 Dumbbell Curls	15 Dumbbell Hammer Curls
		10 Squat Jumps	10 Leg Presses
		15 Sit-Ups	25-Second Wall Sit with Shoulder Press
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! If it is getting easier, then push for another set or more reps!		

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POWERED BY MUSCLETECH

MALE SHAPE UP

BEGINNER 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/ Carb	Meal 5: Protein/Fats
1 Protein	1 Protein	1 Protein (i.e., Mission1™ Clean Protein Bar)	Training: As per Training Plan	1 Protein	1 Protein (i.e., PHASE8™ or Platinum 100% Casein)
1 Complex Carb	1 Veggie/Fibrous Carb	1 Veggie/Fibrous Carb	Post-Workout: NITRO-TECH®, Platinum 100% Glutamine	1 Complex Carb	1 Fat
1 Veggie		1 Healthy Fat			
1 Fruit					
Supplements – Clear Muscle™, VITAKIC™		Supplements – Clear Muscle™		Supplements – Clear Muscle™	Supplements – Magnesium

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
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 (i.e., Udo's)	1 tbsp.
Supplements – MuscleTech®	Amount
Platinum 100% Iso-Whey	As per label
Platinum 100% Creatine	As per label
Platinum 100% Carnitine	As per label
NANO VAPOR®	As per label
Platinum BCAA	As per label
NITRO-TECH®	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	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.