

THE 2003 M&F

ROCK-

HARD

CHALLENGE

Tired of looking like a typical “before” picture? Here’s the **three-month program that’ll whip you into your best-ever shape.**

■ By Mark Casselman, MS, CSCS, and Beth Sonnenburg, MPH, Staff Writer

It’s back. And bigger and better than ever. Once again, we’re throwing down the gauntlet — challenging you to burn fat, build muscle and transform your body over a three-month period. And, of course, we provide you with an awesome physique-tweaking training and nutrition blueprint to guide your efforts.

Like any good sequel, we’ve based our new program on the same premise that made the first so successful, added a major plot twist or two, and thrown in a few cameo appearances from stars that made the original not only exciting but effective. The result is a complete step-by-step guide that’ll map your course to ultimate physique development in three short months.

The plot is simple: Commit yourself to this program from start to finish, adhere to the subtle weekly and monthly training and dietary tweaks, and invest as much intensity as you can muster in each training session. You’ll strip away bodyfat, build lean muscle mass, improve your cardiovascular fitness, and look leaner and more muscular than ever before. Accept our challenge, and not only will your own rock-hard physique be just weeks away but you’ll have a chance to win a trip to Venice, California, to train with a Weider athlete! (See rules on page 217 for details.)

The Workout

By Mark Casselman, MS, CSCS

Like the 2001 version of the Rock-Hard Challenge, this core program is based on a three-day split: pressing movements on one day, pulling movements on another and leg exercises on a third day. The big twist this time around is that we’ve planned the program around a microcycle system, where your routine changes week to week. Those changes in training style, total training volume and intensity effectively stack your gains one on top of the other. You won’t hit a plateau at any time during the program (as long as you rest on the planned recovery days), and you’ll be looking and feeling your best in weeks!

There are no shortcuts when it comes to constructing a fantastic physique; however, this innovative reorganization of your training routine challenges your system to respond quickly with positive adaptations. Take note: Each week is a one-shot deal — you’ll never get another chance to revisit the same combination of sets, reps, weight and exer-



Need help on your journey to an “after” photo? Check out www.muscle-fitness.com for exercise how-to’s, a Rock-Hard chatroom and more!



Workout photos by Rick Schaff at Dr. Perry's International Sportsmedicine Institute, West Los Angeles, CA
Nutrition photos by Robert Reiff

INCLINE DUMBBELL CURL

CYN MAG YEL BLK

Mark

The 2003 M&F Rock-Hard Challenge

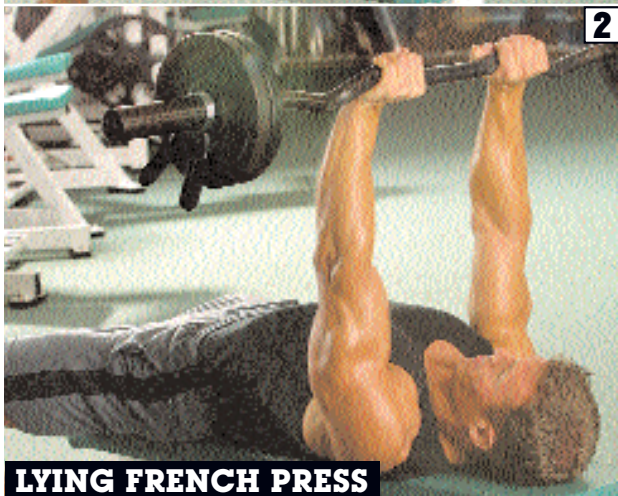
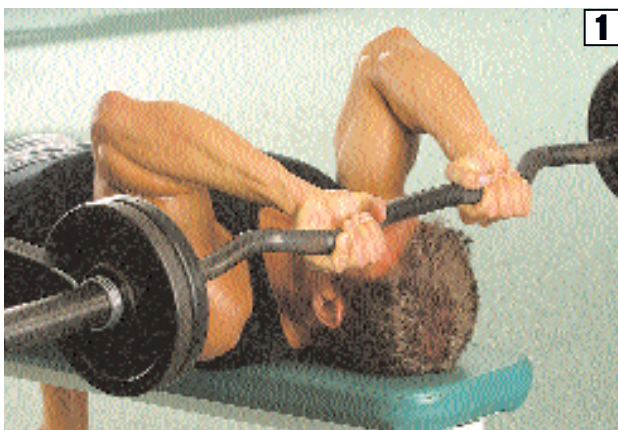
cises at any time during the challenge — so make every repetition count.

Get With the Program

This month — and Months 2 and 3 — begins with a week of muscle strength and endurance training, representing the highest volume of training you'll encounter during the month. You'll use moderately heavy weight and high reps, 15–20 per set, to fire up your metabolic machinery and build some much-needed endurance for the weeks to come. Take only 60 seconds rest between sets, just enough time to stretch out those hard-working muscles and catch your breath.

Following the resistance-training portion of each session, complete the series of sprint intervals described in the cardio workout. Two days per week you'll pair a continuous, moderate-intensity cardio session with an abdominal workout. On Thursday and Sunday, you'll rest. No extra cardio. No extra weights. Just plenty of fluids, nutritious food and muscle growth.

Week 2 is designed to stimulate maximum muscle hypertrophy (growth), so you'll have more lean mass available to burn bodyfat. These workouts are probably similar to your regular training sessions — relatively heavy weight, 10–12 reps and 60–90 seconds rest between each set. Again, you'll burn some serious calories with a high-intensity sprint interval workout after you finish hitting the weights. Note that the Wednesday interval session differs from Monday and Friday this week. Like Week 1, two days should be set aside to train abs and do some continuous, moderate-intensity cardio. Thursday and Sunday are rest days; do nothing. Just sit and grow.



LYING FRENCH PRESS

The third week of the month consists of heavy, high-intensity strength training. Summon all of your fast-twitch muscle fibers and shoot for 6–8 high-quality reps, and take 90–120 seconds rest to pull yourself together between sets. As soon as you finish your last set, hit the treadmill for your high-intensity sprint intervals. Perform cardio and ab workouts on Tuesday and Saturday; relax and grow on Thursday and Sunday. You should know the routine by now.

The final week of your microcycle is strenuous, but fun. Fire up your metabolism and work your most explosive muscle fibers with our 10-exercise power circuit. There's no time to rest between exercises, so set up a few workout stations in close proximity before you start. Take a little extra warm-up time before these workouts, and stretch out well. Then, blast your way through all 10 power-circuit exercises without taking a rest. Stop to grab a drink and congratulate yourself after you finish the 10th exercise, then turn around and do it all again. Twice.

After you finish the third power circuit, recover by walk-

Rock Hard: Month 1

WEEK 1

Monday	Legs, Cardio B
Tuesday	Cardio A, Abs
Wednesday	Pushes, Cardio B
Thursday	Off
Friday	Pulls, Cardio B
Saturday	Cardio A, Abs
Sunday	Off

WEEK 2

Monday	Legs, Cardio B
Tuesday	Cardio A, Abs
Wednesday	Pushes, Cardio C
Thursday	Off
Friday	Pulls, Cardio B
Saturday	Cardio A, Abs
Sunday	Off

WEEK 3

Monday	Legs, Cardio C
Tuesday	Cardio A, Abs
Wednesday	Pushes, Cardio C
Thursday	Off
Friday	Pulls, Cardio C
Saturday	Cardio A, Abs
Sunday	Off

WEEK 4

Monday	Power Circuit, Cardio C
Tuesday	Cardio B, Abs
Wednesday	Power Circuit, Cardio C
Thursday	Cardio B, Abs
Friday	Power Circuit, Cardio C
Saturday	Off
Sunday	Off

See "Cardio Key" on page 139.

NOTE: On "abs" days, perform the same exercises you did for abs before starting this program. If you haven't trained abs before, do crunches for two sets of 25 reps, reverse crunches for two sets of 20 reps, and twisting crunches, two sets, 10 reps to each side.

The Rock-Hard Weight-Training Workouts

Listed as: exercise sets x reps per set

WEEK 1

Legs Workout

Barbell Squat 4 x 15–20
Romanian Deadlift 4 x 15–20
Dumbbell Lunge 4 x 15–20
Leg Extension 3 x 15–20
Lying Leg Curl 3 x 15–20
Standing Calf Raise 3 x 15–20

WEEK 2

Barbell Squat 3 x 10–12
Leg Press 3 x 10–12
Romanian Deadlift 3 x 10–12
Dumbbell Lunge 3 x 10–12
Leg Extension 3 x 10–12
Lying Leg Curl 3 x 10–12

WEEK 3

Barbell Squat 4 x 6–8
Romanian Deadlift 4 x 6–8
Leg Press 4 x 6–8
Hack Squat 4 x 6–8
Lying Leg Curl 4 x 6–8
Standing Calf Raise 3 x 10–12

Push Workout

Bench Press 4 x 15–20
Incline Dumbbell Press 4 x 15–20
Seated Dumbbell Press 4 x 15–20
Dip 4 x 15–20
Lying French Press 4 x 15–20

Bench Press 3 x 10–12
Incline Dumbbell Press 3 x 10–12
Seated Dumbbell Press 3 x 10–12
Incline Dumbbell Flye 3 x 10–12
Dumbbell Lateral Raise 3 x 10–12
Close-Grip Bench Press 3 x 10–12

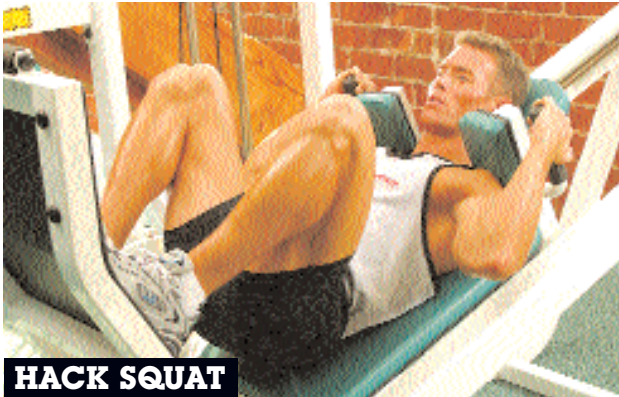
Bench Press 4 x 6–8
Incline Dumbbell Press 4 x 6–8
Seated Dumbbell Press 4 x 6–8
Close-Grip Bench Press 4 x 6–8
Lying French Press 4 x 6–8

Pull Workout

Pulldown to Front 4 x 15–20
Bent-Over Barbell Row 4 x 15–20
Seated Cable Row 4 x 15–20
Upright Row 4 x 15–20
Incline Dumbbell Curl 4 x 15–20

Seated Cable Row 3 x 10–12
Pulldown to Front 4 x 10–12
Bent-Over Barbell Row 4 x 10–12
Barbell Shrug 3 x 10–12
Standing Barbell Curl 3 x 10–12
Incline Dumbbell Curl 3 x 10–12

Pull-Up 4 x 6–8
Bent-Over Barbell Row 4 x 6–8
Seated Cable Row 4 x 6–8
Upright Row 4 x 6–8
Incline Dumbbell Curl 4 x 6–8



HACK SQUAT



PULLDOWN TO FRONT

Week 4

Power Circuit

Do all 10 power-circuit exercises without taking a rest between exercises, 10 reps per exercise. Rest for 2–3 minutes, then repeat the circuit twice more.

- 1) Barbell Squat
- 2) Pull-Up
- 3) Push-Up
- 4) Squat Jump
- 5) Pulldown to Front
- 6) Dip
- 7) Barbell Squat
- 8) Upright Row
- 9) Push-Up
- 10) Squat Jump

Each week is a one-shot deal — you'll never get another chance to revisit the same combination of sets, reps, weight and exercises at any time during the challenge — so make every repetition count.

The 2003 M&F Rock-Hard Challenge



BENCH PRESS



1

SQUAT JUMP



1

ROMANIAN DEADLIFT



2



2



DUMBBELL LUNGE

Start from an athletic stance with your feet shoulder-width apart, knees bent, head up and arms bent 90 degrees at your sides. To initiate each jump, bend down to a half-squat position, then powerfully thrust your hands overhead as you drive upward by extending your ankles, knees and hips. Explode into the air as high as possible. Land in a balanced position and immediately initiate the next rep. **Tip:** Pretend that your feet are touching hot coals each time you land to minimize ground contact time.



3

ing toward the cardio machines. Ready or not, it's interval time! Do this power-circuit workout on Monday, Wednesday and Friday. Blast your abs and crank out a few more intervals on Tuesday and Thursday. Then take the weekend off to contemplate what new corporal challenges Month 2 will present. Once again, the only question that remains is, *Will you accept the challenge?*



Cardio Key

A: Continuous, Moderate Intensity. Five-minute warm-up, followed by 20–25 minutes of continuous cardiovascular exercise, then a five-minute cool-down.

B: Interval Training I. Five-minute warm-up, followed by 21 minutes of sprint intervals (7 cycles total) — sprint for one minute, jog to recover for two minutes, repeat. Cool down for five minutes.

C: Interval Training II. Five-minute warm-up, followed by 15 minutes of sprint intervals (10 cycles total) — sprint for 30 seconds, jog to recover for one minute, repeat. Cool down for five minutes.

NOTE: You can choose among many cardio activities: running outdoors, riding a bike, a treadmill, elliptical, stair-stepper, etc., as long as you do the prescribed time and work at a level intense enough for you to break a sweat.

Rock-Hard Advice

These simple guidelines will direct your progress over the next 12 weeks. For weekly tips, check out the forum at www.muscle-fitness.com.

- Throughout the program, the primary goal is to maintain muscle size while slowly stripping away bodyfat. The importance of training heavy while trying to get lean can't be overemphasized. Don't increase your reps when the program indicates that low- to moderate-rep ranges are necessary.
- You may feel the urge to add other exercises (especially specific arm movements) into the program. Resist! You don't get lean by training bi's and tri's — you get lean by building big muscle groups with challenging compound exercises.
- Great form is much more important than heavy weights. Your muscles don't know how much weight is on the bar, but they do respond to the magnitude of tension developed during each movement. High levels of tension are best accomplished with proper form and relatively heavy weights.
- Don't substitute exercises. This program is loaded with multijoint, compound movements that use a lot of muscle. Learn to do them properly before starting this program. At no time during the next 12 weeks will you be able to lazily troll through a bunch of reps just for the sake of doing them.
- Push yourself to complete every workout each week. If you start to fall behind, you'll likely be unable to complete some of the subsequent workouts because your conditioning and recovery ability won't be at a high enough level. Consistency is the only way to reap results.

Take the Challenge

For your chance to win the MUSCLE & FITNESS 2003 Rock-Hard Challenge, and the trip to Venice, California, here's what you have to do:

- 1) Take two photos of yourself** in either a bathing suit or workout clothes that show off your shape: one facing forward and one side view.
- 2) Start the program next Monday.** Don't put it off. The second installment of the program comes out in the May issue (on sale March 18), and you don't want to be left behind!
- 3) Use the training log** on page 146 to keep track of your training and nutrition goals.
- 4) Most important,** send us your training log for Month 1. Make sure it's postmarked by April 7, 2003, and check out the next two issues of M&F (May and June 2003) for the training guides and programs for Months 2 and 3. Hold onto those "before" pics for now.
- 5) When you complete the program,** you'll send in your training logs for Months 2 and 3, and your before/after photos. See rules on page 217 for complete details.



The 2003 M&F Rock-Hard Challenge

Nutrition

By Beth Sonnenburg, MPH, Staff Writer

Out of 24 hours in your day, you'll be exercising for about one. That's 60 minutes down and 1,380 minutes to go. What you do during those thousand-plus minutes will make the difference between *flab* and *fab*.

Good nutrition is your greatest ally in the quest for a rock-hard body. You know those people in the gym who work out faithfully but whose bodies never really seem to change? Chances are, they're exercising hard but countering their efforts by eating a poor diet. Outside the gym you have plenty of opportunities to eat too much, too little or just not often enough to support muscle growth and fat loss.

Here's the foundation plan you need to succeed during the next three months. Month 1 covers several important basics of sports nutrition you'll need to master before moving on to Months 2 and 3. We also provide weekly goals to ease you into the three-month program. Let's jump in by learning your first fundamental sports-nutrition principle: meal timing.

Timing for Success

If you make just one change in your diet this month, eat more frequently — ideally, every 3–4 hours to ensure your muscles have adequate fuel. Too often, our busy schedules get in the way, and we suddenly realize it has been six hours since our last meal. Even so, what you eat should match what you burn, explains Dan Benardot, PhD, RD, professor of nutrition and kinesiology at Georgia State University in Atlanta.

How can you tell if what you're eating matches what your body is burning? Besides monitoring your shape and the number on the scale, consider your blood-sugar levels. "If you track blood sugar, one thing becomes very apparent: Blood sugar fluxes about every three hours in human beings," Benardot says. "It rises when you eat, then levels off, then starts to drop in about three-hour units." He points out that most people in the U.S. eat in five- or six-hour units, creating about a two-hour discrepancy between blood-sugar needs and food to meet that demand.

"The question is, what backup systems do humans have to fill in that difference between normal blood-glucose flux and typical eating behaviors?" Benardot continues. "Our bodies do have some rather sophisticated systems for infusing sugar into our bloodstream, but none of them are

Your Weekly Challenges

Follow these weekly assignments to start shedding fat and provide fuel for muscle growth.

Week 1: Shop till you drop. Stock up on these healthful foods to reduce the temptation of the fast-food drive-thru. (You'll also need a small cooler to carry the prepared meals around with you.)

- water-packed tuna in pouches or cans
- lean ground beef, turkey (try Laura's Lean Beef)
- eggs
- low-fat or fat-free milk
- low-fat or fat-free cheese
- protein bars and/or powder
- fresh and frozen vegetables
- fresh and frozen fruit
- canned low-fat and fat-free beans
- whole-grain bread (look for "whole wheat" as the first ingredient)
- cereal (try Kashi, Cheerios, Wheaties)
- oatmeal (old-fashioned or one-minute)
- low-sugar jam/apple butter
- low-fat deli meat like turkey and roast beef
- low-fat or fat-free sour cream
- low-fat or fat-free salad dressing
- salsa
- Molly McButter or Butter Buds
- I Can't Believe It's Not Butter spray
- Diet soft drinks
- Bottled water (also try Arrowhead or Perrier sparkling lemon and lime water for a fizzy, no-cal treat)



Week 2: Make batches of food ahead of time.

Throw a few chicken breasts on your George Foreman grill; hard-boil a dozen eggs; cook a pound of lean ground beef, then place single servings into separate containers. These will all keep 3–4 days if refrigerated below 40 degrees F.

Week 3: Write it down. Keep a journal of when and what you eat for a full three days. This will increase your awareness of what you're eating and give you things to work on. For example, if you see that you usually go five hours between lunch and dinner, with no snack in between, you now have an opportunity to fix your eating pattern. Serious deficiencies in your diet will be apparent when you write everything down. Use common sense; you should see several servings of vegetables and fruit each day, lean protein and lots of healthy choices.



Week 4: Lose the liquid calories. Cutting down on calories from liquids is a simple way to lose fat, especially if you've got a three-Cokes-a-day habit. Each can of regular soda contains about 140 calories, so three of those per day equals more than 400 empty calories. One-hundred percent fruit juices are great sources of vitamins and a quick energy boost, but stick to a serving of 8 ounces or fewer. Juice-bar smoothies should be rare indulgences. At 500–900 calories each, these high-sugar treats really add up.

Throw vegetables into plastic bags you can take with you, and cook a big batch of chicken breasts ahead of time.



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particularly good in terms of our weight or how we feel.”

The first backup system is to *catabolize* (break down) lean mass. In other words, your body eats away muscle to obtain an amino acid called alanine, which is eventually converted into glucose (blood sugar) by the liver. “The day-to-day variations in lean mass loss are very small — almost indiscernible — but the additive effect is very real,” Benardot says. “If you lose lean mass, your metabolic rate drops.” A slower metabolism means it’s harder to lose weight and easier to gain it.

Too Hungry?

The second problem, Benardot explains, is that the infusion of glucose derived from alanine isn’t adequate; it never really brings your blood-sugar level up to a normal range. “The result is that when you finally do eat, you ‘eat hungry,’” he adds.

Two negative things happen when you “eat hungry.” First, you have a different metabolic response to the food because your blood sugar was low in the first place, and you’ll produce more insulin than normal. “Insulin is necessary for the manufacture of fat, so if you have excess insulin, that basically means you’ll have excess fat manufactured from what you eat,” remarks Benardot. The second effect of “eating hungry” is that you tend to overeat.

Try to eat something within an hour of waking up, then about every 3–4 hours afterward. Or simply break one of your meals into two. Eat three-quarters of your usual breakfast, and save the rest for a snack a couple of hours later. Our five-day meal plan will get you off to a good start.

Make Small Sacrifices

It’s only Month 1, so we don’t want to send you into shock by banning all fat and sugar from your diet. We do ask, however, that you start to make small changes in the way you eat, using common sense as your guide.

Each time you eat, look for one small sacrifice you can make. For example, at restaurants you can change the way you order by eliminating one fat source like cheese or sour cream from your entrée, eating your bread plain rather than with butter or margarine, ordering red sauces instead of white, and getting a plain potato or steamed veggies in place of french fries.

At the grocery-store checkout, review your cart and put back one item that’s very high in fat/sugar/salt. That might be the six-pack of Coke, the bag of barbecue chips or the pint of ice cream. *Gradually* making small changes like these will positively impact your diet and your health, without causing you to feel deprived or miserable.

Prepare to Eat

All competitive fitness athletes and bodybuilders leave their homes armed with a cooler full of cooked chicken, fruits and vegetables, oatmeal or other healthy carb sources, and quick protein options such as shakes or bars. You have to make a commitment to grocery shopping; if you have the food available, it’s much easier to eat well,” remarks Susan Kundrat, MS, RD, a nutrition consultant to athletes at the University of Illinois (Urbana–Champaign). “Also, if you have a variety of foods available, you don’t get bored with



Rock-Hard Meal Plan

To get you started, here are five days of meal plans designed by Susan Kundrat, MS, RD, a consultant to the University of Illinois (Urbana–Champaign). If you’re female, you’ll probably want to follow the 1,800-calorie plan, and bump it up if you’re hungry. For males, start with the 1,800-calorie plan if you weigh 150 pounds or less. Otherwise, follow the 2,100-calorie plan and go up to 2,400 if necessary.

Day 1

1,800-calorie plan:

Breakfast:

- 1 cup whole-wheat bran flakes
- 1 cup skim milk
- 1 slice whole-grain toast spread with 1 Tbsp. peanut butter
- 1 cup cantaloupe chunks



Snack:

- 1 cup fat-free fruit yogurt



Lunch:

- 2 cups shrimp and vegetable stir-fry
- 1 cup egg drop soup
- 1 cup steamed white rice

Snack:

- 1 cup purple grapes
- ¼ cup roasted soy nuts

Dinner:

- 4 oz. grilled chicken breast
- ½ cup corn
- 1 cup steamed broccoli with 1 tsp. olive oil
- 1 cup herb tea



For 2,100 calories add:

- Lunch: 1 cup 100% cran-apple juice

Dinner: 2 oz.

- chicken breast, 1 chocolate ice milk bar

For 2,400 calories add the above plus:

- Breakfast: 1 slice whole-grain toast spread with 1 Tbsp. peanut butter
- Dinner: 1 cup skim milk

Day 2

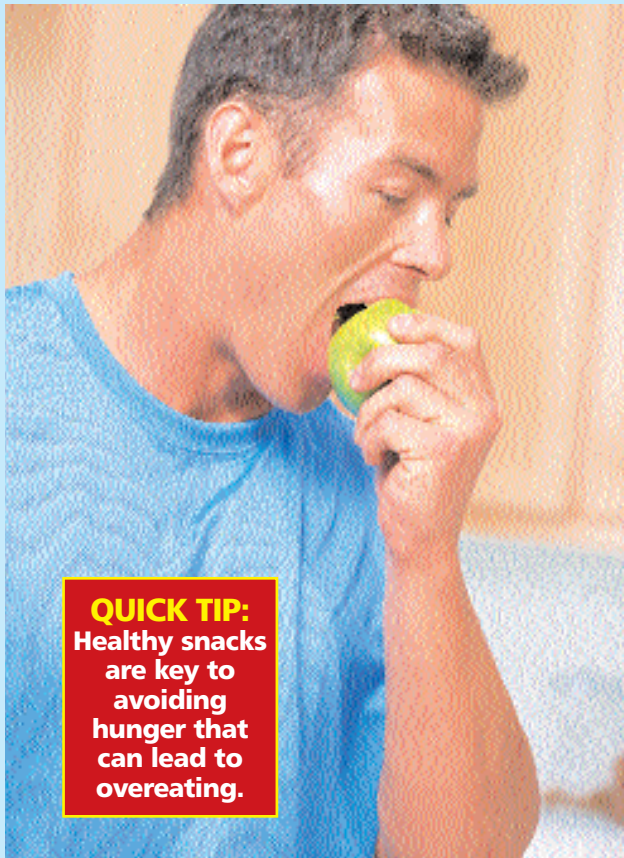
1,800-calorie plan:

Breakfast:

1 cup oatmeal cooked with 1 cup skim milk. Top with 1 Tbsp. brown sugar, 2 Tbsp. walnuts
1 banana

Snack:

1 apple



QUICK TIP:
Healthy snacks
are key to
avoiding
hunger that
can lead to
overeating.

Lunch:

Chicken-salad sandwich on whole-grain bread: Mix 1 cup chopped cooked chicken with 2 Tbsp. fat-free mayonnaise, 1 Tbsp. chopped onions, $\frac{1}{4}$ cup chopped red grapes
1 cup (1 oz.) baked chips
1 cup fresh strawberries
1 cup skim milk

Snack:

6 oz. tomato juice
1 oz. string cheese
2 rye crispbread crackers

Dinner:

4 oz. pork loin
 $\frac{1}{2}$ cup couscous cooked with 1 tsp. olive oil
Spinach salad: Toss 1 cup fresh spinach with $\frac{1}{4}$ cup chopped tomato, $\frac{1}{4}$ cup shredded carrot, 1 cooked egg white, 2 Tbsp. low-fat salad dressing
5 oz. red wine

For 2,100 calories add:

Breakfast: $\frac{3}{4}$ cup 100% orange juice
Lunch: 1 cup baby carrots plus 2 Tbsp. reduced-fat dip
Dinner: 2 oz. pork loin plus 1 more egg white on salad

For 2,400 calories add the above plus:

Breakfast: 2 Tbsp. walnuts
Lunch: 1 cup skim milk
Dinner: $\frac{1}{2}$ cup couscous plus 2 more egg whites on salad (for a total of 4 egg whites)

Day 3

1,800-calorie plan:

Breakfast:

2 soft-boiled eggs
1 whole-wheat bagel with 2 tsp. jam
 $\frac{3}{4}$ cup 100% grapefruit juice

Snack:

1 orange
2 Tbsp. almonds

Lunch:

1 chicken burrito
 $\frac{1}{2}$ cup Spanish rice

Snack:

1 cup fat-free fruit yogurt
1 banana

Dinner:

4 oz. lean beef roast
4 small (about the size of a golf ball) red potatoes
1 cup steamed cauliflower
1 cup garden salad with 2 Tbsp. fat-free dressing

For 2,100 calories add:

Lunch: 1 chicken soft taco
Dinner: 1 cup skim milk

For 2,400 calories add the above plus:

Dinner: 4 small red potatoes, 2 oz. lean beef roast

Day 4

1,800-calorie plan:

Breakfast:

2 whole-grain frozen waffles, toasted, topped with 2 tsp. light tub margarine, 2 Tbsp. syrup
 $\frac{3}{4}$ cup 100% orange juice

Snack:

1 cup diced watermelon

Lunch:

4 oz. sliced turkey breast on whole-wheat bread, topped with lettuce, tomato, light mayonnaise
1 pear
1 cup pretzels

Snack:

1 whole-grain granola bar



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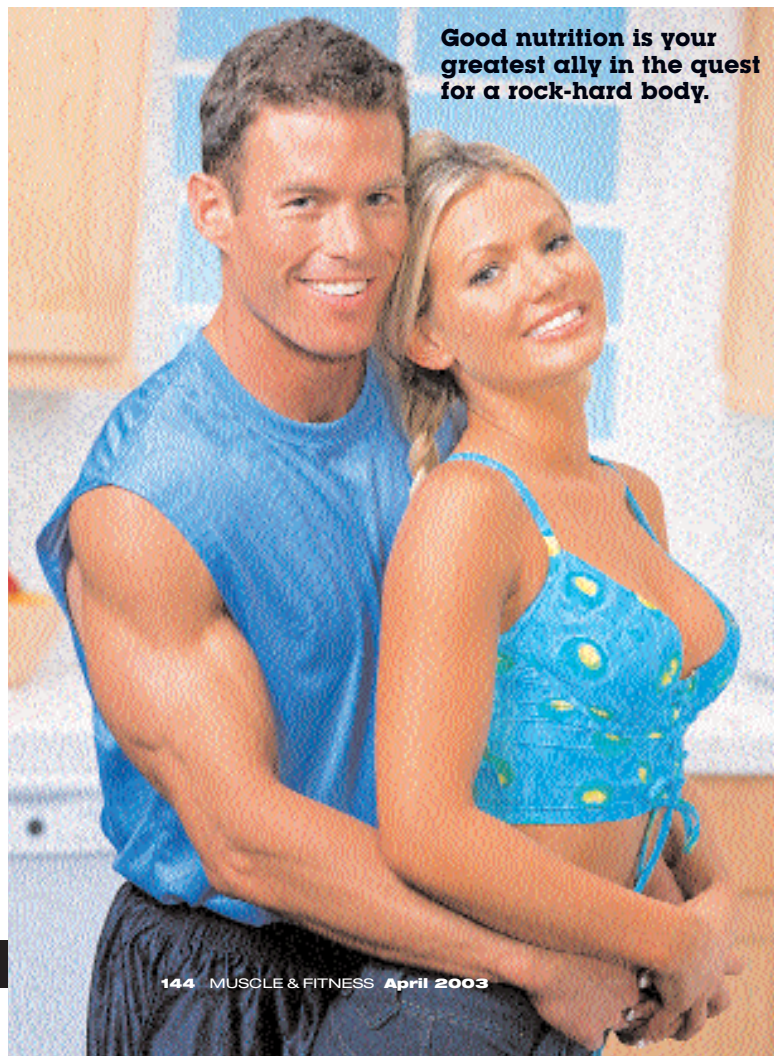
what you're eating."

Kundrat also recommends packing food in single servings when you get home from the grocery store, to save yourself time later. Throw your baby carrots and other vegetables into individual plastic bags you can easily take with you. Cook a big batch of chicken breasts ahead of time — you can eat them plain, chop them into a burrito or stir-fry, or even add them to a frozen meal.

The two principles of meal timing and food preparation actually go hand in hand. Eating five times a day is time-consuming, and it can be really difficult in certain situations. It's a lot harder to eat frequently if you have a job that requires extensive travel, if you're a student going from class to class, or if you just don't have many opportunities to eat during the day.

In such situations, bringing along a cooler stocked with quick, easy meal options is essential. You can even throw a frozen entrée into the microwave, then add a StarKist tuna pouch to up the protein content. Healthy Choice Mixed Grills and Lean Cuisine Dinnertime Selections are two good choices that contain two servings of vegetables. You might also stock your desk with plain instant oatmeal packets, small boxes of raisins, protein bars, cans/pouches of tuna and lots of bottled water. Use our grocery-shopping challenge (Week 1, page 140) to get started.

Good nutrition is your greatest ally in the quest for a rock-hard body.



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Dinner:

4 oz. sautéed chicken breast (Heat 1 tsp. canola oil with 2 Tbsp. beer or juice. When hot, add chicken pieces and cook until golden.)
1 cup spaghetti topped with 1 cup marinara sauce, 3 Tbsp. shredded Parmesan cheese
1 cup steamed broccoli, with squeeze of lemon juice and spritz of butter-flavor spray (such as I Can't Believe It's Not Butter), if desired

For 2,100 calories add:

Breakfast: 3 oz. lean ham

Snack: 1 banana

For 2,400 calories add the above plus:

Lunch: 2 oatmeal cookies (about 100 calories each)

Dinner: 2 oz. sautéed chicken breast

Day 5

1,800-calorie plan:

Breakfast:

1 whole-grain bagel spread with
2 Tbsp. reduced-fat cream cheese
½ cup 100% pineapple juice

Snack:

5 dried peach halves

Lunch:

Tuna salad: Place ½ cup tuna in water over 1 cup romaine lettuce. Add ½ cup chopped tomatoes and toss with 2 Tbsp. low-fat salad dressing
1 cup vegetable soup
1 cup skim milk
1 small brownie

Snack:

2 whole-grain graham crackers

Dinner:

4 oz. broiled lean lamb chop
½ cup rice pilaf
1 cup steamed mixed green beans and red peppers, with squeeze of fresh lemon juice (add butter-flavor spray if desired)
1 cup skim milk

For 2,100 calories add:

Lunch: 1 cup vegetable soup

Dinner: 2 oz. lean lamb chop

For 2,400 calories add the above plus:

Lunch: ½ cup tuna in water

Snack: 2 plums

Total Daily Averages

1,800-CALORIE PERFORMANCE PLAN

Calories	Protein (g)	Carbs (g)	Fat (g)
1,802	102	248	48

2,100-CALORIE PERFORMANCE PLAN

Calories	Protein (g)	Carbs (g)	Fat (g)
2,112	125	280	57

2,400-CALORIE PERFORMANCE PLAN

Calories	Protein (g)	Carbs (g)	Fat (g)
2,404	146	317	65

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THE 2003 M&F ROCK-HARD CHALLENGE

Record your workouts and take this log to the gym to remind you of the day's tasks. When you're done with this first month's program, mail it to: Muscle & Fitness Rock-Hard Challenge, 21122 Erwin St., Woodland Hills, California, 91367. It must be postmarked by April 7, 2003, to be eligible for prizes. And don't forget to take your photos — one before you begin, and one at the end of Month 1. (You don't have to send photos in until the end of Month 3.) Please no digital photos.

Training Log Month 1						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 <input type="checkbox"/> Nutrition Goal: Stock up on healthy food	<input type="checkbox"/> Legs • Barbell Squat • Romanian Deadlift • DB Lunge • Leg Extension • Lying Leg Curl • Standing Calf Raise <input type="checkbox"/> Cardio B	<input type="checkbox"/> Cardio A <input type="checkbox"/> Abs	<input type="checkbox"/> Pushes • Bench Press • Incline DB Press • Seated DB Press • Dip • Lying French Press <input type="checkbox"/> Cardio B	Rest	<input type="checkbox"/> Pulls • Pulldown to Front • Bent-Over Row • Seated Cable Row • Upright Row • Incline DB Curl <input type="checkbox"/> Cardio B	<input type="checkbox"/> Cardio A <input type="checkbox"/> Abs
Week 2 <input type="checkbox"/> Nutrition Goal: Make batches of food ahead of time	<input type="checkbox"/> Legs • Barbell Squat • Leg Press • Romanian Deadlift • DB Lunge • Leg Extension • Lying Leg Curl <input type="checkbox"/> Cardio B	<input type="checkbox"/> Cardio A <input type="checkbox"/> Abs	<input type="checkbox"/> Pushes • Bench Press • Incline DB Press • Seated DB Press • Incline DB Flye • DB Lateral Raise • Close-Grip Bench <input type="checkbox"/> Cardio C	Rest	<input type="checkbox"/> Pulls • Seated Cable Row • Pulldown to Front • Bent-Over Row • Barbell Shrug • Standing Curl • Incline DB Curl <input type="checkbox"/> Cardio B	<input type="checkbox"/> Cardio A <input type="checkbox"/> Abs
Week 3 <input type="checkbox"/> Nutrition Goal: Keep a food journal	<input type="checkbox"/> Legs • Barbell Squat • Romanian Deadlift • Leg Press • Hack Squat • Lying Leg Curl • Standing Calf Raise <input type="checkbox"/> Cardio C	<input type="checkbox"/> Cardio A <input type="checkbox"/> Abs	<input type="checkbox"/> Pushes • Bench Press • Incline DB Press • Seated DB Press • Close-Grip Bench • Lying French Press <input type="checkbox"/> Cardio C	Rest	<input type="checkbox"/> Pulls • Pull-Up • Bent-Over Row • Seated Cable Row • Upright Row • Incline DB Curl <input type="checkbox"/> Cardio C	<input type="checkbox"/> Cardio A <input type="checkbox"/> Abs
Week 4 <input type="checkbox"/> Nutrition Goal: Cut down on high-sugar drinks	<input type="checkbox"/> Power Circuit • Barbell Squat • Pull-Up • Push-Up • Squat Jump • Pulldown to Front • Dip • Barbell Squat • Upright Row • Push-Up • Squat Jump <input type="checkbox"/> Cardio C	<input type="checkbox"/> Cardio B <input type="checkbox"/> Abs	<input type="checkbox"/> Power Circuit • Barbell Squat • Pull-Up • Push-Up • Squat Jump • Pulldown to Front • Dip • Barbell Squat • Upright Row • Push-Up • Squat Jump <input type="checkbox"/> Cardio C	<input type="checkbox"/> Cardio B <input type="checkbox"/> Abs	<input type="checkbox"/> Power Circuit • Barbell Squat • Pull-Up • Push-Up • Squat Jump • Pulldown to Front • Dip • Barbell Squat • Upright Row • Push-Up • Squat Jump <input type="checkbox"/> Cardio C	Rest

Sunday is rest day.

Cardio Key: **A:** Continuous, moderate intensity; **B:** Interval Training I (1 minute sprint/2 minutes jog); **C:** Interval Training II (30-second sprint/1 minute jog)

Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 E-mail: _____ Phone: _____
 Age: _____ Are you ☐ male or ☐ female?

Please submit to:
 Muscle & Fitness Rock-Hard Challenge
 21122 Erwin St.
 Woodland Hills, CA 91367

Postmarked by April 7, 2003.
 Please see the Official Contest Rules on page 217.

AD

THE 2003 M&F ROCK- HARD CHALLENGE MONTH 2

Kick your training up a notch and burn more fat in the second phase of our get-lean program

■ By Mark Casselman, MS, CSCS, and Beth Sonnenburg, MPH, Staff Writer

You've dreamed about it, over and over. In your head, you can almost see it. Your body, but different. Swollen biceps where your small, undefined arms used to be. Wide shoulders filling out all your shirts. And in the place of that flabby gut, a pristine set of chiseled abs.

Month 1, hundreds of thousands of you began the Rock-Hard Challenge with that dream. And now, one month down and two to go. Are you still fired up? Are you still ready to do this month's new workouts and tackle the updated diet challenges? If for some reason the answer happens to be "no," close your eyes and check that dream again — the body you see is yours for the taking.

Let's get to work.

Rock-Hard Workout

By Mark Casselman, MS, CSCS

Now that your body has powered through the adaptation phase of the program, setting the stage for exponential muscle growth and enhanced fat-burning, it's time to turn up the heat on your metabolic thermostat.

Due to the fatigue that this month's training will induce, taking your post-workout nutrition and recovery very seri-

ously is absolutely essential. You must replenish your muscle glycogen stores maximally after each workout, or else you'll start to chip away at your hard-earned muscle for energy, and your dietary protein will be burned as energy rather than used as building blocks by your muscle cells.

Overall, Month 2 has a relatively lower volume of work, so the focus is on upping the intensity. You're completing fewer reps each set (compared to Month 1) so you should increase the amount of weight that you use.

Major changes:

- In Week 5, complete the last set of every exercise as a drop set. Pick a weight heavy enough to get 4–6 reps, then cut the weight just enough to crank out 4–6 more reps. One more drop and 4–6 more reps will bring the set to completion.

- In Week 6, you'll add tri-sets to your routine (three exercises done back-to-back with no rest in between).

- In Week 7, you'll again use tri-sets, but with a drop component. For example, on leg day, you'll do the dumbbell lunge, followed by the lying leg curl and leg extension, doing five reps heavy and then dropping the weight to finish with five more reps per exercise, for 30 total reps per tri-set. You'll do those tri-sets four times through.

- Week 8 is the Giant-Set Triple Play, explained in greater detail on page 93.

More Cardio

Other changes to the second month of your program include increasing the volume of cardiovascular exercise.

**Counting down to your
beach body? It's only two
more months away . . .**



MUSCLESTUFF.COM | MUSCLE-FITNESS.COM 91

Photo by Robert Reiff

CYN MAG YEL BLK

Mark

The 2003 M&F Rock-Hard Challenge

Continuous cardio sessions move from 20–25 minutes to 25–30 minutes. Additionally, the interval training sessions increase by 3–6 minutes. This means you'll add one more 60-second sprint to interval workout B and four additional 30-second sprints to your C workout. (See page 94.)

The cumulative effect of these changes is progressive overload: Your body is forced to adapt to different stimuli. You'll continue to induce changes in your body shape and size as you elevate muscle growth and fat loss.

Of course, the biggest question many of you have at this point is how to accelerate your progress. Intensity and rest are the two most important factors in this program. Don't add volume — more exercises, sets or reps — because you'll impede your recovery ability and end up sabotaging your progress. Simply work as hard as you can during each prescribed workout, then focus all of your attention on the recovery process. This means eating good food, getting plenty of fluids to stay well hydrated, and making sure to get adequate rest.

Even if you feel like progress is slow to come, have patience and follow the plan. Every individual will experience gains at different rates. If you absolutely believe that you're not making progress, you're better off taking an extra rest day than adding more gym time. It's important that you finish this month feeling energized, strong and powerful for the final sprint to the finish during Month 3. Remember that each month builds upon the last. Each workout builds upon the ones preceding it. It may be a cliché, but when it comes to building muscle and losing fat, slow and steady really does win the race.

Consult your physician before beginning or making changes in your diet, supplements or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medications.



LYING LEG CURL

Rock Hard: Month 2

WEEK 5

Monday	Legs, Cardio B
Tuesday	Cardio A, Abs
Wednesday	Pushes, Cardio B
Thursday	Off
Friday	Pulls, Cardio B
Saturday	Cardio A, Abs
Sunday	Off

WEEK 6

Monday	Legs, Cardio B
Tuesday	Cardio A, Abs
Wednesday	Pushes, Cardio C
Thursday	Off
Friday	Pulls, Cardio B
Saturday	Cardio A, Abs
Sunday	Off

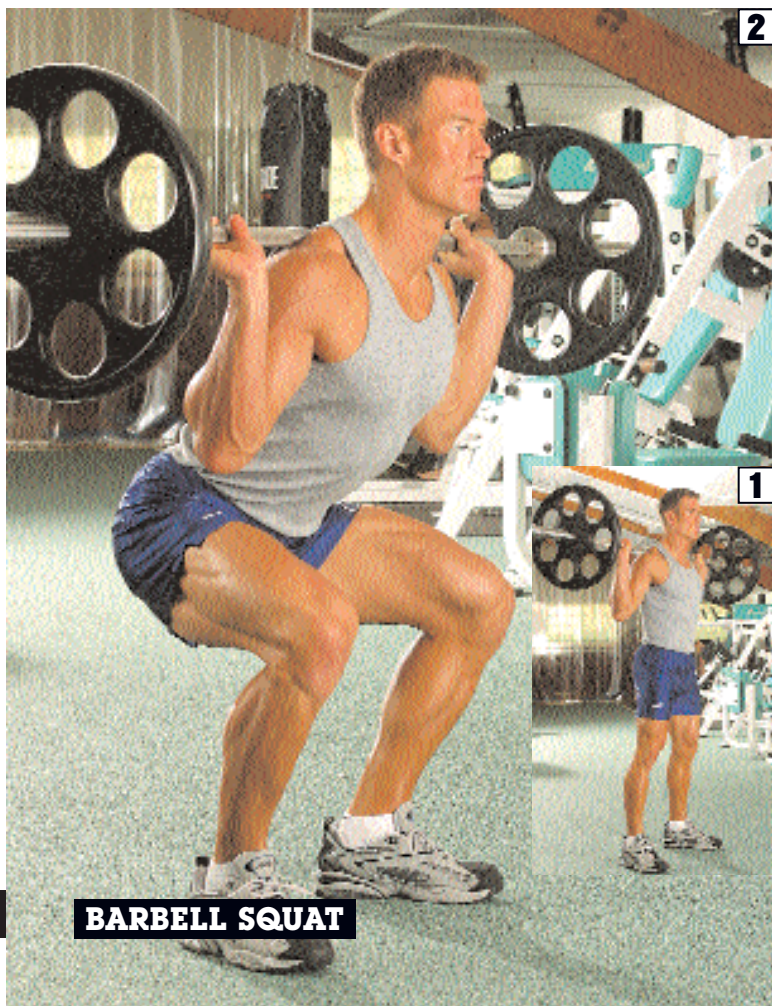
WEEK 7

Monday	Legs, Cardio C
Tuesday	Cardio A, Abs
Wednesday	Pushes, Cardio C
Thursday	Off
Friday	Pulls, Cardio C
Saturday	Cardio A, Abs
Sunday	Off

WEEK 8

Monday	Giant-Set Triple Play, Cardio C
Tuesday	Cardio B, Abs
Wednesday	Giant-Set Triple Play, Cardio C
Thursday	Cardio B, Abs
Friday	Giant-Set Triple Play, Cardio C
Saturday	Off
Sunday	Off

NOTE: On "abs" days, perform the same exercises you did for abs before starting this program. If you haven't trained abs before, do crunches for two sets of 25 reps, reverse crunches for two sets of 20 reps, and twisting crunches for two sets, 10 reps to each side.



BARBELL SQUAT

Exercise photos by Rick Schaff at Dr. Perry's International Sportsmedicine Institute, West Los Angeles, CA

The Rock-Hard Weight-Training Workouts

Listed as: exercise sets x reps per set

WEEK 5*

Legs Workout

Barbell Squat 4 x 12–15
Romanian Deadlift 4 x 12–15
Dumbbell Lunge 4 x 12–15
Leg Extension 3 x 12–15

Lying Leg Curl 3 x 12–15
Standing Calf Raise 3 x 12–15

Push Workout

Bench Press 4 x 15–20
Incline Dumbbell Press 4 x 15–20
Seated Dumbbell Press 4 x 15–20
Dip 4 x 15–20

Lying French Press 4 x 15–20

Pull Workout

Pulldown to Front 4 x 15–20
Bent-Over Barbell Row 4 x 15–20
Seated Cable Row 4 x 15–20
Upright Row 4 x 15–20
Incline Dumbbell Curl 4 x 15–20

WEEK 6**

Barbell Squat 3 x 10–12
Romanian Deadlift 3 x 10–12
Hack Squat 3 x 10–12
Tri-Set: Dumbbell Lunge/Leg
Extension/Lying Leg Curl
3 x 10–12
Seated Calf Raise 3 x 10–12

Bench Press 3 x 10–12
Incline Dumbbell Press 3 x 10–12
Seated Dumbbell Press 3 x 10–12
Tri-Set: Dip/Incline Dumbbell
Flye/Lateral Raise 3 x 10–12
Close-Grip Bench Press 3 x 10–12

Seated Cable Row 3 x 10–12
Pulldown to Front 3 x 10–12
Bent-Over Barbell Row 3 x 10–12
Barbell Shrug 3 x 10–12
Tri-Set: Pull-Up/Dumbbell Pull-
over/Seated Cable Row 3 x 10–12

Standing Barbell Curl 3 x 10–12

WEEK 7***

Barbell Squat 4 x 6–8
Romanian Deadlift 4 x 6–8
Hack Squat 4 x 6–8
Tri-Set: Dumbbell Lunge/Leg
Extension/Lying Leg Curl
4 drop sets x 5+5 reps
Standing Calf Raise 4 x 6–8

Bench Press 4 x 6–8
Incline Dumbbell Press 4 x 6–8
Seated Dumbbell Press 4 x 6–8
Close-Grip Bench Press 4 x 6–8

Tri-Set: Dip/Incline Dumbbell Flye/
Lateral Raise
4 drop sets x 5+5 reps
Lying French Press 4 x 6–8

Pull-Up 4 x 6–8
Bent-Over Barbell Row 4 x 6–8
Seated Cable Row 4 x 6–8
Upright Row 4 x 6–8
Tri-Set: Pull-Up/Dumbbell Pull-
over/Seated Cable Row
4 drop sets x 5+5 reps
Incline Dumbbell Curl 4 x 6–8

* The last set of every exercise in Week 5 should be done as a drop set. Pick a weight heavy enough to get 4–6 reps, cut the weight just enough to crank out 4–6 more reps, and drop again for 4–6 final reps.

** In Week 6, you add a tri-set. For example, on pulls day, you'll do 10–12 pull-ups (or as many as you can do) followed immediately by 10–12 dumbbell pullovers, followed immediately by 10–12 reps of the seated cable row. Then rest for a minute or so and do the tri-set again, twice more.

*** The Week 7 workouts each include one tri-set with a drop component. For example, on leg day, you'll do the dumbbell lunge, followed by the lying leg curl and leg extension, doing five reps heavy and then dropping the weight to finish with five more reps per exercise, for 30 reps total per tri-set. You'll do those tri-sets four times through.

Week 8

Giant-Set Triple Play

In these workouts, you'll do a whole-body workout on each training day. Take the tri-set from each workout — legs, then pull, then push — and piece them all together into one "giant" set. Perform this giant set three times through.

This is what you'll be doing specifically: dumbbell lunge, leg extension, lying leg curl, pull-up, dumbbell pullover, seated cable row, dip, incline dumbbell flye, dumbbell lateral raise. Do 8–12 reps of each exercise, and rest minimally or not at all between exercises. Rest for 2–3 minutes, then perform this complete circuit a second time. Take another 2–3 minutes' rest, then fire up your reserves for a third lap of this metabolic obstacle course.

Nine exercises in a row with minimal rest? Those who survive move on to Month 3!

NOTE: If your gym is really busy, you may find it difficult to perform this workout as a circuit due to lengthy wait times between sets. A major goal of this training session is to keep your heart rate elevated throughout the workout. Therefore, you may need to alter this workout so that it is not a giant set — instead, just do the first tri-set for three straight sets before moving to the second tri-set, and so on. In this modification, you'll need to take 60 seconds of rest between each set.

The 2003 M&F Rock-Hard Challenge

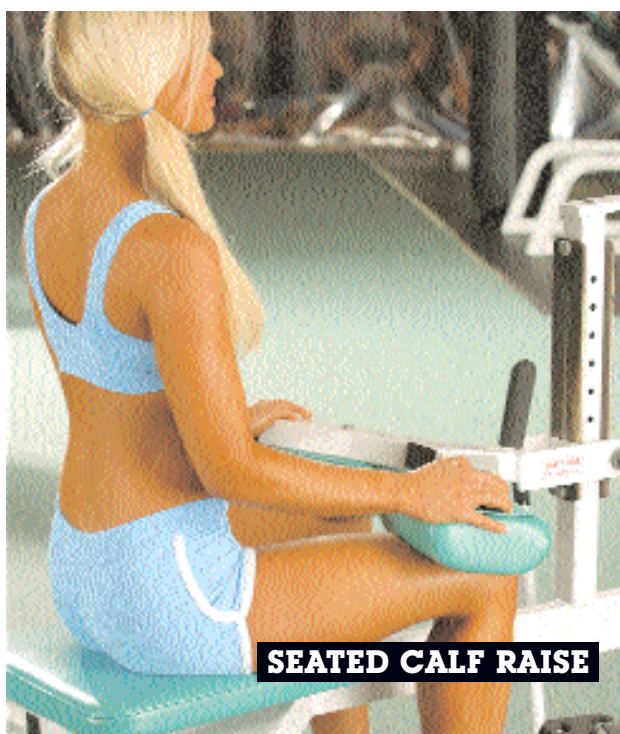
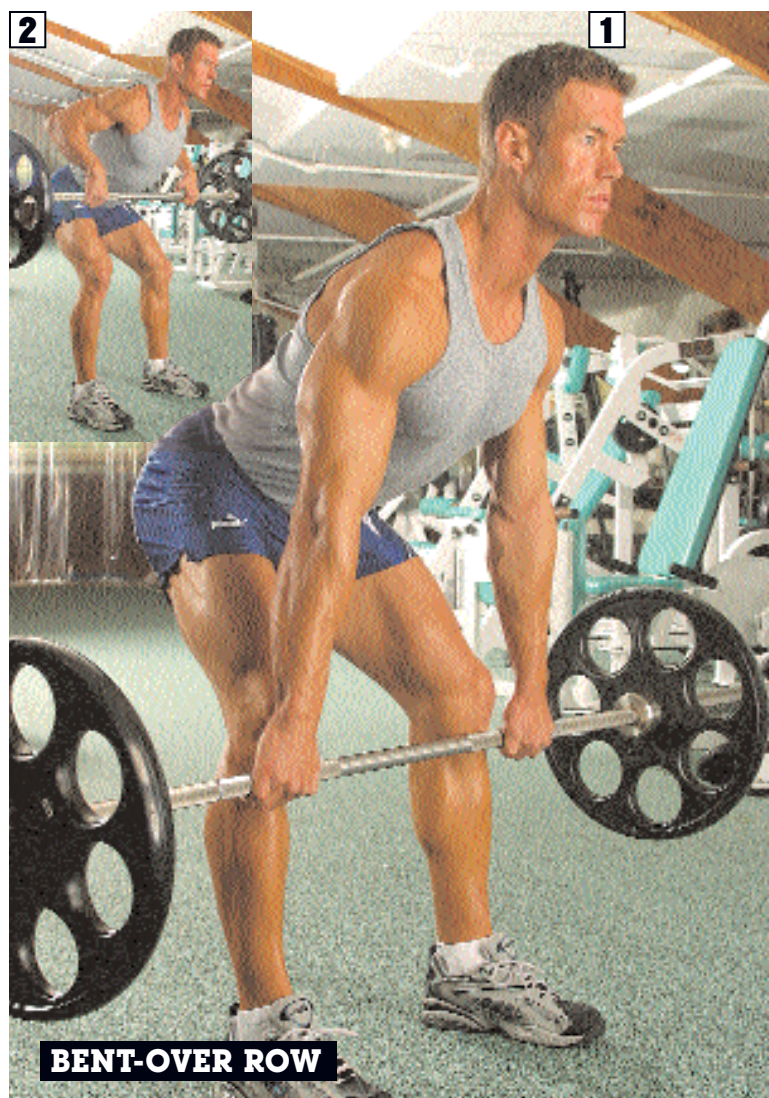
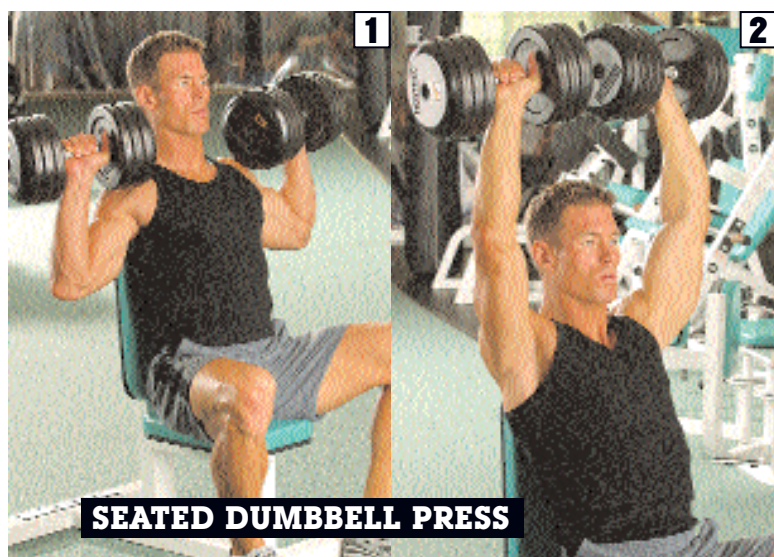
Cardio Key

A: Continuous, Moderate Intensity. Five-minute warm-up, followed by 25–30 minutes of continuous cardiovascular exercise, then a five-minute cool-down.

B: Interval Training I. Five-minute warm-up, followed by 24 minutes of sprint intervals (eight cycles total) — sprint for one minute, jog to recover for two minutes, repeat. Cool down for five minutes.

C: Interval Training II. Five-minute warm-up, followed by 21 minutes of sprint intervals (14 cycles total) — sprint for 30 seconds, jog to recover for one minute, repeat. Cool down for five minutes.

NOTE: You can choose among many cardio activities: running outdoors, riding a bike, treadmill, elliptical, stair-stepper, etc., as long as you do the prescribed time and work at a level intense enough to break a sweat.



Contest Information

For those of you who started last month, here's what you have to do to stay on track to win the 2003 Rock-Hard Challenge (and the trip to Venice, California):

1) Send us your training log for Month 1.

Make sure it's completely filled out and post-marked by April 7, 2003.

2) Take your end-of-Month-1 photos in either a bathing suit or workout clothes — one facing forward and one side view (either side). Store those with your original "before" photos taken before you started the program; you'll need to send all those in when you send in your Month 2 and Month 3 logs.

3) Use the training log on page 98 to keep track of your Month 2 training and nutrition goals.

4) When you complete the program, you'll send in your training logs for Months 2 and 3, and all of your before/middle/after photos. (See rules on page 190 for complete details.)

Nutrition

By Beth Sonnenburg, MPH, Staff Writer

Last month, you eased into healthy eating by scheduling your meals more frequently and stocking your kitchen with physique-friendly choices. You now need to take control of your calorie intake and pay more attention to your portion sizes, both of which will help you shed fat while preserving muscle. Here's how.

Calorie Count

After a month of improving your diet and eating more frequently to maximize metabolism, it's time to adjust your calorie level downward. For three days, keep another record of everything you eat. If you still have your record from last month's Week 3 Challenge, you can use that. To figure out the calories, use either a calorie-count book or an online resource such as the USDA national nutrient database (www.nal.usda.gov/fnic/cgi-bin/nut_search.pl).

At the end of the third day, calculate a three-day average: Day 1 calories _____ + Day 2 calories _____ + Day 3 calories _____ = X. Divide X by 3 to get the average.

For Month 2, you'll want to shave off about 200–300 calories from each day's intake. If you haven't lost as much weight as you want after the first week, shave off another 100 calories, for a total reduction of 400 calories. Along with your exercise regimen, this should be enough to create a significant daily calorie deficit. You don't want to knock your calorie intake too low or, as we noted last month, you may lose valuable lean mass and even decrease your metabolic rate.

The three strategies that will trim your calories down each day are outlined below.

1) Curb Those Carbs

Hard-working carbohydrate foods provide energy to get you through the day, fuel your workouts and optimize recovery. Carbs can also be the downfall of many dieters, as they're abundant, convenient and easy to overeat. We divide carbs into two main categories:

- 1) Grains
- 2) Fruits and Vegetables
- Most of you should be eating 5–8 servings of starchy carbohydrates (grains) each day. (Women should use the lower number, men the higher number.) That is actually *not* as much food as you think. One serving of grains equals:
- 1 slice of bread
 - ½ bagel, English muffin or hamburger bun
 - 1 4-inch waffle or pancake
 - 1 oz. cold cereal (equal to ¾ cup corn flakes)
 - ½ cup cooked oatmeal or Cream of Wheat
 - ½ cup cooked pasta or rice
 - 3–4 crackers
 - 1 6-inch tortilla
- Most of these servings contain 80–100 calories.



QUICK TIP:
Use the size of a tight fist to approximate most grain serving sizes.

Lean Solution #1: Do not exceed four servings of grains at any one meal.

Lean Solution #2: Cut your grain servings down by one per day. Have one slice of bread rather than two; half a bun rather than a whole one; 1 cup

of oatmeal rather than 1½ cups. This will eliminate about 80–100 calories daily.

Lean Solution #3: Replace one additional grain serving with a fruit or vegetable serving. This will eliminate 40–100 calories.

2) Get Your Protein

Using your three-day food record, calculate an average of your daily protein intake, in grams.

Day 1 protein intake _____ + Day 2 protein intake _____ + Day 3 protein intake _____ = X. Divide X by 3 to get your average protein intake in grams.

This number should be close to your weight in pounds, plus or minus 10. If it's way below your weight in pounds, you'll need to add some protein servings to your diet and take away either fat or carb sources to make room for the calories.

If the number is far above your weight in pounds, it's okay but unnecessary.

Try to eat lean protein sources rather than protein foods that are higher in fat. Use this chart as a guide.



Nutrition photos by Robert Reiff

Lean Proteins	Higher-Fat Proteins
Skinless chicken/turkey breast	Chicken legs/thigh/wing or ground turkey
Tuna packed in water	Tuna packed in oil
Cod/haddock/halibut/shrimp	Salmon*
Eye round/top round beef	Tenderloin/top loin
Low-fat or fat-free dairy products	Full-fat dairy products
Beans	Peanut butter/nuts
Egg whites	Whole eggs

*Salmon is a great choice packed with heart-healthy fats, so lower your other fat servings on days that you eat it.

Lean Solution #4: Pass on ground beef unless you purchase the extra-lean variety. We love Laura's Lean Beef; Trader Joe's also sells extra-lean ground beef.

Lean Solution #5: Have one lean protein serving at each meal. Protein makes you feel fuller longer than either carbs or fat.

QUICK TIP:
The proper serving size for most meat and poultry is 3 ounces — about the size of a deck of cards. For cheese (both low-fat and fat-free), stick with a size equivalent to two 9-volt batteries.

The 2003 M&F Rock-Hard Challenge

3) Manage Fats and Extras

Cravings for sugar, fat and salt are completely individual. One person may be perfectly satisfied with a low-fat replacement like angel food cake with light chocolate syrup. Another has to have the real thing — if only a little bit.

Lean Solution #6: Experiment with the following techniques to curb your cravings.

- Get individual-size products instead of a large container. A small pack of Oreos contains four cookies, which limits the damage you can do compared to a whole bag. If ice cream is your weakness, buy ice cream bars rather than a full container. Get individual bags of chips and pretzels and “snack-size” popcorn.

- Separate yourself from temptation. At a party or buffet, fill your plate once and don’t go back. At home, don’t even keep tempting foods in the house if you can’t resist them. When you really have to satisfy your craving, drive (or walk) to the store and buy the smallest size available of your crave food.

- Don’t “eat around” your craving. If you really crave a chocolate chip cookie, better to just have the cookie than to eat an apple, some popcorn, some dried fruit — and then give in to the cookie anyway.

- Beware of small extras throughout the day. The Friday doughnut day, the afternoon birthday cake, the business lunch, the beers while watching the game. These can add up to more than 1,000 extra calories weekly, meaning no weight loss for you. If your

office has “danger zones” where treats are always lurking, don’t even go near them.

- Try sweetening your drinks with Splenda; it doesn’t have the aftertaste some people dislike in artificial sweeteners.

- Get coffee or a cappuccino in place of dessert. Coffee has virtually no calories — just go easy on the sugar and cream. You can even use half-and-half and take in far fewer calories than most desserts have.

- Choose your restaurants carefully and plan your order beforehand. Just say no to buffets.



A cappuccino can help satisfy that sweet tooth.

Photo ©FoodPix/Steven Park Needham

Fruits and Veggies

You only need to worry about serving sizes for fruits; most vegetables can be eaten in large quantities for few total calories, with the exception of potatoes and avocados (technically a fruit). Here are the recommended serving sizes for these nutrient-packed superfoods.

1 medium apple/orange/banana/peach/nectarine

½ cup berries/cut fruit/frozen or canned fruit

½ grapefruit

¾ cup 100% fruit juice*

¼ cup dried fruit*

1 cup leafy green vegetables

½ cup cooked vegetables

1 small baked potato (about the size of a computer mouse)*

¾ cup vegetable juice*

**Carefully measure these serving sizes.*

5-Day Meal Plan

Last month’s meal plans added up to three different calorie levels: 1,800, 2,100 and 2,400. This month, we shaved 200–300 calories from each plan for a total of 1,600, 1,800 and 2,100 calories. Meal plans were designed by Susan Kundrat, MS, RD, nutrition consultant to the University of Illinois (Urbana-Champaign).

Day 1

1,600-calorie plan

Breakfast:

1 cup whole-grain wheat flake cereal with 1 cup skim milk and ½ cup blueberries
1 egg scrambled with 2 egg whites
Coffee

Snack:

1 whole-grain cereal bar or nutrition bar (under 200 calories)

Lunch:

1 French dip lean roast beef sandwich
½ cup cole slaw
1 cup side salad with 2 Tbsp. low-fat salad dressing

Snack:

1 cup low-fat chocolate milk

Dinner:

4 oz. steamed salmon
1 cup steamed carrots
1 cup cooked bulgur with 1 tsp. olive oil and 1 Tbsp. fresh parsley

For 1,800 calories add:

Breakfast: 1 slice whole-grain toast spread with 1 Tbsp. almond butter

Dinner: 1 oz. salmon

For 2,100 calories add the above plus:

Breakfast: ¾ cup 100% grapefruit juice

Afternoon snack: 1 apricot

Dinner: 2 oz. salmon, 1 cup skim milk

Day 2

1,600-calorie plan

Breakfast:

Omelet made with 1 whole egg and 2 egg whites, 2 Tbsp. diced onions, ½ cup diced green peppers, 1 oz. grated mozzarella cheese
1 slice whole-grain toast spread with 2 tsp. margarine
¾ cup 100% orange juice

Lunch:

½ cup rice and ½ cup beans mixed with 2 oz. grilled chicken
1 cup side salad with 1 Tbsp. fat-free salad dressing
Iced tea

Snack:

1 piece fruit
1 piece string cheese

Dinner:

4 oz. grilled skinless chicken breast
 ½ cup boiled sweet potatoes
 1 cup steamed green beans
 2 chocolate mints

For 1,800 calories add:

Breakfast: 3 links extra-lean turkey sausage

Dinner: 2 oz. chicken breast

For 2,100 calories add the above plus:

Lunch: Steak soft taco

Day 3**1,600-calorie plan****Breakfast:**

Energy shake: Blend 1 cup fat-free vanilla yogurt,
 ½ cup 100% orange juice, ½ cup fresh strawberries,
 2 Tbsp. ground flaxseed and ½ tsp. cinnamon
 1 mini bagel with 1 tsp. light cream cheese



**Blend a healthy
 breakfast to rev up
 your metabolism in
 the morning.**

Snack:

1 whole-grain granola bar or nutrition bar (under 200 calories)

Lunch:

2 slices lean ham and veggie pizza
 1 cup side salad with 1 Tbsp. low-fat dressing

Snack:

1 apple

Dinner:

4 oz. grilled tuna steak
 1 cup cooked brown rice with 1 tsp. olive oil
 1 cup steamed mixed vegetables
 2 Hershey kisses

For 1,800 calories add:

Breakfast: 1 mini bagel with 1 tsp. light cream cheese

Dinner: 2 oz. tuna steak

For 2,100 calories add the above plus:

Lunch: 1 slice lean ham and veggie pizza

Dinner: 1 Hershey Kiss

Day 4**1,600-calorie plan****Breakfast:**

1 cup Cheerios with 1 cup skim milk
 1 whole egg scrambled with 2 egg whites
 ¾ cup 100% grapefruit juice

Snack:

2 dried pear halves

Lunch:

Turkey submarine sandwich with light mayo,
 no cheese

Snack:

1 banana

Dinner:

Spinach salad with 1½ cups fresh spinach, 2 Tbsp.
 diced onions, ½ tomato, 3 oz. sliced chicken breast,
 and 2 Tbsp. low-fat dressing
 2 small whole-wheat rolls spread with 2 tsp.
 margarine or olive oil

For 1,800 calories add:

Snack: 1 piece string cheese

Lunch: 1 small bag Baked Lays potato chips

For 2,100 calories add the above plus:

Afternoon snack: 6 cups light (96% fat-free)
 microwave popcorn

Dinner: 2 oz. chicken breast

Day 5**1,600-calorie plan****Breakfast:**

1 cup Cheerios with 1 cup skim milk
 ½ cup fresh raspberries
 Coffee or iced tea

Snack:

1 6-oz. carton fat-free vanilla yogurt mixed with ½ cup
 Kashi GoLean Crunch

Lunch:

Deli meat (2 slices lean ham, 2 slices turkey breast)
 sandwich on 2 slices whole-wheat bread, spread
 with 1 tsp. mustard
 ½ cup fruit salad

Snack:

1 cup skim milk
 2 chocolate-covered graham cracker cookies

Dinner:

1 cup split pea soup
 Chef's salad with 2 cups dark greens, 3 oz. turkey,
 1 chopped egg, ½ cup shredded carrots,
 and 1 diced tomato with 2 Tbsp. light Italian salad
 dressing
 Brewed tea

For 1,800 calories add:

Breakfast: ½ cup Cheerios, ½ cup skim milk

Lunch: 3 slices lean ham to the sandwich

For 2,100 calories add the above plus:

Lunch: ½ cup fruit salad

Dinner: 2 oz. turkey to the salad, 1 small roll

THE 2003 M&F

ROCK-HARD

CHALLENGE

Record your workouts and take this log to the gym to remind you of the day's tasks. When you're done with this second month's program, hold onto it — you will mail it with your Month 3 log. And don't forget to take your photo at the end of Month 2 (you don't have to send it in until the end of Month 3).

Month 2 Nutrition Goal:

On Monday, Wednesday and Friday, eat a post-workout meal 30–60 minutes after training. Have at least 2 servings of grains and 1 serving of protein.

Training Log

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 5	<input type="checkbox"/> Legs • Barbell Squat • Romanian Deadlift • DB Lunge • Leg Extension • Lying Leg Curl • Standing Calf Raise <input type="checkbox"/> Cardio B	<input type="checkbox"/> Cardio A <input type="checkbox"/> Abs	<input type="checkbox"/> Pushes • Bench Press • Incline DB Press • Seated DB Press • Dip • Lying French Press <input type="checkbox"/> Cardio B	Rest	<input type="checkbox"/> Pulls • Pulldown to Front • Bent-Over Row • Seated Cable Row • Upright Row • Incline DB Curl <input type="checkbox"/> Cardio B	<input type="checkbox"/> Cardio A <input type="checkbox"/> Abs
Week 6	<input type="checkbox"/> Legs • Barbell Squat • Romanian Deadlift • Hack Squat • DB Lunge/Leg Extension/Lying Leg Curl • Seated Calf Raise <input type="checkbox"/> Cardio B	<input type="checkbox"/> Cardio A <input type="checkbox"/> Abs	<input type="checkbox"/> Pushes • Bench Press • Incline DB Press • Seated DB Press • Dip/Incline DB Flye/Lateral Raise • Close-Grip Bench <input type="checkbox"/> Cardio C	Rest	<input type="checkbox"/> Pulls • Seated Cable Row • Pulldown to Front • Bent-Over Row • Barbell Shrug • Pull-Up/DB Pullover/Seated Cable Row • Standing Barbell Curl <input type="checkbox"/> Cardio B	<input type="checkbox"/> Cardio A <input type="checkbox"/> Abs
Week 7	<input type="checkbox"/> Legs • Barbell Squat • Romanian Deadlift • Hack Squat • DB Lunge/Leg Extension/Lying Leg Curl • Standing Calf Raise <input type="checkbox"/> Cardio C	<input type="checkbox"/> Cardio A <input type="checkbox"/> Abs	<input type="checkbox"/> Pushes • Bench Press • Incline DB Press • Seated DB Press • Close-Grip Bench • Dip/Incline DB Flye/Lateral Raise • Lying French Press <input type="checkbox"/> Cardio C	Rest	<input type="checkbox"/> Pulls • Pull-Up • Bent-Over Row • Seated Cable Row • Upright Row • Pull-Up/DB Pullover/Seated Cable Row • Incline DB Curl <input type="checkbox"/> Cardio C	<input type="checkbox"/> Cardio A <input type="checkbox"/> Abs
Week 8	<input type="checkbox"/> Triple Play • DB Lunge • Lying Leg Curl • Leg Extension • Pull-Up • DB Pullover • Seated Cable Row • Dip • Incline DB Flye • DB Lateral Raise <input type="checkbox"/> Cardio C	<input type="checkbox"/> Cardio B <input type="checkbox"/> Abs	<input type="checkbox"/> Triple Play • DB Lunge • Lying Leg Curl • Leg Extension • Pull-Up • DB Pullover • Seated Cable Row • Dip • Incline DB Flye • DB Lateral Raise <input type="checkbox"/> Cardio C	<input type="checkbox"/> Cardio B <input type="checkbox"/> Abs	<input type="checkbox"/> Triple Play • DB Lunge • Lying Leg Curl • Leg Extension • Pull-Up • DB Pullover • Seated Cable Row • Dip • Incline DB Flye • DB Lateral Raise <input type="checkbox"/> Cardio C	Rest

Sunday is rest day.

Cardio Key: **A:** Continuous, moderate intensity; **B:** Interval Training I (1-minute sprint intervals/2 minutes jog); **C:** Interval Training II (30-second sprint intervals/1 minute jog)

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____ Phone: _____

Age: _____ Are you ☐ male or ☐ female?

Please submit along with Month 3 Log and all photos to:

Muscle & Fitness Rock-Hard Challenge
21122 Erwin Street
Woodland Hills, CA 91367

Postmarked by June 11, 2003.

Please see the Official Contest Rules on page 190.

AD

THE 2003 M&F ROCK- HARD CHALLENGE MONTH 3

Blast through the final month to build your best body ever — and enter to win the grand-prize trip to California

■ By Mark Casselman, MS, CSCS, and Beth Sonnenburg, MPH, Staff Writer

Hell, yeah. A few extra sinews of muscle flashed across the mirror as you towed off after your shower today. Whenever you take off your shirt, your abs peek out from behind a layer of skin that's considerably thinner than it was eight weeks ago. Your clothes fit better. You've met our challenge head-on and your efforts — every set, every rep and every drop of sweat — have contributed to your physique transformation to this point. But hold on, your metabolic metamorphosis is just getting under way.

With just four weeks left to complete your transformation, you may feel as though you've already accomplished many of your goals. But the best is yet to come. This month, your intense training and strict attention to diet and recovery really start to pay off as you drop the hammer through the home stretch. In this final month of intense training, we'll help you set the dial to BURN on your metabolic furnace.

Rock-Hard Workout

By Mark Casselman, MS, CSCS

On the surface, this month looks quite similar to Month 2. After all, if it ain't broke, why fix it? These workouts should

give you a déjà vu feeling — like you've been there before. That's good, but be sure that the amount of weight on the bar doesn't elicit the same sentiment. Make every effort to consistently (and safely) increase the amount of weight you lift each workout. Check your log from last month to be sure you're doing just that.

Use as much weight as you can lift with good form so that you hit failure within the specific rep range for each set. For example, if you're shooting for 6–8 reps, choose a weight heavy enough so that you'll get at least six but no more than eight reps. Lifting relatively heavy weights as you try to get lean will allow you to maintain the mass you've built to this point; this is no time to start burning your muscle protein as fuel by going into high-rep, endurance mode.

Take note: This month we've dropped in some more drop sets! On leg day, you'll do drops on the leg press; on push day, you'll drop-set the incline dumbbell press; on pull day, you'll do drops on the bent-over barbell row. Each drop set should begin with a weight you can move for 4–5 good reps, then your partner will help you cut the resistance by about 10%–20% (depending on the exercise) and you'll crank out five more reps without pause. The idea here is to start the set heavy to fire up those hard-to-hit fast-twitch fibers; then when you cut the weight and rep out, you'll target the slower-twitch fibers as you complete the set. More bang for your workout buck.

Be aware of the rep ranges you should work in for each week. During Weeks 9 and 11, bang out three sets of 6–8



Photo by Robert Reiff

This month, dreams become reality as you complete your Rock-Hard transformation.

Rock-Hard Challenge

solid reps on the exercises that don't feature a drop set. During Week 10, your range slides up a little to 8–10 reps, so reduce the amount of resistance you use by a few percentage points. Once you make the move back to lower rep ranges in Week 11, try to boost the amount of resistance you used in the initial week. Keep your eyes on the prize and stay focused as you drive through the home stretch. You'll up your cardio volume slightly during each workout, so take a close look at the cardio key to note any changes from last month's routine.

This is your opportunity to reach all of your fitness goals, so don't cheat yourself during the final month. Keep investing a solid effort on a daily basis and give your body the recovery and calories it needs to grow. The challenge now is staying power; the final four weeks are always the toughest. Enjoy the process and stick with it — your rock-hard body is just weeks away!

Consult your physician before beginning or making changes in your diet, supplements or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medications.



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2



LEG EXTENSION

Rock Hard: Month 3

WEEK 9

Monday	Legs, Cardio B
Tuesday	Cardio A, Abs
Wednesday	Pushes, Cardio B
Thursday	Off
Friday	Pulls, Cardio B
Saturday	Cardio A, Abs
Sunday	Off

WEEK 10

Monday	Legs, Cardio B
Tuesday	Cardio A, Abs
Wednesday	Pushes, Cardio C
Thursday	Off
Friday	Pulls, Cardio B
Saturday	Cardio A, Abs
Sunday	Off

WEEK 11

Monday	Legs, Cardio C
Tuesday	Cardio A, Abs
Wednesday	Pushes, Cardio C
Thursday	Off
Friday	Pulls, Cardio C
Saturday	Cardio A, Abs
Sunday	Off

WEEK 12

Monday	Compound-Exercise Tri-Sets
Tuesday	Cardio A, Abs
Wednesday	Compound-Exercise Tri-Sets
Thursday	Cardio A, Abs
Friday	Compound-Exercise Tri-Sets
Saturday	Off
Sunday	Off

NOTE: On abs days, perform the same exercises you did for abs before starting this program. If you haven't trained abs before, do crunches for two sets of 25 reps, reverse crunches for two sets of 20 reps, and twisting crunches for two sets, 10 reps to each side.

The Rock-Hard Weight-Training Workouts

Listed as: exercise sets x reps per set

WEEK 9

Legs Workout

Barbell Squat 3 x 6–8
Leg Press* 3 x 5 + 5
Hack Squat 3 x 6–8
Romanian Deadlift 3 x 6–8
Calf Raise** 3 x 6–8
DB Lunge/Leg Curl/Leg Extension Tri-Set 3 x 8–12

WEEK 10

Barbell Squat 3 x 8–10
Leg Press* 3 x 5 + 5
Hack Squat 3 x 6–8
Romanian Deadlift 3 x 8–10
Calf Raise** 3 x 8–10
DB Lunge/Leg Curl/Leg Extension Tri-Set 3 x 8–12

WEEK 11

Barbell Squat 3 x 6–8
Leg Press* 3 x 5 + 5
Hack Squat 3 x 6–8
Romanian Deadlift 3 x 6–8
Calf Raise** 3 x 6–8
DB Lunge/Leg Curl/Leg Extension Tri-Set 3 x 8–12

Push Workout

Bench Press 3 x 6–8
Incline DB Press* 3 x 5 + 5
Seated DB Shoulder Press 3 x 6–8
Lying French Press 3 x 6–8
Dip/Cable Crossover/DB Lateral Raise Tri-Set 3 x 8–12

Bench Press 3 x 8–10
Incline DB Press* 3 x 5 + 5
Seated DB Shoulder Press 3 x 8–10
Lying French Press 3 x 8–10
Dip/Cable Crossover/DB Lateral Raise Tri-Set 3 x 8–12

Bench Press 3 x 6–8
Incline DB Press* 3 x 5 + 5
Seated DB Shoulder Press 3 x 6–8
Lying French Press 4 x 6–8
Dip/Cable Crossover/DB Lateral Raise Tri-Set 3 x 8–12

Pull Workout

Pulldown to Front 3 x 6–8
Bent-Over Barbell Row* 3 x 5 + 5
Barbell Shrug 3 x 6–8
Standing Barbell Curl 3 x 6–8
Pull-Up/DB Pullover/Seated Cable Row Tri-Set 3 x 8–12

Pulldown to Front 3 x 8–10
Bent-Over Barbell Row* 3 x 5 + 5
Barbell Shrug 3 x 8–10
Standing Barbell Curl 3 x 8–10
Pull-Up/DB Pullover/Seated Cable Row Tri-Set 3 x 8–12

Pulldown to Front 3 x 6–8
Bent-Over Barbell Row* 3 x 5 + 5
Barbell Shrug 4 x 6–8
Standing Barbell Curl 4 x 6–8
Pull-Up/DB Pullover/Seated Cable Row Tri-Set 3 x 8–12

* Do all three sets as drop sets: Perform five reps heavy and then drop the weight for five more reps.
** Choose either seated or standing calf raise.

Week 12

Compound-Exercise Tri-Sets

In Week 12, you'll do a whole-body workout on each training day. (Hit the gym when it's pretty empty.) Take the first three exercises from each workout and perform them as tri-sets. Perform each tri-set three times and do two drops on each exercise on the third tri-set (except for squats, where you should not drop).

The specifics: Start with the tri-set of barbell squats, leg presses and hack squats. Perform them in order, doing 8–12 reps per exercise and not resting within the tri-set as you go from exercise to exercise. Rest for two minutes, then do the tri-set again. Rest another two minutes before doing the third tri-set. On the last round, drop the weight twice on each exercise (except squats) — for instance, you may get 10 reps on the leg press, then drop the weight for five more, then drop the weight again for as many reps as you can do. (Don't go to failure if you don't have a spotter.) Go to the hack squat and do the same drop pattern.

Next will be the pull tri-set: pulldown to front, bent-over barbell row and barbell shrug. Do the same 8–12 reps on the first two sets, then the final drop set. Finish with the push tri-sets: bench press, incline dumbbell press and seated dumbbell shoulder press, again in the same set-and-rep pattern.



PULL-UP

Rock-Hard Challenge

Cardio Key

A: Continuous, Moderate Intensity. Five-minute warm-up, followed by 35–45 minutes of continuous cardiovascular exercise, then a five-minute cool-down.

B: Interval Training I. Five-minute warm-up, followed by 27–30 minutes of sprint intervals — sprint for one minute, jog to recover for two minutes, repeat. Cool down for five minutes.

C: Interval Training II. Five-minute warm-up, followed by 25 minutes of sprint intervals — sprint for 30 seconds, jog to recover for one minute, repeat. Cool down for five minutes.

NOTE: You can choose among many cardio activities: running outdoors, riding a bike, using a treadmill, elliptical machine, stair-stepper, etc., as long as you do the prescribed time and work at a level intense enough to break a sweat.



STANDING CALF RAISE



STANDING BARBELL CURL

Contest Information

Trying to win the Rock-Hard Challenge and the trip to Venice, California? Here's what you need to do:

1) Take your end-of-Month-2 photos in either a bathing suit or workout clothes — one facing forward and one side view (either side). Store those with your original “before” photos taken before you started the program and your end-of-Month-1 photos; you’ll need to send all those in at the end of this final month.

2) Use the training log on page 100 to keep track of your Month 3 training and nutrition goals.

3) When you complete the program, take your end-of-Month-3 photos, in either a bathing suit or workout clothes — one facing forward and one side view (either side).

4) Send in your Month 2 and Month 3 training logs, along with all your photos: those taken before you began, at the end of Month 1, at the end of Month 2 and at the end of Month 3 (make sure all are identified on the back). The envelope must be postmarked by June 11, 2003, to be eligible. (See rules on page 205 for complete details.)

Nutrition

By Beth Sonnenburg, MPH, Staff Writer

Your resistance training is more intense and your cardio is wearing you down. To make those final physique adjustments for the Rock-Hard Challenge, should you cut your calories even further, or just continue eating at the calorie level you determined last month?

Remember that you want to get stronger and leaner at the same time. Physically, if you drop your calories too low, you may end up wasting some of your hard-earned muscle. Mentally, training at such an intense level and depriving your body of much-needed carbohydrates and calories will result in a plain old bad mood.

Since you don't want either of those results, don't drastically cut your calories. *Do* tweak your diet to improve the *quality* of food providing those calories. If you're really feeling weak or lack the energy to complete your workouts, you may need to add a daily snack or an extra serving of protein. Here are the four strategies you'll use to get your rear in gear for Month 3.

1) Get wet.

In the first month, we asked you to ditch most of your caloric drinks and instead choose water, sparkling water, diet drinks and iced tea. Now it's time to really emphasize your water intake.

When you exercise, your metabolic rate increases, resulting in increased body heat. This heat needs to be regulated via sweat to maintain proper body temperature. The hotter it is outside, and the harder and longer you exercise, the more sweat you produce. “If this fluid isn't replaced, the body becomes dehydrated,” explain Melinda Manore and Janice Thompson in their book *Sport Nutrition for Health and Performance* (Human Kinetics, 2000). “Since the body cannot adapt to dehydration, the loss of body water can



Photos by Robert Reiff

To burn calories efficiently, you need water!

severely affect physiological function, the ability to do work and overall health.”

Be sure to drink water before, during and after training (both weights and cardio). To estimate how many ounces of water you should have during the day, use this rule of thumb from M&F Science Editor Jim Stoppani, PhD: Divide your bodyweight by two. If you weigh 180 pounds, that's 90 ounces of water per day.



2) Eat at home.

The more often you eat at restaurants, the harder it will be for you to drop weight. Even if you choose wisely when you go out to eat, the portions are usually large and there's no telling how much oil or butter the cook slapped on the grill. Especially during this last month, make an extra effort to prepare meals at home and bring them with you to work or school. Continue cooking chicken, turkey and eggs in bulk for easy protein sources. A countertop grill (such as a George Foreman grill) makes it incredibly easy to cook a chicken breast to perfection.

3) Change your carbs.

Eating a low-carb diet is a big mistake at this stage of the game. “Fat burns in a carbohydrate flame — energy from carbohydrate sources is necessary to oxidize [burn] fat stores,” explains Mark Casselman, MS, CSCS. “Plus, if you're not eating enough carbs to replenish glycogen stores and

Rock-Hard Challenge

fuel your training sessions, you're going to have to tap into your muscle protein stores for energy. Since protein is a sub-par source of fuel, you'll be less able to hammer the weights and cardio at high intensities. Worse, you'll be burning the very tissue you're working so hard to build."

Instead of cutting carbs, you can manipulate them to clean up your physique. This month, strive to eat as many whole grains as possible instead of more "refined," or overly processed, sources of carbohydrate. Examples of refined carbohydrate include processed

cereal bars, sugary cereals or cheese crackers. At the store, buy whole-wheat pasta, crackers and bread; brown rice; and old-fashioned oats. If you don't already have one, find a cereal that lists "whole wheat" as the first ingredient and has at least 4 grams of fiber per serving.

Switching to whole grains will increase your fiber intake and slightly decrease your calorie intake, as well as improve the overall quality of your diet. If you're struggling to lose those final few pounds, try swapping a grain serving for a fruit or vegetable serving each day.

4) Limit sodium intake.

This strategy is especially geared toward Week 4, the countdown to your "after" photo. Excess salt can make you retain water and obscure the definition you've worked so hard to achieve.

To limit sodium and prevent that full, bloated look, avoid these foods during Week 4: frozen meals, fast food, Chinese food, canned soup, boxed rice/pasta mixes, pickles, olives, chips, beef jerky, microwave popcorn and basically most processed ready-to-eat products. Obviously, don't use the saltshaker.

Concentrate on fruits, vegetables and whole grains, along with lean proteins such as egg whites, chicken, turkey and protein powder. If you tolerate dairy products well, include low-fat or fat-free cottage cheese, milk, cheese and yogurt. Some bodybuilders find that dairy makes them look bloated or soft; if you do, too, minimize your dairy intake this week.

Eat super-clean and drink lots of water to get the best "after" photo you can! You might want to apply a self-tanner a couple of days beforehand to even out your skin tone. Congratulations on getting through these three intense months and creating your best body ever.



Choose the oats over the cereal bar.

QUICK TIP:
When shopping for bread, choose a loaf that offers at least 2 grams of fiber per slice.

Meal Plans

Meal plans were designed by Susan Kundrat, MS, RD, nutrition consultant to the University of Illinois (Urbana-Champaign).

Note: If you're lactose intolerant, substitute 1 ounce lean protein for every 1 ounce dairy.

Day 1

1,600-calorie plan:

Breakfast

3 scrambled egg whites
2 slices whole-grain toast with 1 Tbsp. jam
1 cup 100% orange juice



Snack

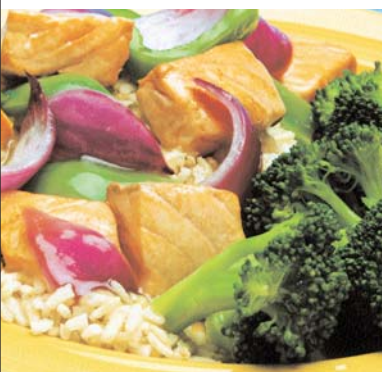
1 peach

Lunch

2 cups chicken and vegetable lo mein
1 orange

Snack

1 oz. string cheese
1 oz. (6 small) whole-grain crackers



Dinner

3 oz. sautéed salmon cooked with low-sodium chicken broth, ½ cup chopped onion, ½ cup chopped green pepper
1 cup brown rice cooked with 1 tsp. olive oil
1 cup steamed broccoli

For 1,800 calories add:

Breakfast: ½ cup fresh fruit salad

Dinner: 2 oz. salmon

For 2,100 calories add the above plus:

Morning snack: 1 protein bar (200 calories or fewer)

Afternoon snack: 1 kiwi fruit

Dinner: Spinach salad made with 1 cup fresh spinach, ½ cup chopped tomatoes, 1 Tbsp. reduced-fat salad dressing

Day 2

1,600-calorie plan:

Breakfast

2 6-inch pancakes with 1 Tbsp. light tub margarine and ¼ cup light maple syrup
2 scrambled egg whites

Lunch

Roast beef sandwich on a whole-grain bun, with

lettuce and tomato (no mayo)
1 cup minestrone soup
1 cup skim milk

Snack

1 apple

Dinner

5 oz. baked chicken breast
½ cup cooked brown rice
Green salad with lettuce, cucumber, tomato and 2 Tbsp. fat-free salad dressing
1 cup red grapes

For 1,800 calories add:

Breakfast: 1 turkey sausage patty

Afternoon snack: 1 oz. reduced-fat cheese

For 2,100 calories add the above plus:

Dinner: 2 oz. chicken breast

Evening snack: ice cream bar (200–230 calories)

Day 3

1,600-calorie plan

Breakfast

3 scrambled egg whites
1 English muffin with 1 Tbsp. light tub margarine
1 tangerine

Snack

½ cup dried mixed fruit

Lunch

Tuna salad sandwich on toasted whole-grain bread (made with light mayo)
1 cup baked potato chips
1 cup skim milk

Snack

1 cup fresh baby carrots and green pepper slices

Dinner

2 cups chicken ravioli with 1 cup marinara sauce
1 green salad with 2 Tbsp. fat-free salad dressing

For 1,800 calories add:

Afternoon snack: 1 oz. cheddar cheese

Dinner: 1 cup skim milk

For 2,100 calories add the above plus:

Breakfast: 2 Tbsp. almonds

Morning snack: protein bar (about 200 calories)

Day 4

1,600-calorie plan

Breakfast

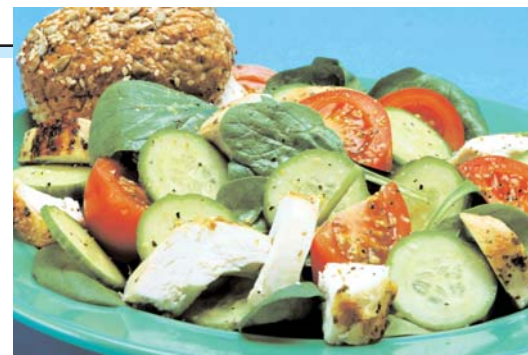
Shake made with 1 cup 1% chocolate milk, 1 frozen banana, 2 Tbsp. peanut butter

Snack

3 whole-grain rye crackers spread with 2 Tbsp. low-fat cream cheese

Lunch

Spinach salad made with 4 oz. chopped turkey breast, 2 cups spinach, ¼ cup sliced cucumber, ½ cup chopped tomato, 2 Tbsp. fat-free dressing
1 small roll



Snack

1 protein/meal-replacement bar (under 200 calories)

Dinner

Skewers made with 4 oz. lean top sirloin, ½ cup sliced portabello mushrooms, 1 cup sweet yellow pepper slices
1 cup rice
1 cup steamed broccoli

For 1,800 calories add:

Lunch: 1 cup skim milk

Dinner: 1 oz. top sirloin, ¼ cup rice

For 2,100 calories add the above plus:

Breakfast: 1 small whole-grain bagel with 1 Tbsp. jam

Lunch: 1 cup skim milk

Day 5

1,600-calorie plan

Breakfast

1 cup oatmeal made with 1 cup skim milk, ¼ cup raisins and sweetened with Splenda/Equal/Sweet 'N Low

Snack

1 cup cubed honeydew melon

Lunch

1 turkey burger on a whole-grain bun made with fresh lettuce, two tomato slices, low-fat mayo
½ cup fresh fruit salad

Snack

1 whole-grain granola bar

Dinner

6 oz. meatloaf
1 cup baked winter squash made with 1 tsp. margarine and 1 Tbsp. walnuts
1 cup steamed fresh cauliflower
1 cup skim milk

For 1,800 calories add:

Breakfast: 2 egg whites, scrambled

Lunch: 1 turkey patty

For 2,100 calories add the above plus:

Breakfast: ½ cup oatmeal, ½ cup skim milk

Lunch: ¼ cup fresh fruit salad

Dinner: 1 roll with 1 tsp. butter **M&F**



THE 2003 M&F ROCK-HARD CHALLENGE

Record your workouts and take this log to the gym to remind you of the day's tasks. When you're done with this third month's program, mail it with your Month 2 log and all your photos.

NUTRITION GOALS

Week 1: Drink one-half ounce of water per pound of bodyweight per day.

Week 2: Prepare and eat more meals at home.

Week 3: Choose whole-grain carbs over refined carbs.

Week 4: Limit your sodium intake.

Training Log

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 9	<input type="checkbox"/> Legs • Barbell Squat • Leg Press • Hack Squat • Romanian Deadlift • Calf Raise • DB Lunge/Leg Curl/ Leg Extension Tri-Set <input type="checkbox"/> Cardio B	<input type="checkbox"/> Cardio A <input type="checkbox"/> Abs	<input type="checkbox"/> Pushes • Bench Press • Incline DB Press • Seated DB Press • Lying French Press • Dip/Cable Crossover/ Lateral Raise Tri-Set <input type="checkbox"/> Cardio B	Rest	<input type="checkbox"/> Pulls • Pulldown to Front • Bent-Over Row • Barbell Shrug • Standing Barbell Curl • Pull-Up/DB Pullover/ Seated Cable Row Tri-Set <input type="checkbox"/> Cardio B	<input type="checkbox"/> Cardio A <input type="checkbox"/> Abs
Week 10	<input type="checkbox"/> Legs • Barbell Squat • Leg Press • Hack Squat • Romanian Deadlift • Calf Raise • DB Lunge/Leg Curl/ Leg Extension Tri-Set <input type="checkbox"/> Cardio B	<input type="checkbox"/> Cardio A <input type="checkbox"/> Abs	<input type="checkbox"/> Pushes • Bench Press • Incline DB Press • Seated DB Press • Lying French Press • Dip/Cable Crossover/ Lateral Raise Tri-Set <input type="checkbox"/> Cardio C	Rest	<input type="checkbox"/> Pulls • Pulldown to Front • Bent-Over Row • Barbell Shrug • Standing Barbell Curl • Pull-Up/DB Pullover/ Seated Cable Row Tri-Set <input type="checkbox"/> Cardio B	<input type="checkbox"/> Cardio A <input type="checkbox"/> Abs
Week 11	<input type="checkbox"/> Legs • Barbell Squat • Leg Press • Hack Squat • Romanian Deadlift • Calf Raise • DB Lunge/Leg Curl/ Leg Extension Tri-Set <input type="checkbox"/> Cardio C	<input type="checkbox"/> Cardio A <input type="checkbox"/> Abs	<input type="checkbox"/> Pushes • Bench Press • Incline DB Press • Seated DB Press • Lying French Press • Dip/Cable Crossover/ Lateral Raise Tri-Set <input type="checkbox"/> Cardio C	Rest	<input type="checkbox"/> Pulls • Pulldown to Front • Bent-Over Row • Barbell Shrug • Standing Barbell Curl • Pull-Up/DB Pullover/ Seated Cable Row Tri-Set <input type="checkbox"/> Cardio C	<input type="checkbox"/> Cardio A <input type="checkbox"/> Abs
Week 12	<input type="checkbox"/> Compound Tri-Sets • Barbell Squat/Leg Press/Hack Squat Tri-Set • Pulldown to Front/ Bent-Over Row/Barbell Shrug Tri-Set • Bench Press/Incline DB Press/Seated DB Press Tri-Set	<input type="checkbox"/> Cardio A <input type="checkbox"/> Abs	<input type="checkbox"/> Compound Tri-Sets • Barbell Squat/Leg Press/Hack Squat Tri-Set • Pulldown to Front/ Bent-Over Row/Barbell Shrug Tri-Set • Bench Press/Incline DB Press/Seated DB Press Tri-Set	<input type="checkbox"/> Cardio A <input type="checkbox"/> Abs	<input type="checkbox"/> Compound Tri-Sets • Barbell Squat/Leg Press/Hack Squat Tri-Set • Pulldown to Front/ Bent-Over Row/Barbell Shrug Tri-Set • Bench Press/Incline DB Press/Seated DB Press Tri-Set	Rest

Sunday is rest day.

Cardio Key: **A:** Continuous, moderate intensity; **B:** Interval Training I (1-minute sprint intervals/2 minutes jog); **C:** Interval Training II (30-second sprint intervals/1 minute jog)

Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 E-mail: _____ Phone: _____
 Age: _____ Are you ☐ male or ☐ female?

Please submit Month 2 and Month 3 Log and before, Month 1, Month 2 and after photos to:
 Muscle & Fitness Rock-Hard Challenge
 21122 Erwin Street
 Woodland Hills, CA 91367

Postmarked by June 11, 2003.
 Please see the Official Contest Rules on page 205.

AD