

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

The 2003 M&F Rock-Hard Challenge

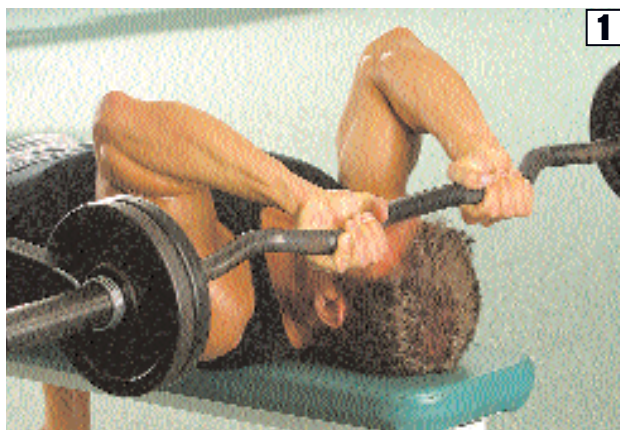
cises at any time during the challenge — so make every repetition count.

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

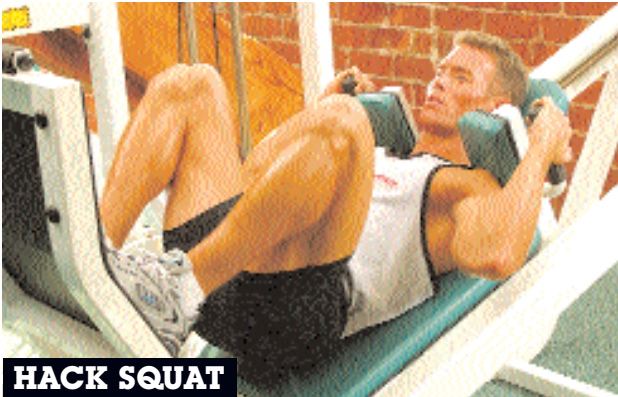
See "Cardio Key" on page 139.

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	WEEK 2	WEEK 3
Legs Workout		
Barbell Squat 4 x 15–20	Barbell Squat 3 x 10–12	Barbell Squat 4 x 6–8
Romanian Deadlift 4 x 15–20	Leg Press 3 x 10–12	Romanian Deadlift 4 x 6–8
Dumbbell Lunge 4 x 15–20	Romanian Deadlift 3 x 10–12	Leg Press 4 x 6–8
Leg Extension 3 x 15–20	Dumbbell Lunge 3 x 10–12	Hack Squat 4 x 6–8
Lying Leg Curl 3 x 15–20	Leg Extension 3 x 10–12	Lying Leg Curl 4 x 6–8
Standing Calf Raise 3 x 15–20	Lying Leg Curl 3 x 10–12	Standing Calf Raise 3 x 10–12
Push Workout		
Bench Press 4 x 15–20	Bench Press 3 x 10–12	Bench Press 4 x 6–8
Incline Dumbbell Press 4 x 15–20	Incline Dumbbell Press 3 x 10–12	Incline Dumbbell Press 4 x 6–8
Seated Dumbbell Press 4 x 15–20	Seated Dumbbell Press 3 x 10–12	Seated Dumbbell Press 4 x 6–8
Dip 4 x 15–20	Incline Dumbbell Flye 3 x 10–12	Close-Grip Bench Press 4 x 6–8
Lying French Press 4 x 15–20	Dumbbell Lateral Raise 3 x 10–12	Lying French Press 4 x 6–8
	Close-Grip Bench Press 3 x 10–12	
Pull Workout		
Pulldown to Front 4 x 15–20	Seated Cable Row 3 x 10–12	Pull-Up 4 x 6–8
Bent-Over Barbell Row 4 x 15–20	Pulldown to Front 4 x 10–12	Bent-Over Barbell Row 4 x 6–8
Seated Cable Row 4 x 15–20	Bent-Over Barbell Row 4 x 10–12	Seated Cable Row 4 x 6–8
Upright Row 4 x 15–20	Barbell Shrug 3 x 10–12	Upright Row 4 x 6–8
Incline Dumbbell Curl 4 x 15–20	Standing Barbell Curl 3 x 10–12	Incline Dumbbell Curl 4 x 6–8
	Incline Dumbbell Curl 3 x 10–12	



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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Mark

The 2003 M&F Rock-Hard Challenge

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

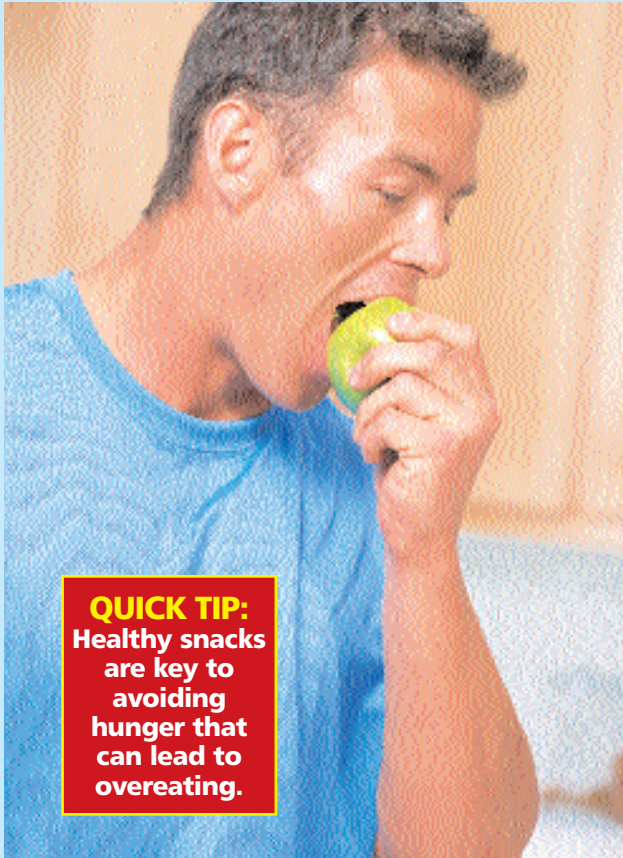
1,800-calorie plan:

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



The 2003 M&F Rock-Hard Challenge



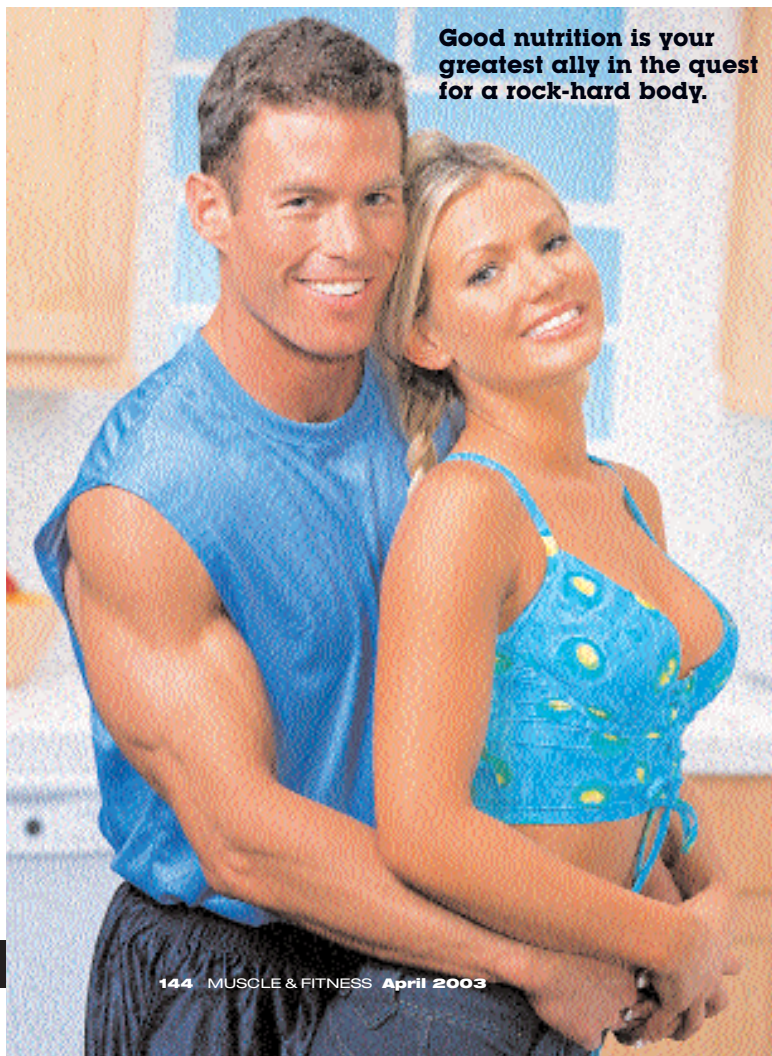
what you're eating."

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.



144 MUSCLE & FITNESS April 2003

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