

# 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

**H**ell, 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

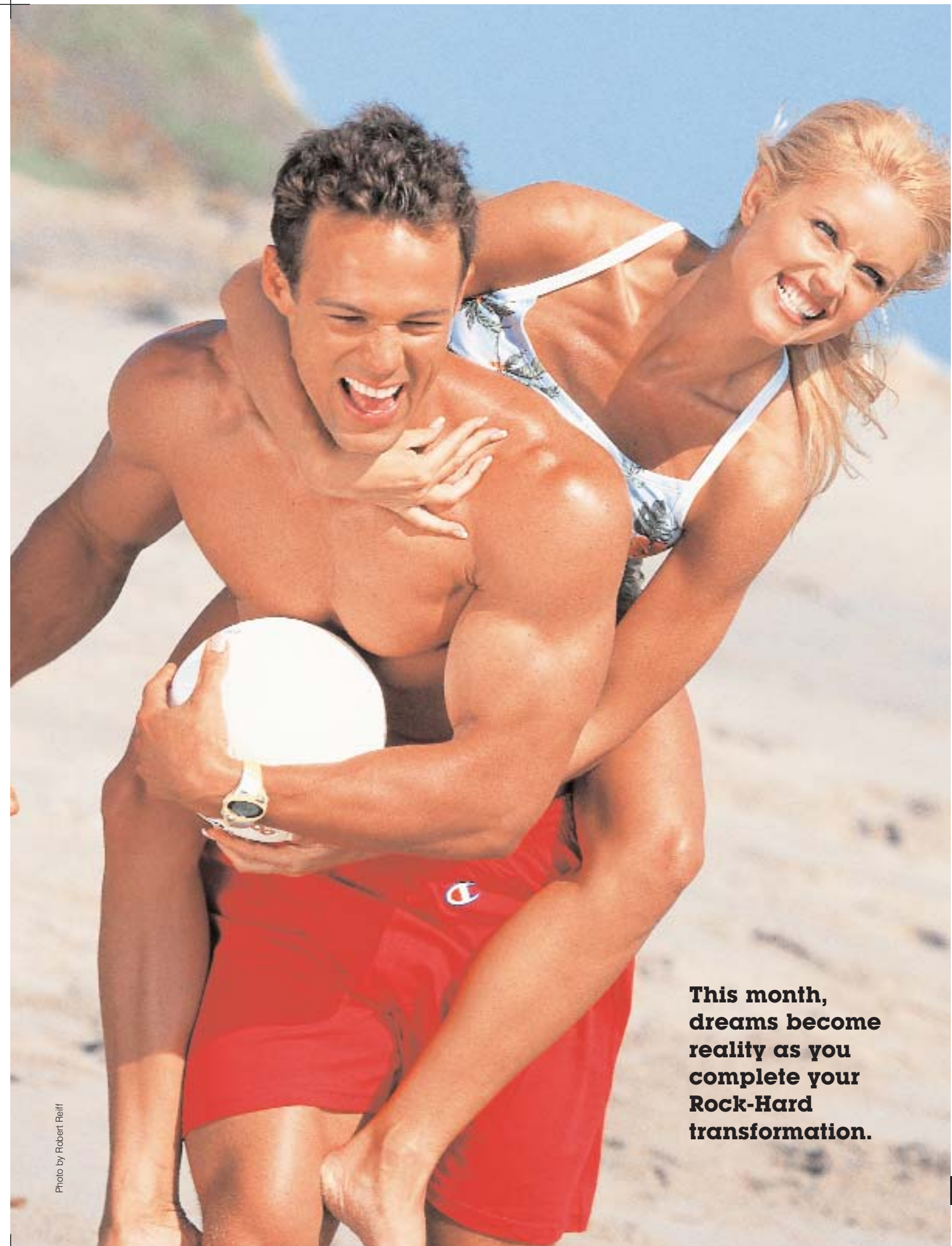


Photo by Robert Reiff

**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

**Y**our 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

**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.

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.

## 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

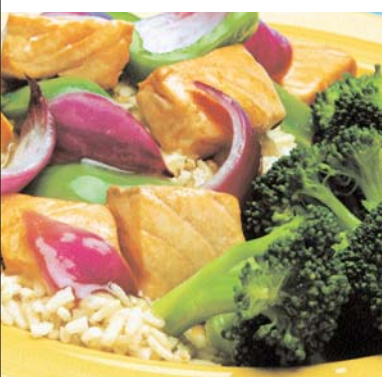
1 peach

##### 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&amp;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
<b>Week 9</b>	<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
<b>Week 10</b>	<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
<b>Week 11</b>	<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
<b>Week 12</b>	<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