

USN
R100K
MUSCLE-UP
CHALLENGE



FOR WOMEN

SUPPLEMENTS

GUIDE FOR ESSENTIAL RESULTS



ULTIMATE PRE-WORKOUT FUEL

- Extreme performance
- Massive muscle pumps
- Rapid energy with no crash
- Intense focus & concentration

HIGH IMPACT AMINO SYSTEM

- Promotes muscle stamina, strength & recovery
- Boost muscle training intensity & endurance
- Stimulant free

ALL-IN-ONE PRECISION LEAN GAINER NUTRITION SHAKE

- Supports muscle recovery & consistent muscle growth
- Glycogen replenishment
- Whole-food sources

OPTIONALS TO ACCELERATE RESULTS



NIGHT TIME FEED PROTEIN

- Slow release protein for muscular growth & recovery
- Help spare & protect lean mass
- Optimal protein digestibility & absorption

COMPLETE, PREMIUM WHEY PROTEIN BLEND

- Optimal muscle support & recovery
- Optimal nitrogen retention & amino acid conversion
- Easy digesting whey protein isolate, hydrolysate & concentrate

MONDAY



Smoothie made with:

- 1 scoop Wholefood Gainer
- 40 g raw oats
- 1 small banana
- 250 ml low fat milk
- 2 tsp honey
- Cinnamon to taste

BREAKFAST



- 1 scoop Wholefood Gainer

MID-MORNING SNACK



1 tin tuna, drained and mixed with:

- 2 tbs low fat cottage cheese
- 2 slices rye bread
- 2 cups mixed salad with 1 tbs olive oil and lemon juice dressing

LUNCH



- 1 full serving Wholefood Gainer

MID-AFTERNOON SNACK



Stir fried chicken (120 g raw) with:

- 2 cups stir fried mixed vegetables (carrots, peppers, cabbage)
- 1 tbs toasted sesame seeds

DINNER



- ½-1 serving BlueLab™ 100% Whey with water OR 1 serving Casein

LATE EVENING SNACK (OPTIONAL)

TUESDAY



Overnight oats made with:

- 40 g raw oats
- 1 scoop Wholefood Gainer
- 250 ml low fat milk
- ¾ cup berries
- 2 tbs nut butter
- Cinnamon to taste

BREAKFAST



- 1 scoop Wholefood Gainer

MID-MORNING SNACK



- 2-3 cups rice, cooked
- Roasted chicken (120 g raw)
- 2 tbs hummus
- 1 cup rocket
- 1 cup roasted vegetables

LUNCH



- 1 full serving Wholefood Gainer

MID-AFTERNOON SNACK



Hake (180 g raw) cooked with:

- 1½ cup stir fried green beans, onion and peas
- 1 cup cauliflower, cooked

DINNER



- ½-1 serving BlueLab™ 100% Whey with water OR 1 serving Casein

LATE EVENING SNACK (OPTIONAL)

WEDNESDAY



- 2 whole eggs with 2 egg whites, scrambled
- 2 slices rye bread
- 2 tbs low fat cottage cheese
- 200 g plain low fat yoghurt
- 1 apple

BREAKFAST



- 1 scoop Wholefood Gainer

MID-MORNING SNACK



Lean beef mince bolognese (120 g raw) made with:

- 1 can chopped tomatoes
- 1 small onion
- 1 cup pasta, cooked

LUNCH



- 1 full serving Wholefood Gainer

MID-AFTERNOON SNACK



- Grilled chicken breast (120 g raw)
- 1 cup roasted butternut with cinnamon
- 2 cups cooked mixed green vegetables
- 1/3 avocado

DINNER



- 1/2-1 serving BlueLab™ 100% Whey with water OR 1 serving Casein

LATE EVENING SNACK (OPTIONAL)

THURSDAY



- 90 g raw oats
- 1 scoop Wholefood Gainer
- 250 ml plain low fat milk
- ¾ cup berries
- 1 small banana
- 10 almonds
- 2 tsp honey

BREAKFAST



- 1 scoop Wholefood Gainer

MID-MORNING SNACK



- 1 wholewheat wrap filled with:
- Lemon and herb chicken (120 g raw)
 - 1 cup sliced tomato and onion
 - 1 cup spinach
 - ½ avocado

LUNCH



- 1 full serving Wholefood Gainer

MID-AFTERNOON SNACK



- Lean meat balls (120 g raw) with:
- ½ cup homemade tomato sauce
 - 2 cups green salad with 1 tbs olive oil and lemon juice dressing

DINNER



- ½-1 serving BlueLab™ 100% Whey with water OR 1 serving Casein

LATE EVENING SNACK (OPTIONAL)

FRIDAY



40 g raw oats with:

- 1 scoop Wholefood Gainer
- 2 tbs nut butter
- 1 banana
- 250 ml low fat milk

BREAKFAST



- 1 scoop Wholefood Gainer

MID-MORNING SNACK



1 tin tuna, drained and mixed with:

- 2 tbs low fat cottage cheese
- 2 cups green salad
- 1 tbs olive oil and lemon juice dressing
- 1 medium baked potato

LUNCH



- 1 full serving Wholefood Gainer

MID-AFTERNOON SNACK



- Grilled lean red meat (120 g raw)
- 1 cup green beans
- 1 cup roasted vegetables

DINNER



- ½-1 serving BlueLab™ 100% Whey with water OR 1 serving Casein

LATE EVENING SNACK (OPTIONAL)

SATURDAY



- 40g raw oats
- 1 scoop Wholefood Gainer
- 1 small banana
- 250 ml low fat milk
- 1 tbs nut butter

BREAKFAST



- 1 scoop Wholefood Gainer

MID-MORNING SNACK



- Grilled beef fillet steak (120 g raw)
- 1 medium sweet potato
- 2 cups mixed salad with
- 1 tbs olive oil and lemon juice dressing
- 1/3 avocado

LUNCH



- 1 full serving Wholefood Gainer

MID-AFTERNOON SNACK



- Grilled pork chops (120 g raw)
- 2 cups steamed green vegetables
- 1 gem squash, cooked

DINNER



- 1/2-1 serving BlueLab™ 100% Whey with water OR 1 serving Casein

LATE EVENING SNACK (OPTIONAL)

SUNDAY



Omelette made with:

- 2 eggs and 1 egg white
- 1 cup mushrooms
- 1 cup spinach
- 5 cherry tomatoes
- 60 g grated mozzarella
- 1 slice rye bread

BREAKFAST



- 1 scoop Wholefood Gainer

MID-MORNING SNACK



- Chicken kebabs (120 g raw)
- 1 corn on the cob

Tomato and butterbean salad made with:

- 1 cup tomatoes
- 1 small red onion
- 2 ½ cups butterbeans
- 1 tbs olive oil and lemon juice dressing

LUNCH



- 1 full serving Wholefood Gainer

MID-AFTERNOON SNACK



Hake (180 g raw) cooked with chilli, ginger and soy sauce and served with:

- 2 cups stir fried mixed vegetables

DINNER



- ½-1 serving BlueLab™ 100% Whey with water OR 1 serving Casein

LATE EVENING SNACK (OPTIONAL)

FOOD EXCHANGE LIST

NON-STARCHY VEGETABLES

A serving of leafy greens is about 2–3 cups. For all other non-starchy vegetables, ½ cup cooked or 1 cup raw is a serving.

1 serving = approx. 105 kJ (25 calories), carbs 5 g, protein 1–2 g, fat 0 g

Artichoke
Asparagus
Bamboo shoots
Bok Choy
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Chard / Swiss chard
Chives
Coriander
Cucumber
Eggplant
Fennel
Green beans
Greens (beet, collard, dandelion, kale, mustard, turnip)
Horseradish
Leeks
Lettuce, all
Microgreens
Mushrooms
Okra
Onions
Parsley
Peppers, all
Radishes
Rocket
Salsa
Sea vegetables
Snap peas, snow peas
Spinach
Spring Onions
Sprouts, all
Squash (delicata, pumpkin, spaghetti, yellow, zucchini)
Tomato
Turnips
Vegetables, fermented
Watercress

FRUITS

1 serving = approx. 60–120 calories, carbs 15–30 g, protein 0 g, fat 0 g

	SERVING
Blackberries	¾ cup
Boysenberries	¾ cup
Cranberries, unsweetened	½ cup
Loganberries	¾ cup
Raspberries	1 cup
Strawberries	1 ¼ cup
Apple	1 small
Plum	1 small
Naartjie	1 small
Orange	1 small
Grapefruit	1 medium

STARCHES

1 serving = approx. 70–140 calories, Carbs 15–30 g, Protein 3–6 g, fat 0 g

	SERVING
Wholewheat wrap	1 x 20 cm
Quinoa	1 cup cooked
Butternut	1 cup cooked
Pumpkin	1 cup cooked
Sweet potato	1 cup cooked or 1 medium sweet potato
Potato	1–2 cups cooked or 1–2 medium potatoes
100% rye bread	1–2 slices (40 g)
Rice cakes	4 rice cakes
Oats	40 g uncooked
Rice	⅔–1½ cups cooked
Pasta	⅔ cups cooked

Meals are interchangeable within each meal category. I.e. you can swap the ingredients in the Eating Plan with any ingredients listed in the Food Exchange list.

FOOD EXCHANGE LIST

FATS & OILS

1 serving = approx.
45 calories, carbs 0 g, protein 0 g,
fat 5 g

SERVING

Avocado	2 Tbsp or 1/3 avocado
Butter	1 Tsp
Coconut milk, regular	1 1/2 Tbsp
Cream	1 Tsp
Cream cheese	1 Tbsp
Oils, cooking: coconut (virgin), grapeseed, extra virgin olive, sesame	1 Tsp
Oils, salad: Almond, avocado, canola, flaxseeds, grapeseed, hempseed, olive, pumpkin seed, high-oleic safflower and sunflower, sesame, walnut	1 Tsp
Mayonnaise (unsweetened - made with avocado, grapeseed or olive oil)	1 Tsp
Olives, black or green	8
Salad dressing made with quality oil	1 Tbsp
MCT powder	1/2 Tbsp
MCT oil	1 Tsp
Sour cream	2 Tbsp

PROTEIN

1 serving = approx.
150-220 calories, carbs
0 g, protein 14-28 g,
fat 1-9 g

SERVING

Animal proteins:	
Bacon	2-3 slices
Beef	120 g
Cheese:	
Cottage	1/2 cup
Feta	60 g
Goats cheese	60 g
Mozzarella	60 g or 1/2 cup shredded
Ricotta	1/3 cup
Meat:	
Chicken, white or dark meat	120 g
Lamb, leg, chop, or lean roast	120 g
Pork, tenderloin	120 g
Sausage	Varies
Turkey, white or dark meat	120 g
Venison/Game	120 g
Eggs, whole	1
Egg whites	2
Fish:	
Hake and white fish	180 g
Herring	120 g
Mackerel	120 g
Salmon	120 g
Sardines (in water or oil)	120 g
Trout	120 g
Tuna, canned (chunk light or solid light, in water or brine)	120 g
Yellowtail	120 g
Shellfish (shrimp, crab, lobster, clams, mussels, oysters, scallops)	120 g

NUTS

1 serving = approx.
45 calories, carbs 0 g,
protein 1 g, fat 5 g

SERVING

Almonds	5
Almond butter	1 Tbsp
Brazil nuts	3
Cashews	6
Chia Seeds	1 Tbsp
Coconut, dried	1 Tbsp
Flaxseeds, ground	1 Tbsp
Hazelnuts	5
Hemp seeds	2 Tbsp
Macadamia	6
Nut & seed butter	1 Tbsp
Peanuts	10
Pecan halves	4
Pine nuts	1 Tbsp
Pistachios	16
Pumpkin seeds	1 Tbsp
Sesame seeds	1 Tbsp
Soy nuts	1 Tbsp
Sunflower seeds	1 Tbsp
Walnut	4 halves

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FOOD EXCHANGE LIST

CONDIMENTS

Unlimited

Blackstrap molasses
 Bone broth
 Cacao (powder / nibs)
 Carob
 Flavoured extracts (e.g. almond, vanilla)
 Garlic
 Ginger
 Herbs, all fresh or dried
 Horseradish
 Hot sauce (unsweetened)
 Lemon
 Lime
 Miso
 Mustard
 Salsa (unsweetened)
 Soy sauce / tamari
 Spices, all, fresh or dried (e.g. chili powder
 cardamom, cinnamon, cumin, curry, garlic powder, ginger powder, onion powder
 or flakes, paprika, pepper, turmeric etc.)
 Tomato sauce (unsweetened)
 Vinegars (unsweetened)
 Apple cider vinegar
 Balsamic vinegar
 Red wine or white wine vinegar

LEGUMES

1 serving = approx.
 76 calories, 15 g carbs, 7 g protein,
 1 g fat

SERVING

Beans (Blackeyed, black, cannellini, edamame, garbanzo, kidney, lima, mung, navy, pinto, etc.)	1/3 cup
Bean soups, homemade	3/4 cup
Hummus	2 Tbsp or 1/3 cup
Lentils (brown, green, red, yellow, French)	1/3 cup cooked
Peas	1/4 cup cooked
Chickpeas	1/3 cup cooked

DAIRY

1 serving = approx.
 125 calories, 12 g carbs,
 8 g protein, 5 g fat

SERVING

Kefir, plain	1 cup
Milk	1 cup
Yogurt, plain, unsweetened	1/2 cup or 200 g
full fat or whole milk, Greek	

Allowed beverages:

Water
 Coffee/Espresso
 Tea
 (Green/Rooibos/English)
 Caffeine-free herbal teas (mint, chamomile etc.)
 Sparkling water (unsweetened)
 Allowed sweeteners:
 Stevia, Xylitol, Erythritol

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TRAINING PLAN

GUIDELINES

EXERCISE GUIDELINES

Warm-up: Perform a 5–10 minute light-weight warm-up focused on the training day muscles to reduce the risk of injury and activate muscles.

Exercise examples: Refer to the exercise examples to ensure you understand and perform the exercises correctly.

Cool down: Perform a 5–10 minute light-weight cool down exercise or stretching session to reduce stiffness and soreness.

LEAN MASS

Perform all exercises at 80–85% of maximum personal exercise weight.

Ensure to complete all reps and sets as per the training plan. Drop your exercise weight if you cannot complete the necessary reps.

Rest periods: 45–60 seconds.

BULK MASS

Perform all exercises as close to maximum personal exercise weight as possible.

Ensure to complete all reps and sets as per the training plan. Drop your exercise weight if you cannot complete the necessary reps.

Rest periods: 90–150 seconds (1½–2½ minutes).

PHOTO GUIDELINES



CORRECT

1. Wear the same clothes in every photo.
2. Use a clear background—preferably white.
3. Full body photo looking directly into the camera.
4. Copyrighted photos will not be accepted unless accompanied by a “release of use” form.
5. Take a front, side & back photo with the weekly paper visible. You won’t be considered for the grand prize without the paper.

INCORRECT

1. Do not pose. No flexing.
2. Do not stand in front of a busy background.
3. No “selfies”.
4. Do not take photos with loose-fitted shirts on.
5. Submit your photos with the weekly paper visible (Week 1, Week 4, Week 8 and Week 12).
6. Take a full-body photo.
7. Do not edit your photos (including adding filters).

*Please note that the images are for example-purposes only.
The images should be used as a guideline of how the exercises should be executed correctly.*

DAYS 1 & 2

WARM-UP: 5-15 MINUTES FULL BODY DYNAMIC STRETCHING / CARDO

DAY 1: LEGS & SHOULDERS				
	LEAN MASS		BULK MASS	
EXERCISES	SETS	REPS	SETS	REPS
Rear delt pullback	3	8-10	3	4-6
Barbell deadlifts	3	8-10	3	4-6
Dumbbell shoulder press	3	8-10	3	4-6
Barbell squats	3	8-10	3	4-6
Side raises	3	8-10	3	4-6
Seated hamstring curls	3	8-10	3	4-6
Leg extensions	3	8-10	3	4-6
Front raises	3	8-10	3	4-6
Standing calf raises	3	8-10	3	4-6
DAY 2: CHEST & BACK				
	LEAN MASS		BULK MASS	
EXERCISES	SETS	REPS	SETS	REPS
Flat bench press	3	8-10	3	4-6
Bent-over rows	3	8-10	3	4-6
Incline chest press	3	8-10	3	4-6
Plate shrugs	3	8-10	3	4-6
Flat chest fly's	3	8-10	3	4-6
Dumbbell reverse fly's	3	8-10	3	4-6
Push-ups	3	30	3	30
Single handed back rows	3	8-10	3	4-6

COOL DOWN: 5-15 MINUTES FULL BODY STATIC STRETCHING

DAY 3 – REST

DAYS 1 & 2

WARM-UP: 5-15 MINUTES FULL BODY DYNAMIC STRETCHING / CARDO

DAY 1: LEGS & SHOULDERS				
	LEAN MASS		BULK MASS	
EXERCISES	SETS	REPS	SETS	REPS
Rear delt pullback	3	8-10	3	4-6
Barbell deadlifts	3	8-10	3	4-6
Dumbbell shoulder press	3	8-10	3	4-6
Barbell squats	3	8-10	3	4-6
Side raises	3	8-10	3	4-6
Seated hamstring curls	3	8-10	3	4-6
Leg extensions	3	8-10	3	4-6
Front raises	3	8-10	3	4-6
Standing calf raises	3	8-10	3	4-6

DAY 2: CHEST & BACK				
	LEAN MASS		BULK MASS	
EXERCISES	SETS	REPS	SETS	REPS
Flat bench press	3	8-10	3	4-6
Bent-over rows	3	8-10	3	4-6
Incline chest press	3	8-10	3	4-6
Plate shrugs	3	8-10	3	4-6
Flat chest fly's	3	8-10	3	4-6
Dumbbell reverse fly's	3	8-10	3	4-6
Push-ups	3	30	3	30
Single handed back rows	3	8-10	3	4-6

COOL DOWN: 5-15 MINUTES FULL BODY STATIC STRETCHING

DAY 3 – REST

DAYS 4 & 6

WARM UP: 5-15 MINUTES FULL BODY DYNAMIC STRETCHING / CARDO

DAY 4: TRICEPS, ABS & CORE				
	LEAN MASS		BULK MASS	
EXERCISES	SETS	REPS	SETS	REPS
Tricep dips	3	8-10	3	4-6
Lying down leg-ups	3	30	3	30
Standing barbell curls	3	8-10	3	4-6
Tricep kickbacks	3	8-10	3	4-6
Medicine ball sit-ups	3	30	3	30
Mountain climbers	3	45 sec	3	45 sec
Dumbbell hammer curls	3	8-10	3	4-6
Tricep cable push downs	3	8-10	3	4-6
Front plank	3	45 sec	3	45 sec

DAY 6: CHEST & BACK				
	LEAN MASS		BULK MASS	
EXERCISES	SETS	REPS	SETS	REPS
Clap push-ups *1	3	3-5	3	3-5
Explosive shoulder press	3	8-10	3	4-6
Box jumps	3	3-5	3	3-5
Explosive shoulder press	3	8-10	3	4-6
Distance squat jumps	3	3-5	3	3-5

*Description *1: Start in a standard push-up position. Perform an explosive push-up, exerting as much force as possible. When reaching the peak height of the push-up, bring both hands together & perform a clap in front of the chest. Bring hands back to starting position to land safely.*

COOL DOWN: 5-15 MINUTES FULL BODY STATIC STRETCHING

DAYS 5 & 7 – REST

HOW TO

DAY 1: LEGS & SHOULDERS



REAR DELT PULLBACK



BARBELL DEADLIFTS



DUMBBELL SHOULDER PRESS

DAY 1: LEGS & SHOULDERS



BARBELL SQUATS



SIDE RAISES



SEATED HAMSTRING CURLS

DAY 1: LEGS & SHOULDERS



LEG EXTENSIONS



FRONT RAISES



STANDING CALF RAISES

DAY 2: CHEST & BACK



FLAT BENCH PRESS



BENT-OVER ROWS



INCLINE CHEST PRESS



PLATE SHRUGS

DAY 2: CHEST & BACK



FLAT CHEST FLY'S



DUMBBELL REVERSE FLY'S



PUSH-UPS



SINGLE HANDED BACK ROWS

DAY 4: TRICEPS, ABS & CORE



TRICEP DIPS



LYING DOWN LEG-UPS



STANDING BARBELL CURLS

DAY 4: TRICEPS, ABS & CORE



KICKBACKS



MEDICINE BALL SIT-UPS

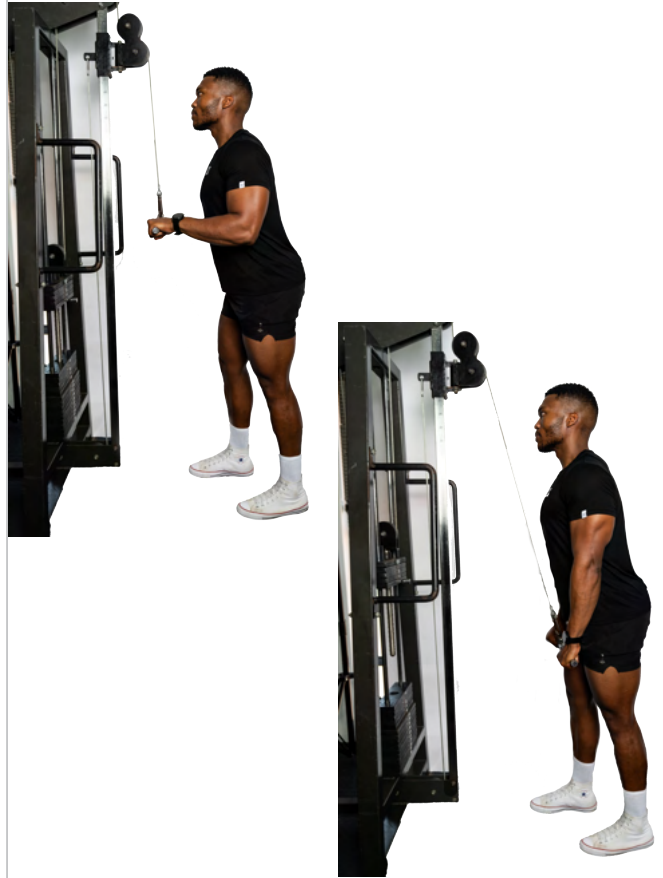


MOUNTAIN CLIMBERS

DAY 4: TRICEPS, ABS & CORE



DUMBBELL HAMMER CURLS



TRICEP CABLE PUSH-DOWNS



FRONT PLANK

DAY 6: CHEST & BACK



CLAP PUSH-UPS



EXPLOSIVE SHOULDER PRESS



BOX JUMPS



DISTANCE SQUAT JUMPS



WEEK 1



WEEK 4



WEEK 8



WEEK 12