



# Transform Yourself

*Get in the shape of your life — and earn the chance to shoot with MUSCLE & FITNESS HERs — with our eight-week Transformation Challenge*

## EVERYWHERE YOU LOOK,

people are trying to lose weight. *The Biggest Loser*, *Celebrity Fit Club*, Jenny Craig and Weight Watchers have all made millions catering to the average person who wants to drop a few pounds. But what about those who are looking to lose bodyfat and increase lean muscle? Isn't there a place for the more dedicated and determined among us? Yes, there is, thanks to the MUSCLE & FITNESS HERs Transformation Challenge.

Designed specifically with the HERs reader in mind, our eight-week program will melt off bodyfat while increasing lean muscle. We've even enlisted the help of two of the best in the business to get you there: Figure Olympia champion Nicole Wilkins Lee and superstar trainer Kim Oddo.

With the HERs Transformation Challenge, we're looking for the most dramatic improvement over eight weeks. Our expert panel will judge that transformation based on before-and-after photos and measurements you'll submit via [muscleandfitnessHERs.com](http://muscleandfitnessHERs.com). If you're picked as the winner, you'll fly out to California to train with Nicole and Kim for a photo shoot with MUSCLE & FITNESS HERs!

Sound good? Then get ready to transform yourself!

BY KATHLEEN FERGUSON  
PHOTOS BY PAVEL YTHJALL

## GETTING STARTED

Here's what you'll need to start the HERs Transformation Challenge:

- 1/ Take three full-body digital "before" photographs: front, side and back
- 2/ Make sure you're holding a newspaper with the date in plain view to verify the date of your photos
- 3/ Take the following measurements:
  - Height
  - Starting weight
  - Waist (inches)
  - Hips (inches)
  - Thighs (inches)
- 4/ Log on to [muscleandfitnessHERs.com](http://muscleandfitnessHERs.com)
- 5/ Go to the registration page for the MUSCLE & FITNESS HERs Transformation Challenge
- 6/ Register
- 7/ Upload pictures
- 8/ Input measurements
- 9/ Train!

## FINISHING UP

Here's what you'll need to finish the HERs Transformation Challenge and enter to win a photo shoot!

- 1/ Take three full-body digital "after" photographs: front, side and back
- 2/ Make sure you're holding a newspaper with the date in plain view to verify the date of your photos
- 3/ Take the following measurements:
  - Ending weight
  - Waist (inches)
  - Hips (inches)
  - Thighs (inches)
- 4/ Log on to [muscleandfitnessHERs.com](http://muscleandfitnessHERs.com)
- 5/ Go to the registration page for the MUSCLE & FITNESS HERs Transformation Challenge
- 6/ Log in
- 7/ Upload "after" pictures
- 8/ Input "after" measurements

**WHAT:** MUSCLE & FITNESS HERs Transformation Challenge  
**WHO:** Women looking to lose bodyfat and increase lean muscle mass  
**WHEN:** May 17–July 12, 2010  
**HOW:** Log on to [muscleandfitnessHERs.com](http://muscleandfitnessHERs.com) and enter today!  
**DEADLINE FOR ENTRIES:** May 14, 2010  
**WHAT YOU WIN:** A trip to California to train with Nicole Wilkins Lee and Kim Oddo for a photo shoot with MUSCLE & FITNESS HERs!

## Training

## THE SPLIT WEEKS 5-8

DAY	BODYPARTS TRAINED
1	Back, abs
2	Chest
3	Legs
4	Off
5	Shoulders, abs
6	Biceps, triceps
7	Off

Perform cardio three times a week for 45 minutes per session.

## NICOLE'S NOTES:

- Using more resistance means using lower rep ranges (as low as six), so enlist the help of a spotter if necessary.
- We add heavier weights and intensity techniques (such as supersets and drop sets) to keep the intensity up and help you burn fat while building muscle.
- Limit your rest periods between sets to about 90 seconds.
- Do 1-2 high-intensity interval training cardio sessions each week.



5

## V-SIT

- Sit on the floor and balance on your tailbone.
- Raise your arms overhead and your feet off the floor; your legs should be at a 45-degree angle.
- Keep your arms and legs straight. If that's too difficult, bend your knees.

1  
WIDE-GRIP PULL-UP

- Take a very wide grip on an overhead bar.
- Bend your knees and cross your ankles behind you.
- With your back slightly arched, pull your chest up to the bar.

## CLOSE-GRIP SEATED CABLE ROW

- Keep your knees slightly bent and your feet on the platform.
- Lift your chest and arch your back slightly as you pull the handle to just under your chest.
- Squeeze your shoulder blades together.

## DUMBBELL INCLINE PRESS

- Start with the weights just outside your shoulders, palms forward.
- Press the dumbbells straight up toward the ceiling.
- Keep your eyes and chin up.

## SMITH MACHINE BENCH PRESS\*

- Lie faceup on a flat bench in a Smith machine.
- Grasp the bar just outside shoulder width.
- Lower the bar to your upper chest.

## PEC-DECK FLYE

- Adjust the seat so the handles are level with your chest.

- With your elbows slightly bent, bring your hands together in front of your body.
- Keep your arms parallel to the floor.

## PLANK

- Get in a modified push-up position with your forearms on the floor.

## PUSH-UP

- Tighten your core to keep your body in a straight line from head to ankles.
- Don't let your hips sink as you fatigue.
- Keep your hands about shoulder-width apart.
- Lower your body until your nose almost touches the floor.

## WEEKS 5-8 MONDAY | BACK, ABS

EXERCISE	SETS	REPS/TIME
<b>Back</b>		
1/ Wide-Grip Pull-Up	3	10,8,6
2/ Close-Grip Seated Cable Row	3	10,8,6
3/ Dumbbell Pullover	3	10,8,6
<b>Abs</b>		
4/ Plank	3	30 sec.
5/ V-Sit	3	30 sec.

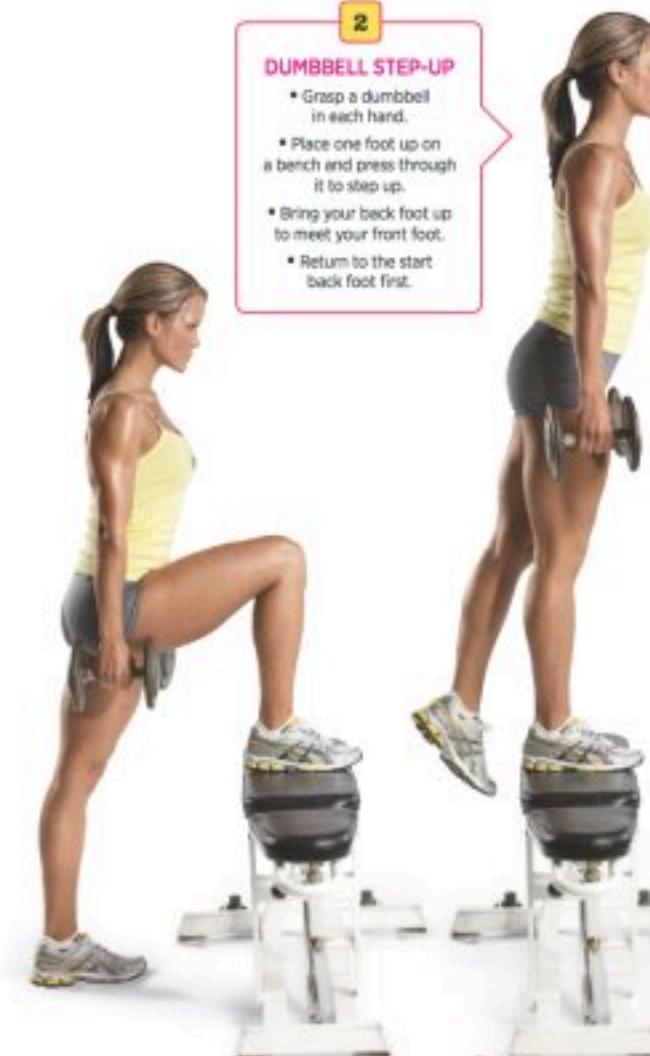
## WEEKS 5-8 TUESDAY | CHEST

EXERCISE	SETS	REPS
1/ Dumbbell Incline Press	3	10,8,6
2/ Smith Machine Bench Press	3	10,8,6
3/ Pec-Deck Flye	3	10,8,6
4/ Push-Up	3	to failure

APAREL: BRA TOP BY CHAMPION, TOP BY HAN HERS, SPORTS BY ARIE, SHORTS BY ASICS

## WEEKS 5-8 WEDNESDAY | LEGS

EXERCISE	SETS	REPS
1/ Smith Machine Squat	3	10,8,6
2/ Dumbbell Step-Up	3	10,8,6 each side
3/ Sumo Squat	3	10,8,6
4/ Stiff-Legged Dumbbell Deadlift to Calf Raise	3	10,8,6



## SMITH MACHINE SQUAT\*

- Stand slightly in front of the bar with your feet shoulder-width apart, toes pointed forward.
- Keep your weight on your heels, and don't let your knees pass your toes.
- Keep a slight arch in your back and your head up.



- Grasp a dumbbell with both hands in front of you.
- Stand with your legs slightly wider than shoulder width, toes pointed out.
- As you squat, push your knees out in the same direction as your toes.
- Descend until your knees form 90-degree angles.



## FOR VIDEO

of the smith machine squat and smith machine bench press, go to [muscleandfitness.com](http://muscleandfitness.com)!



**“**The Transformation Challenge was very rewarding. The average weight loss was between 8 and 15 pounds, and many gained lean muscle. In eight weeks, that's great. It was very encouraging to see the average individual take what we gave them and turn it into everyday practice.” — Kim



FEATURE

## NICOLE'S TIPS TO A LIFELONG TRANSFORMATION

- Eat whole, natural foods such as complex carbs, fruits, healthy fats, lean protein and vegetables.
- Stay away from bad fats (hydrogenated and trans fats), man-made sugar, preservatives and white bread.
- Pack your lunch daily and always be prepared.
- Make healthy choices when dining out: no butter, oil or seasonings and dressing on the side, etc.
- Drink a lot of water (I carry a water bottle with me at all times).
- Eat every 2-3 hours, 5-6 times a day.
- Eliminate (or at least significantly limit) alcoholic beverages.
- Always eat breakfast and watch portion sizes throughout the day.
- Have 1-2 cheat meals a week, not cheat days.
- Strength-train at least three times per week.
- Challenge yourself with your weight training. Do 3-4 sets of 10-15 reps and then mix it up. Don't do the same thing every time or you and your body will get bored.
- Don't forget to train all bodyparts: back (upper and lower), biceps, calves, chest, glutes, hamstrings, quadriceps, shoulders and triceps.
- Do at least 30 minutes of cardio 3-5 times per week and change up the type you do.



## TRANSFORM YOURSELF TODAY ON MUSCLEANDFITNESSHERS.COM!

Did you miss out on the first-ever MUSCLE & FITNESS HERs Transformation Challenge? Don't worry; we've got you covered on [muscleandfitnesshers.com](http://muscleandfitnesshers.com).

Check out the site for the complete training and nutrition program, plus bonus videos and tips, all brought to you by Optimum Nutrition. And make sure to view all our Transformation contestants and our Transformation Honor Roll.

Don't miss out on our exclusive behind-the-scenes video from Shannon's visit to California to train with Nicole and Kim.

See it all on [muscleandfitnesshers.com](http://muscleandfitnesshers.com).

BROUGHT  
TO YOU BY





THIS PLAN IS DESIGNED FOR A WOMAN WHO'S 5'3"-5'5" AND WEIGHS 125-135 POUNDS. SEE BELOW FOR ADJUSTMENTS BASED ON ACTUAL WEIGHT.

## WEEKS 1-4: 1,650 CALORIES

### Oddo's Overview

When trying to gain lean muscle, a well-balanced approach is always the most effective method. This phase concentrates on adequate protein for tissue regeneration while balancing nutrients for optimal energy and metabolic output.

- Eating quality protein sources with complete amino-acid profiles is important for gaining lean muscle. Your protein percentage in this program is designed for maximum muscle-fiber healing. Good sources are lean ground turkey; lean white fish; lean cuts of steak; lobster, salmon and shrimp; and 4% extra-lean ground sirloin.
- Each meal is balanced in protein, carbs and fat, so no matter when you train, you'll get ample nutrients pre- and postworkout. If you train before breakfast, have two scoops of whey or casein protein within 30 minutes preworkout to protect lean muscle.
- Small, frequent meals — every 2½-3 hours — are imperative to stimulate the metabolism. You want to continually feed the metabolic fire and avoid your body's starvation trigger, which occurs after about four hours without food.

You want to spread your calories evenly throughout your meal plan, so divide your daily calorie intake by six meals and add the divided amount evenly to each meal.

### IF YOU'RE SHORTER THAN 5'3"

Calories — Reduce by 200  
Protein Ratio — Reduce to 40%  
Carb Ratio — Increase to 35%  
Fats Ratio — Increase to 25%

### IF YOU'RE TALLER THAN 5'5"

Calories — Increase by 300  
Protein Ratio — Increase to 45%  
Carb Ratio — Increase to 30%  
Fats Ratio — Increase to 25%

	PROTEIN (G)	CARBS (G)	FAT (G)	CALORIES
<b>8 a.m.: BREAKFAST</b>				
3 egg whites	10.5	1	0	51
2 oz. ground turkey breast, 99% fat-free	13	0	1	60
½ cup oatmeal	5	26	3	140
<b>Totals:</b>	<b>28.5</b>	<b>27</b>	<b>4</b>	<b>251</b>
<b>10:30 a.m.: SNACK</b>				
4 egg whites	14	1	0	68
½ cup red bell pepper	0.5	4.5	0	19
2 corn tortillas, 7"	2	18	2	90
<b>Totals:</b>	<b>16.5</b>	<b>23.5</b>	<b>2</b>	<b>177</b>
<b>2 p.m.: LUNCH</b>				
4 oz. skinless chicken breast	35	0	4	187
4 oz. baked potato	3	27.5	0	119
1 cup broccoli	4.5	7.5	0.5	40.5
<b>Totals:</b>	<b>42.5</b>	<b>35</b>	<b>4.5</b>	<b>346.5</b>
<b>5 p.m.: SNACK</b>				
1½ scoops whey protein	27	2	1.5	130.5
1 medium apple	0.5	21	0	81
1 Tbsp. peanut butter	4	3.5	8	95
<b>Totals:</b>	<b>31.5</b>	<b>26.5</b>	<b>9.5</b>	<b>306.5</b>
<b>6:30 p.m.: DINNER</b>				
4 oz. turkey breast, 99% fat-free	34	0	1	153
1 cup broccoli	4.5	7.5	0.5	40.5
1 Tbsp. olive oil	0	0	14	130
Mixed green salad	2	14	0.5	73.5
1 Tbsp. balsamic vinegar	0	0	0	0
<b>Totals:</b>	<b>40.5</b>	<b>21.5</b>	<b>16</b>	<b>397</b>
<b>9 p.m.: EVENING SNACK</b>				
1 scoop whey protein	18	1.5	1	87
½ cup strawberries	0.5	4.5	0	30
1 Tbsp. flaxseeds	2	3	4	55
<b>Totals:</b>	<b>20.5</b>	<b>9</b>	<b>5</b>	<b>172</b>
Daily Totals:	180	142.5	41	1,650
% of Daily Calories:	43	35	22	

Kim  
Oddo

### IF YOU'RE TALLER THAN 5'5"

Calories — Increase by 300  
Protein Ratio — Increase to 45%  
Carb Ratio — Increase to 30%  
Fats Ratio — Increase to 25%



## WEEKS 5-8: 1,750 CALORIES

### Oddo's Overview

Since you'll be lifting heavier weights for fewer reps and increasing your cardio, we're boosting the total number of calories evenly among the macronutrients. This will give you the strength and energy to train and continue to build lean muscle.

- Fats play a crucial role in hormonal balance and metabolic stimulation. By choosing healthy fats, you keep insulin levels consistent and provide the body with a steady source of energy for great workouts.
- Healthy eating can be a challenge to the taste buds. When preparing lean meat, use any lower-sugar seasoning to add flavor. Try cooking chicken in a Crock-Pot with mixed vegetables.
- Many people are afraid to eat after 6 p.m. Don't be. It's imperative to eat your last meal about one hour before bed to ensure you keep your metabolic motor running all night and get your body to work for you while you recover from your training.
- All programs require adjustments based on your body's uniqueness. If you find the calories here don't keep your weight and energy levels up, you may have to add calories evenly throughout the day. Be sure to divide them equally between protein, carbs and fat. [Here](#).

FOODS, FROM LEFT: FRESH CHAI MINT TEA, MARSH MALLOW TEA, ROSEMARY MINT TEA, ROSEMARY MINT TEA, ROSEMARY MINT TEA.

### IF YOU'RE SHORTER THAN 5'3"

Calories — Reduce by 200  
Protein Ratio — Reduce to 40%  
Carb Ratio — Increase to 35%  
Fats Ratio — Increase to 25%

### IF YOU'RE TALLER THAN 5'5"

Calories — Increase by 300  
Protein Ratio — Increase to 45%  
Carb Ratio — Increase to 30%  
Fats Ratio — Increase to 25%



## THE SPLIT WEEKS 1-4

## DAY BODYPARTS TRAINED

1	Shoulders, abs
2	Chest, biceps
3	Off
4	Legs
5	Back, triceps
6-7	Off

Perform cardio three times a week for 30 minutes per session.

## NICOLE'S NOTES:

- Using slightly higher rep ranges allows you to focus more on form than on how much weight you can lift.
- Use greater volume per bodypart vs. just 1-2 exercises as in a circuit program. This recruits more muscle fibers and helps shape your body.
- Limit your rest periods between sets to about one minute.
- Pairing push/pull bodyparts (such as chest/biceps and back/triceps) allows you to lift heavier for each muscle group.
- Keep cardio to a minimum so you can build more muscle in this phase. Allow at least one day of rest between cardio sessions.

## WEEKS 1-4 MONDAY | SHOULDERS, ABS

EXERCISE	SETS	REPS
<b>Shoulders</b>		
1/ Smith Machine Military Press	3	15,12,10
2/ One-Arm Dumbbell Lateral Raise	3	15,12,10 each side
3/ Cable Front Raise	3	15,12,10
4/ Reverse Pec-Deck Flye	3	15,12,10
<b>Abs</b>		
5/ Exercise-Ball Crunch	3	15
6/ Lying Leg Lift	3	15
7/ Dumbbell Oblique Crunch	3	15 each side



## FOR VIDEO

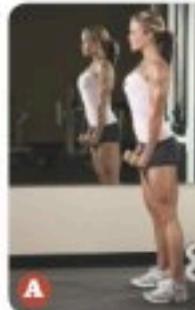
of the smith machine military press and the abs tri-set, go to [muscleandfitnessshers.com](http://muscleandfitnessshers.com)

2

## ONE-ARM DUMBBELL LATERAL RAISE

- Start with the weight in front of your thigh.
- Raise the dumbbell to shoulder level, keeping your elbow slightly bent.
- Don't swing the weight or use momentum.

A



3

## CABLE FRONT RAISE

- Attach a rope handle to the low-pulley cable.
- Face away from the machine and reach through your legs to grasp the rope.
- Using a neutral grip, raise your hands to eye level.

B



## SMITH MACHINE MILITARY PRESS \*

- Grasp the bar with your palms forward, hands slightly wider than shoulder width.
- Lower the bar until your upper arms are parallel to the floor.

## REVERSE PEC-DECK FLYE

- Keep your upper arms parallel to the floor.
- Bring your arms back and pinch your shoulder blades together.

## ABS TRI-SET \*

- Perform the three exercises listed back to back with no rest in between; rest for one minute, then repeat. Complete this circuit three times.

FASHION DIRECTOR: CINDY WHITFIELD; HAIR & MAKEUP: GILLIAN WHITLOCK; APRON: BONITA TOP  
BY CHANNON TOP BY KATIE HESS; SHIRT BY JULIA JONES; SHOES BY ANDREW MARINA  
TOP & SHORTS BY BOEF; LANGUAGE SPORTSWEAR; SHOES BY UNDER ARMOUR



A

B

2

## CABLE CROSSOVER

- Attach D-handles to two upper-pulley cables.
- Stand equidistant between the stacks using a staggered stance.
- Bring your hands together in front of your abs as if you're hugging a ball.
- Keep your elbows slightly bent throughout the movement.



## WEEKS 1-4 TUESDAY | CHEST, BICEPS

EXERCISE	SETS	REPS
<b>Chest</b>		
1/ Machine Chest Press	3	15,12,10
2/ Cable Crossover	3	15,12,10
3/ Exercise-Ball Push-Up	3	15,12,10
<b>Biceps</b>		
4/ Cable Curl	3	15,12,10
5/ Cable Hammer Curl	3	15,12,10
6/ Seated Alternating Dumbbell Curl	3	15,12,10 each side



B



5

## CABLE HAMMER CURL

- Attach a rope handle to a low-pulley cable.
- Use a neutral grip just below the balls on the ends of the rope.

## MACHINE CHEST PRESS

- Adjust the seat so the handles are level with your chest.
- To keep tension on your pecs, don't lock out your elbows at full-arm extension.

## EXERCISE-BALL PUSH-UP

- Place your hands shoulder-width apart on the floor and your shins atop the ball.
- Keep your body in a straight line from head to feet.

## CABLE CURL

- Attach a straight bar to the low-pulley cable.
- Keep your chest up and your elbows close to your sides.

## SEATED ALTERNATING DUMBBELL CURL

- Start with a neutral grip, palms facing your sides.
- As you curl each weight, rotate your wrist so your palm faces your chest.



1

**LEG PRESS**

- Keep your feet shoulder-width apart and toes pointed straight.
- Lower the platform until your knees form 90-degree angles.
- Press through your heels to return to the start position.
- Don't lock out your knees at the top of the movement.



5

**EXERCISE-BALL HAMSTRING CURL**

- Lie faceup on the floor with your heels atop an exercise ball.
- Lift your glutes so your body forms a straight line from shoulders to ankles.
- Keeping your hips up, curl the ball toward your glutes with your heels.
- Roll the ball back out to the start position.

**WEEKS 1-4 THURSDAY | LEGS**

EXERCISE	SETS	REPS
1/ Leg Press	3	15,12,10
2/ Split Squat	3	15,12,10 each side
3/ Leg Extension	3	15,12,10
4/ Leg Curl	3	15,12,10
5/ Exercise-Ball Hamstring Curl	3	15,12,10
6/ Seated Calf Raise	3	15,12,10

**SPLIT SQUAT**

- Take a large step forward with one foot.
- Descend toward the floor until both knees form 90-degree angles.
- Push through your front heel to return to the start.

**LEG EXTENSION**

- Adjust the pad so it rests just above your ankles.
- Keep your toes pointed to the ceiling.

**LEG CURL**

- Adjust the pad so it rests on your Achilles tendons.
- Curl the pad toward your glutes and squeeze at the top.

**SEATED CALF RAISE**

- Squeeze your calves at the top and lower your heels as far as possible at the bottom.

LOCATION: RICH COOKE'S PRIVATE TRAINING STUDIO, TEMECULA, CA



B

2

**STANDING ONE-ARM CABLE ROW**

- Attach a D-handle to a cable set at about waist level.
- Face the stack and use a staggered stance.
- Pull the handle into your side near your ribs.

**SEATED DUMBBELL OVERHEAD TRICEPS EXTENSION**

- Grasp a dumbbell with both hands and extend it overhead.
- Keeping your upper arms by your ears, lower the weight behind your head.
- Keep your elbows in and pointed forward throughout the exercise.



A

B

**WIDE-GRIp LAT PULLDOWN**

- Grasp the bar about 6 inches outside shoulder width.
- Arch your back and keep your chest up as you pull the bar down.
- Squeeze your lats at the bottom.

**REVERSE-GRIp LOW CABLE ROW**

- Attach a straight bar to a low-pulley cable.
- Start with your forearms parallel to the floor and go to full-arm extension.
- As you pull, squeeze your elbows together to contract your lats.

**PUSHDOWN**

- Attach a rope handle to a high-pulley cable.
- Start with your forearms parallel to the floor and go to full-arm extension.
- Keep your elbows close to your sides throughout the exercise.

**CABLE KICKBACK**

- Attach a rope handle to a low-pulley cable.
- Grasp one end of the rope below the ball and face the stack.
- Keeping your elbow close to your side, push the rope toward the ceiling behind you.

**WEEKS 1-4 FRIDAY | BACK, TRICEPS**

EXERCISE	SETS	REPS
<b>Back</b>		
1/ Wide-Grip Lat Pulldown	3	15,12,10
2/ Standing One-Arm Cable Row	3	15,12,10 each side
3/ Reverse-Grip Low Cable Row	3	15,12,10
<b>Triceps</b>		
4/ Pushdown	3	15,12,10
5/ Cable Kickback	3	15,12,10 each side
6/ Seated Dumbbell Overhead Triceps Extension	3	15,12,10

**3****ARNOLD PRESS**

- Hold the weights in front of your shoulders, palms facing your body.
- As you press the dumbbells overhead, rotate your wrists and elbows so your palms face out at the top.
- Return along the same path.

**4****BENT-OVER LATERAL RAISE ON BENCH**

- Lie facedown on an incline bench set at a 45-degree angle.
- Let the weights hang under your chest.
- Raise the dumbbells out to your sides until your arms are parallel to the floor.
- Keep your chest flush with the seatback.

**SEATED DUMBBELL OVERHEAD PRESS**

- Keep your back flush against the seatback when lifting heavy.
  - Keep your palms facing forward throughout.
  - Don't lock out your elbows at the top.
- 10 more reps with the lighter weight, decrease it by 10% again and do 10 more reps. Rest for 90 seconds, then repeat.

**ROPE CRUNCH \***

- Keep your hands alongside your head to make your abs do the work.
- Really squeeze your abs at the bottom.

**BICYCLE \***

- Pretend there's an apple under your chin to keep it up.
- Don't pull on your head.

**HIP THRUST \***

- Don't swing your legs.
- Push your feet straight toward the ceiling.

**WEEKS 5-8 FRIDAY | SHOULDERS, ABS**

EXERCISE	SETS	REPS/TIME
Shoulders		
1/ Seated Dumbbell Overhead Press	3	10,8,6
2/ Lateral Raise*	3	10
3/ Arnold Press	3	10,8,6
4/ Bent-Over Lateral Raise on bench	3	10,8,6
Abs		
5/ Rope Crunch	3	15
6/ Bicycle	3	45 sec.
7/ Hip Thrust	3	15

<sup>1</sup> drop set: see right**6****BENCH DIP \***

- Place two benches parallel so you can rest your feet on one and your hands on the other.
- Keep your hands under your shoulders and your back as close to the bench as possible.
- Lower your body between the benches until your elbows form 90-degree angles.
- Don't lock out your elbows at the top.

**WEEKS 5-8 SATURDAY | BICEPS, TRICEPS**

EXERCISE	SETS	REPS
1/ Standing Dumbbell Curl — superset with —	3	10 each side
2/ Dumbbell Lying Triceps Extension	3	10
3/ Dumbbell Incline Curl — superset with —	3	10 each side
4/ Pushdown	3	10
5/ Preacher Curl — superset with —	3	10
6/ Bench Dip	3	10

A superset is two or more exercises performed back to back with no rest in between. Rest 60-90 seconds between supersets.

**5****PREACHER CURL \***

- Adjust the height so the pad rests just under your armpits.
- Bring the bar to just below your chin.
- Keep your elbows slightly bent at the bottom.

**STANDING DUMBBELL CURL**

- Keep your elbows close to your sides.
- Curl slowly and squeeze at the top.
- Don't swing the weights.

**DUMBBELL LYING TRICEPS EXTENSION**

- Start with the dumbbells over your chest, arms extended.
- Bend only your elbows to lower the weights to roughly the top of your head.
- Angle your elbows back slightly to keep tension on your triceps.

**FOR VIDEO**

of drop-set lateral raises, the abs routine and the preacher curl/bench dip superset, go to [muscleandfitnessshers.com](http://muscleandfitnessshers.com)!



# SHAPE SHIFTER

Shannon Baker wins the first-ever M&F HERs Transformation Challenge

BY ALLAN DONNELLY | PHOTOS BY MICHAEL DARTER

## WHEN WE CAME UP WITH

the idea of launching the first-ever MUSCLE & FITNESS HERs Transformation Challenge presented by Optimum Nutrition, we did so with the intention of offering a contest geared specifically toward the HERs audience — women who want to lose bodyfat and gain lean muscle. And when we had Figure Olympia winner Nicole Wilkins Lee provide the training program and world-class trainer/nutritionist Kim Oddo supply the nutrition plan, we knew the eight-week challenge wouldn't be easy. We were right.

More than 1,600 women signed up for the Transformation Challenge, but by the end only 409 finished, showing just how hard it is to stick to consistent workout and clean-eating regimens. But as our 400-plus finalists can attest, that's exactly what it takes to achieve your goals — consistency and dedication. It isn't easy, and it isn't for everyone. But we guarantee that making the lifestyle change will have you reaping benefits for a lot longer than eight weeks.

So with that in mind, we're proud to announce the winner of our inaugural MUSCLE & FITNESS HERs Transformation Challenge, Shannon Baker. We flew Shannon out to Southern California for a photo shoot, and a chance to meet and train with Nicole and Kim. Here's how it all went down.

Shannon is a single mother of a 3-year-old boy and has been in the Air Force Reserves/Air National Guard for 10 years. Over the eight weeks of the Transformation Challenge, Shannon lost 9 pounds, shaved 4 inches from her waistline and added an inch to her arms.

"Until this contest, the focus of my workouts was mostly cardio and I was really slacking on my diet," Shannon says. "In my mind, all the cardio I was doing would make up for the lack of dieting. I'm not going to lie: I struggled with the diet for the contest as well, but it got easier; [the program] also got me back to using weights."

Shannon is truly a case in point that there's no one best way to get in the shape of your life; you have to make both training

and healthy eating a consistent part of your daily living. While she followed the basic tenets of the program, she had to adapt and adjust them to fit her schedule. "As a single mom, I had to fit in workouts at home most of the time while my son was asleep," she says.

Still, that didn't stop Shannon from transforming her physique and getting stronger at the same time. "I hadn't tried to do chins since I was a gymnast in my early teens," she says. "Back then I could do only five. But during the last four weeks, I built up to 7–8. It was exciting to gain strength."

On Aug. 4, three weeks after the completion of the Transformation Challenge, we flew Shannon to Temecula, California, for an exclusive photo shoot with MUSCLE & FITNESS HERs, and the opportunity to meet and train with Wilkins Lee and Oddo.

Since then, Shannon has not only kept her shape but has also lost 4 more pounds and continued to add lean muscle. She's even seriously considering entering her first NPC figure competition this month.

**“** I was extremely nervous at first. I felt out of my element and didn't know what to expect. But everybody was so laid back and down to earth. The whole experience was a blast.” — Shannon

**THE WINNER****Shannon Baker**

Age: 30

Height: 5'2"

Before  
Weight: 135 pounds  
Waist: 32"  
Arm Width: 11"  
Leg Width: 22"After  
Weight: 126 pounds  
Waist: 28"  
Arm Width: 12"  
Leg Width: 22"

**“** My goal for the workout was to challenge Shannon. I didn't want her to leave thinking, Jeez, that was easy. She's the Figure Olympia winner? For the most part the workout was one I would do during my normal prep for the Olympia.” — Nicole

**SHANNON'S TRANSFORMATION TIPS**

**1) Be creative** “I had to train at home most of the time. As long as you have dumbbells and maybe a few bands, you can modify pretty much any exercise. It's all about making time and structuring your life.”

**2) Be social but don't cheat** “Little speed bumps like family gatherings and parties can knock you off track. Try to make the people and the company the focus rather than the food.”

**3) Don't give up** “I didn't see many changes the first two weeks, but then I realized I wasn't following the diet as closely as I could. Once I did, I started to see results and it was very motivating.”

**4) Be brave** “When I saw how many women had entered, I wasn't going to submit my 'after' photos. I thought, No way am I gonna win. But I had come this far, so why not try? I'm really glad I did!”



BEFORE



AFTER

**“** What Shannon has done is so impressive, but what's most impressive to me is that she's a single mom yet she still found the time to devote herself to this program and see it through. She doesn't have the most conducive atmosphere in which to train, so she had to create that atmosphere.” — Kim



Wall Sit

**THE WORKOUT**

EXERCISE	SETS	REPS/TIME
Dumbbell Squat	3	15
— superset with —		
Wall Sit	3	30 sec.
Smith Machine Lunge	3	12 each leg
— superset with —		
Split Squat	3	15 each leg
Dumbbell Step-Up	3	15 each leg
Leg Extension	3	15
— superset with —		
Wide-Stance Jump Squat	3	20
One-Leg Stiff-Legged Deadlift	3	15 each leg



**“** This was a very high-intensity workout. We didn't take any breaks. Nicole broke a good sweat and Shannon was right there breaking a sweat with her. When Shannon was done, she was spent — she put everything she had into it.” — Kim



LOCATION: KIR COODY TRAINING STUDIO; FASHION DIRECTOR: CANDY WHITFIELD; BEAUTY DIRECTOR: GILLIAN ANTOLICK





Leg Extension



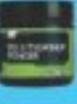
Dumbbell Step-Up



Wide-Stance Jump Squat

## A LITTLE HELP

The right training and nutrition programs go a long way in helping you reach your physique goals. But as any experienced trainer will tell you, the right supplements — these are available from Optimum Nutrition — can give you that extra advantage. HES Senior Science Editor Jim Stoppani, PhD, weighs in on the whys and whens.

WHAT	WHEN	HOW MUCH
 100% Whey Gold Standard	Within 30 minutes pre- and postworkout	20 grams
 100% Casein Gold Standard	Postworkout and before bed	10-20 grams
 Micronized Creatine Powder	Within 30 minutes pre- and postworkout	5 grams
 Glutamine Powder	Within 30 minutes pre- and postworkout	5-10 grams
 Instantized BCAA 5000 Powder	Within 30 minutes pre- and postworkout	5-10 grams
Mega Fat Burners	Two times a day before meals	1 dose (2 tablets)

Stoppani says: "Taking this around your workouts fuels your muscles and kick-starts muscle recovery."

Stoppani says: "This provides your body with a source of amino acids throughout the night, which prevents your muscles from breaking down while you sleep."

Stoppani says: "The most effective supplement for boosting muscle strength and development, as well as increasing energy levels during workouts."

Stoppani says: "Enhances immune function, helps prevent fatigue during workouts and increases the amount of calories you burn during workouts and rest."

Stoppani says: "They provide the muscles with direct energy, prevent fatigue and enhance muscle development — and they can also promote fat loss."

Stoppani says: "They release more fat from fat cells and carry it where the body can burn it as fuel, as well as reduce hunger and carb cravings."

**“**When I got the e-mail that said the workout was going to be 'Run and Gun,' I didn't realize that meant going through the whole routine. When Nicole said we'd be training legs, I was like, Her legs are awesome — I'm gonna die!" — Shannon



One-Leg Stiff-Legged Deadlift

APPAREL: DON ANGOLD; TANK BY MUSCLE & FITNESS HERB SPORTS BRA BY GREG NEAR; SHORTS BY HUE; SHIRT BY ASICS; ON SHANNON: TANK BY OPTIMUM NUTRITION, SHORTS BY AERO, SHIRT BY LUCY; SHOES BY ALCS