



Sultan Fitness Master Trainer

SULTAN FITNESS 12 WEEK WORKOUT PLAN

Weeks 1-4: Foundation Phase

Day 1: Lower Body & Cardio

1. Squats - 3 sets of 12 reps
2. Lunges - 3 sets of 12 reps each leg
3. Leg Press - 3 sets of 12 reps
4. Leg Curls - 3 sets of 12 reps
5. Calf Raises - 3 sets of 15 reps
6. 20-30 minutes of moderate intensity cardio (treadmill, stationary bike, or elliptical)

Day 2: Upper Body & Core

1. Lat Pulldown - 3 sets of 12 reps
2. Dumbbell Bench Press - 3 sets of 12 reps
3. Seated Cable Row - 3 sets of 12 reps
4. Dumbbell Shoulder Press - 3 sets of 12 reps
5. Dumbbell Bicep Curl - 3 sets of 12 reps
6. Tricep Pushdown - 3 sets of 12 reps
7. Plank - 3 sets of 30-60 seconds
8. Russian Twists - 3 sets of 15 reps each side

Day 3: Rest or Light Activity (like yoga or walking)

Day 4: Lower Body & Cardio

Repeat Day 1

Day 5: Upper Body & Core

Repeat Day 2

Day 6: Cardio & Flexibility

1. 30-45 minutes of low intensity steady state cardio (like walking or cycling)
2. Stretching or yoga session

Day 7: Rest

Weeks 5-8: Hypertrophy Phase

Increase the weight and lower the reps for the strength exercises. Add some new exercises for variety.

Day 1: Lower Body & Cardio

1. Deadlifts - 3 sets of 8-10 reps
2. Squats - 3 sets of 8-10 reps
3. Lunges - 3 sets of 8-10 reps each leg
4. Leg Extensions - 3 sets of 10 reps
5. Hamstring Curls - 3 sets of 10 reps
6. 20-30 minutes of High Intensity Interval Training (HIIT) on a cardio machine

Day 2: Upper Body & Core

1. Lat Pulldown - 3 sets of 8-10 reps
2. Dumbbell Bench Press - 3 sets of 8-10 reps
3. Seated Cable Row - 3 sets of 8-10 reps
4. Overhead Press - 3 sets of 8-10 reps
5. Dumbbell Bicep Curl - 3 sets of 10 reps
6. Tricep Dips - 3 sets of 10 reps
7. Russian Twists - 3 sets of 20 reps each side
8. Bicycle Crunches - 3 sets of 20 reps

Repeat the pattern of Week 1-4 for the rest of the days in the week.

Weeks 9-12: Strength Phase

Focus on lifting heavier weights at lower repetitions.

Day 1: Lower Body & Cardio

1. Deadlifts - 4 sets of 6-8 reps
2. Squats - 4 sets of



BREAKFAST:

- GREEK YOGURT WITH BERRIES AND A SPRINKLE OF GRANOLA
- MACROS: CARBS: 25G, PROTEIN: 15G, FAT: 10G

LUNCH:

- GRILLED CHICKEN SALAD (WITH MIXED GREENS, CHERRY TOMATOES, CUCUMBER, AND BALSAMIC VINAIGRETTE)
- MACROS: CARBS: 15G, PROTEIN: 35G, FAT: 15G

DINNER:

- BAKED SALMON WITH A SIDE OF STEAMED BROCCOLI AND QUINOA
- MACROS: CARBS: 30G, PROTEIN: 40G, FAT: 20G

SNACKS: (2 PER DAY)

- APPLE WITH ALMOND BUTTER
- MACROS: CARBS: 20G, PROTEIN: 8G, FAT: 15G
- HANDFUL OF MIXED NUTS
- MACROS: CARBS: 10G, PROTEIN: 5G, FAT: 15G

DAY 2:

BREAKFAST:

- OATMEAL TOPPED WITH SLICED BANANA AND ALMONDS
- MACROS: CARBS: 30G, PROTEIN: 10G, FAT: 15G

LUNCH:

- QUINOA SALAD WITH GRILLED VEGGIES (ZUCCHINI, BELL PEPPER, ONION) AND FETA CHEESE
- MACROS: CARBS: 30G, PROTEIN: 15G, FAT: 15G

DINNER:

- GRILLED SHRIMP WITH A SIDE OF BROWN RICE AND STEAMED ASPARAGUS
- MACROS: CARBS: 30G, PROTEIN: 30G, FAT: 10G

SNACKS: (2 PER DAY)

- GREEK YOGURT WITH A DRIZZLE OF HONEY
- MACROS: CARBS: 20G, PROTEIN: 15G, FAT: 5G
- CARROT AND CELERY STICKS WITH HUMMUS
- MACROS: CARBS: 10G, PROTEIN: 5G, FAT: 10G

GROCERY LIST



Dairy & Eggs:

1. Greek Yogurt
2. Feta Cheese

Meat & Seafood:

1. Chicken Breasts
2. Salmon Fillets
3. Shrimp

Produce:

1. Berries (e.g., blueberries, strawberries)
2. Mixed Greens (for salad)
3. Cherry Tomatoes
4. Cucumbers
5. Broccoli
6. Apples
7. Bananas
8. Zucchini
9. Bell Pepper
10. Onion
11. Asparagus
12. Carrots
13. Celery

Grains, Pasta & Sides:

1. Granola
2. Quinoa
3. Oats
4. Brown Rice

Canned Goods & Soups:

1. Hummus

Snacks:

1. Almond Butter
2. Mixed Nuts (e.g., almonds, walnuts, cashews)

Condiments & Sauces:

1. Balsamic Vinaigrette
2. Honey

Baking & Spices:

1. Salt
2. Peppe



SULTAN
FITNESS

