



SumoLifts 8 Week 3
days/week Ab Plan

Hi friend!



I hope you enjoy the program! I have no doubt that you will reach stronger version of yourself through this plan. You deserve what the future holds for you!

P.S. I suggest you take at least weekly photos of yourself to see your transformation!

Best,

Bryan “Sumo” Sumardi



Disclaimer & Copyright



This is not intended to substitute for medical advice of physicians. The reader should regularly consult a physician in matter relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention.

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- ☞ For every portion of the program, you should be using weight as challenging as necessary to complete the recommended set and rep scheme.
- ☞ AMAP - As Many Reps As Possible
- ☞ Superset - Perform exercises back to back as one set
- ☞ BW - Bodyweight
- ☞ Volume - The accumulation of weight times sets times reps.
- ☞ DB - Dumbbells

Calorie Calculation Example



- ❧ Learn your BMR (Basal Metabolic Rate)
 - ❧ <http://www.bmi-calculator.net/bmr-calculator/>
 - ❧ Multiply by activity level
 - ❧ 1.2 - little to no exercise (baseline)
 - ❧ 1.375 - 1-3 days/week light exercise
 - ❧ 1.55 - 3-5 days/week moderate exercise
 - ❧ 1.725 - 6-7 days/week hard exercise
 - ❧ For Weight Loss off baseline
 - ❧ Subtract 300-500 calories at most every 2-4 weeks
 - ❧ For Weight Gain off baseline
 - ❧ Add 300-500 calories at most every 2-4 weeks
- ❧ Find a macro percentage that works for your lifestyle
- ❧ Avoid
 - ❧ High calorie drinks
 - ❧ Additional creamers for coffee
 - ❧ Highly processed foods

Nutrition Advice



- ❧ <https://youtu.be/QUkyE3wj0zM> <<<< click for video
- ❧ Learn your BMR (Basal Metabolic Rate)
 - ❧ <http://www.bmi-calculator.net/bmr-calculator/>
 - ❧ I am 26 years old 5"4' and about 160 pounds
 - ❧ My BMR is 1617 and if I wanted to lose weight I multiply that number by 1.2 which is 1940.
 - ❧ So I must eat on average 1940 calories per day in order for me to lose weight.
 - ❧ You can also say if I eat 13,582.8 or less calories per week, I will also lose weight.
 - ❧ Adjust as necessary once you set a baseline.

Sample Grocery List



☞ Proteins

☞ Chicken

☞ Beef

☞ Ground beef/turkey

☞ Steak

☞ Greek yogurt

☞ Fats

☞ Peanuts

☞ Peanut butter

☞ Olive oil

☞ Avocado

☞ Eggs

☞ Butter

☞ Carbohydrates

☞ Rice

☞ Potatoes

☞ Vegetables

☞ Ice cream

☞ Enlightened

☞ Halo top

Food Shortcuts



Fast Food

Chipotle

Cava/Mezeh

Subway

Frozen Food

Lean Cuisine Pizza

Lean Cuisine
Sandwiches

Schedule



- ❧ 3 Days per week – shoot for one day rest in between workouts
- ❧ You can use this as a finisher for other workouts as well
- ❧ If you can only fit 2 days a week – do 4 sets of each exercise, same reps

Workout



Upper 1	Weight	Set	Reps	Volume
<u>Decline bench - Knees to elbows</u>	BW	3	10	30x
<u>Weighted Knee Raises</u>	X	3	10	30x
<u>Cable Crunches</u>	X	3	15	45x
Weighted Oblique Crunches	X	3	10	30x
<u>Hyper Extensions</u>	X	3	10	30x