

SumoLifts 12 Week Upper/Lower 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
- 🛯 BW Bodyweight
- 础 DB Dumbells

Nutrition Advice

- A http://www.bmi-calculator.net/bmr-calculator/
- Multiply by activity level

 - \bigcirc 1.55 3-5 days/week moderate exercise
- G For Weight Loss off baseline
 - Subtract 300-500 calories at most every 2-4 weeks
- G For Weight Gain off baseline
 - Add 300-500 calories at most every 2-4 weeks
- Reference of the second second
- R Avoid
 - High calorie drinks
 - Additional creamers for coffee
 - I Highly processed foods

Sample Grocery List

- R Proteins
 - 🛚 Chicken
 - **O**Beef
 - Ground beef/turkey
 - 🕫 Steak
 - 3 Greek yogurt
- R Fats
 - **13** Peanuts
 - Peanut butter
 - Olive oil
 - 🛯 Avocado

- 🗷 Eggs
- **G** Butter
- - CS Rice
 - OS Potatoes
 - 🛚 Vegetables
 - Ice cream
 - Renlightened
 - R Halo top

Food Shortcuts

Fast Food
 Chipotle
 Cava/Mezeh
 Subway

Frozen Food
 Lean Cuisine Pizza
 Lean Cuisine
 Sandwiches

Exercise Videos

- Click the exercise for YouTube link
- ন্থ <u>DB chest press</u>
- ন্থ <u>DB bent over row</u>
- ন্থ <u>DB 21 press</u>
- Ra Hip Circle
- **R** Squat
- Real Stationary Lunges
- ন্থ <u>Goblet squat</u>
- ন্থ <u>DB shoulder press</u>

Seated row
Face Pull
Lat pulldown
DB bicep curl
DB hammer curl
Cable/Banded Pushdown
Tricep pushdown



Phase 1Chest and Back focus

Real Phase 2 Back and Leg focus

Phase 3Shoulders and Arms focus

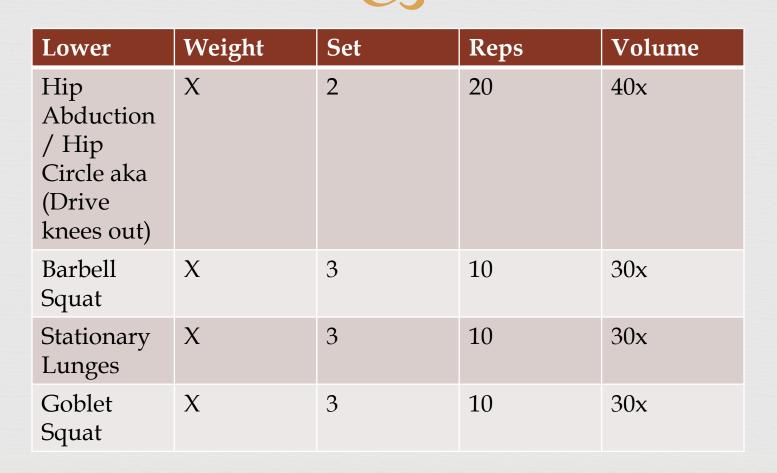
Phase 1

4 days/week plan
Upper 1, lower, upper 2, lower
Chest focus
Flat DB press
Back focus
Lat pull-down (band or cable)

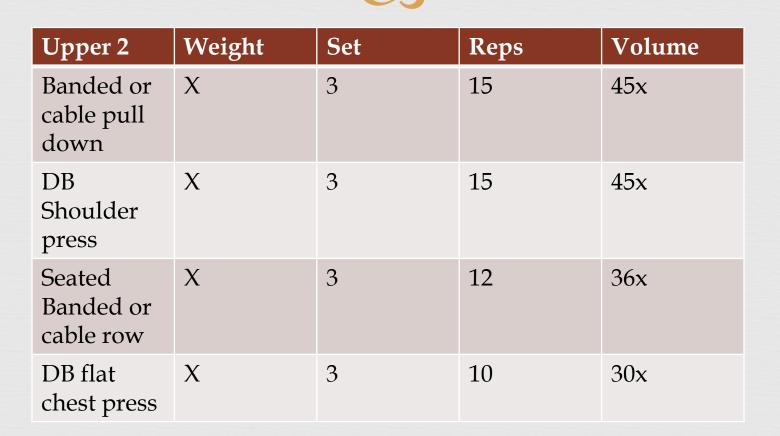
Phase 1 (detailed)



Phase 1 (detailed)



Phase 1 (detailed)



Phase 2

4 days/week
Back, Squat, Back 2, Squat
Back focus
DB bent over row
Leg focus
Squat

Phase 2 (detailed)

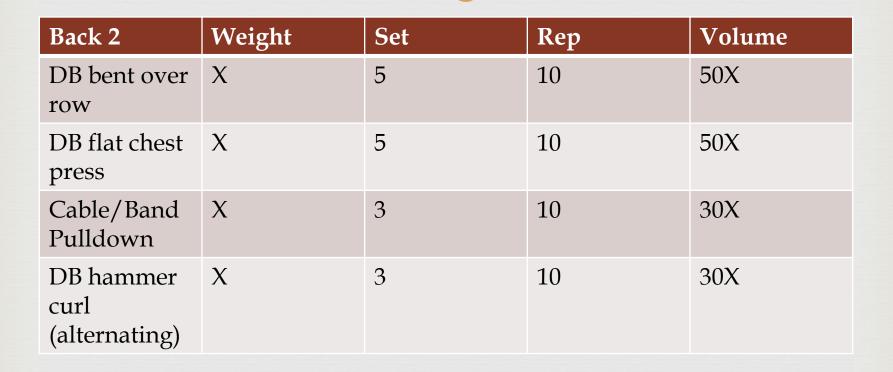
Back 1	Weight	Set	Rep	Volume
DB bent over row	Х	5	10	50X
Band/cable face pull	Х	5	10	50X
Lat pulldown	Х	3	10	30X
DB bicep curls (alternating)	Х	3	10	30X

Phase 2 (detailed)

(2

Legs	Weight	Set	Rep	Volume
Squat	Х	5	10	50X
Stationary Lunges	Х	2	20	40X
Goblet squat	Х	2	20	40X

Phase 2 (detailed)



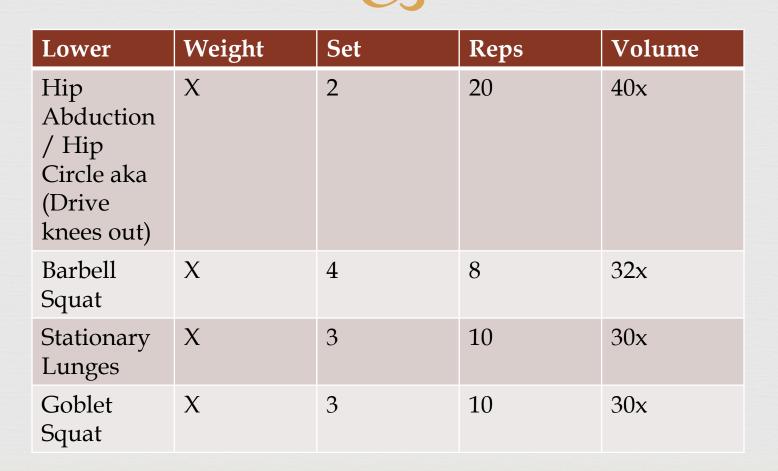
Phase 3

4 days/week
Shoulder, lower, arms, lower
Shoulder focus
DB shoulder press
Arm focus
Tricep pushdown (cable or banded)

Phase 3 (detailed)

Shoulder	Weight	Set	Rep	Volume
DB Shoulder press	Х	5	10	50X
Cable/Banded face pull	Х	5	10	50X
Seated cable/banded row	X	3	10	30X
Tricep pushdown	Х	3	10	30X
DB flat chest press	Х	3	10	30X

Phase 3 (detailed)



Phase 3 (detailed)

Arms	Weight	Set	Rep	Volume
Banded/Cable Trciep Pushdown	Х	5	10	50X
Cable/Banded face pull	Х	5	10	50X
Seated cable/banded row	Х	3	10	30X
Tricep pushdown	Х	3	10	30X
Banded/Cable Overhead pushdown	Х	3	10	30X