



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.

Copyright @ 2018 by SumoLifts LLC
All rights reserved.

No part of this publication may be reproduced, distributed, or transmitted in any form or by any means.

Index



- ☞ 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

Nutrition Advice



- ❧ 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

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

Exercise Videos



↻ **Click the exercise for
YouTube link**

↻ [DB chest press](#)

↻ [DB bent over row](#)

↻ [DB 21 press](#)

↻ [Hip Circle](#)

↻ Squat

↻ [Stationary Lunges](#)

↻ [Goblet squat](#)

↻ [DB shoulder press](#)

↻ [Seated row](#)

↻ [Face Pull](#)

↻ [Lat pulldown](#)

↻ DB bicep curl

↻ DB hammer curl

↻ [Cable/Banded Pushdown](#)

↻ [Tricep pushdown](#)

Phase Cycle



☞ Phase 1

☞ Chest and Back focus

☞ Phase 2

☞ Back and Leg focus

☞ Phase 3

☞ Shoulders 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)



Upper 1	Weight	Set	Reps	Volume
DB flat chest press	X	5	10	50x
DB bent over row	X	3	10	30x
DB incline DB press	X	3	12	36x
DB 21 chest press	X	2	21	42x

Phase 1 (detailed)



Lower	Weight	Set	Reps	Volume
Hip Abduction / Hip Circle aka (Drive knees out)	X	2	20	40x
Barbell Squat	X	3	10	30x
Stationary Lunges	X	3	10	30x
Goblet Squat	X	3	10	30x

Phase 1 (detailed)



Upper 2	Weight	Set	Reps	Volume
Banded or cable pull down	X	3	15	45x
DB Shoulder press	X	3	15	45x
Seated Banded or cable row	X	3	12	36x
DB flat chest press	X	3	10	30x

Phase 2



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

Phase 2 (detailed)



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

Phase 2 (detailed)



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

Phase 2 (detailed)



Back 2	Weight	Set	Rep	Volume
DB bent over row	X	5	10	50X
DB flat chest press	X	5	10	50X
Cable/Band Pulldown	X	3	10	30X
DB hammer curl (alternating)	X	3	10	30X

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	X	5	10	50X
Cable/Banded face pull	X	5	10	50X
Seated cable/banded row	X	3	10	30X
Tricep pushdown	X	3	10	30X
DB flat chest press	X	3	10	30X

Phase 3 (detailed)



Lower	Weight	Set	Reps	Volume
Hip Abduction / Hip Circle aka (Drive knees out)	X	2	20	40x
Barbell Squat	X	4	8	32x
Stationary Lunges	X	3	10	30x
Goblet Squat	X	3	10	30x

Phase 3 (detailed)



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