



SumoLifts 12 Week
3 Days Per Week 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

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

❧ Overhead KB Lunges

❧ Hip Circle drills

Schedule



☞ Day 1

☞ Upper body

☞ Day 2

☞ Lower body

☞ Day 3

☞ Full Body

Phase 1



- ❧ 3 days/week plan
 - ❧ Upper, lower, total body
- ❧ Upper focus
 - ❧ Back Focus
- ❧ Lower focus
 - ❧ Glute focus
- ❧ Total body focus
 - ❧ Shoulder focus

Day 1 (detailed)



Upper 1	Weight	Set	Reps	Volume
<u>DB chest press</u>	X	5	10	50x
<u>Seated row</u>	X	5	10	50x
<u>DB shoulder press</u>	X	3	12	36x
<u>DB 21 chest press</u>	X	2	21	42x
Weighted Crunches	X	3	20	60x

Day 2 (detailed)



Lower	Weight	Set	Reps	Volume
Hip Abduction/ <u>Hip Circle drills</u>	X	2	20	40x
Barbell Squat	X	4	10	40x
<u>Stationary Lunges</u>	X	3	10	30x
<u>Goblet squat</u>	X	3	20	60x
Hanging Leg Raises	X	3	20	60x

Day 3(detailed)



Upper 2	Weight	Set	Reps	Volume
<u>DB shoulder press</u>	X	5	10	50x
<u>Cable/Banded Pushdown</u>	X	5	15	60x
DB bicep curl	X	5	8	40x
<u>Overhead KB Lunges</u>	X	3	20	60x

Phase 2



- ❧ 3 days/week plan
 - ❧ Upper, lower, total body
- ❧ Upper focus
 - ❧ Lat focus
- ❧ Lower focus
 - ❧ Quad focus
- ❧ Total body focus
 - ❧ Shoulder focus

Day 1 (detailed)



Back 1	Weight	Set	Rep	Volume
<u>Lat pulldown</u>	X	5	10	50X
<u>Face Pull</u>	X	4	10	40x
<u>Seated row</u>	X	4	10	40x
Weighted Crunches	X	3	20	60x

Day 2 (detailed)



Legs	Weight	Set	Rep	Volume
Squat	X	5	10	50X
<u>Stationary Lunges</u>	X	3	20	60X
<u>Goblet squat</u>	X	3	20	60X
Lying Leg raises	BW	3	20	60x

Day 3(detailed)



Back 2	Weight	Set	Rep	Volume
<u>DB shoulder press</u>	X	4	10	40X
Overhead cable tricep extension	X	4	15	60X
Push ups	X	3	10	30X
<u>Overhead KB Lunges</u>	X	3	10	30X

Phase 3



- ❧ 3 days/week plan
 - ❧ Upper, lower, total body
- ❧ Upper focus
 - ❧ Arm focus
- ❧ Lower focus
 - ❧ Hamstring focus
- ❧ Total body focus
 - ❧ Shoulder focus

Day 1(detailed)



Shoulder	Weight	Set	Rep	Volume
DB Lying tricep extension	X	5	8	40X
Barbell Bicep curls	X	4	12	48X
<u>Seated row</u> / <u>Landmine row</u>	X	3	10	30X
Standing Cable Tricep pushdown	X	3	10	30X
Weighted Crunches	X	3	20	30X

Day 2(detailed)



Lower	Weight	Set	Reps	Volume
DB Romainian Deadlift	X	4	12	48x
<u>Stationary Lunges</u>	X	4	10	40x
<u>Goblet squat</u>	X	3	20	60x
Lying Leg raises	X	3	20	60x

Day 3 (detailed)



Arms	Weight	Set	Rep	Volume
<u>DB shoulder press</u>	X	3	10	30X
<u>Face Pull</u>	X	3	10	30X
<u>Seated row</u>	X	3	10	30X
Close arm push ups	X	3	20	60X
<u>Overhead KB Lunges</u>	X	3	8	24x