

SULTAN FITNESS

16 WEEK WORKOUT PLAN



MONDAY

1. Flat Bench Press - 4 sets x 8-12 reps
2. Incline Dumbbell Press - 4 sets x 8-12 reps
3. Cable Fly - 3 sets x 10-15 reps
4. Dips (assisted if needed) - 3 sets x 8-12 reps
5. Tricep Pushdown - 4 sets x 8-12 reps
6. Overhead Tricep Extension - 3 sets x 8-12 reps

TUESDAY

1. Wide-Grip Pull-Up (assisted if needed) - 4 sets x 8-12 reps
2. Bent-Over Barbell Row - 4 sets x 8-12 reps
3. Seated Cable Row - 3 sets x 8-12 reps
4. Lat Pulldown - 3 sets x 8-12 reps
5. Standing Barbell Curl - 4 sets x 8-12 reps
6. Hammer Curl - 3 sets x 8-12 reps

WEDNESDAY

1. Barbell Squat - 4 sets x 8-12 reps
2. Leg Press - 4 sets x 8-12 reps
3. Romanian Deadlift - 4 sets x 8-12 reps
4. Seated Leg Curl - 3 sets x 10-15 reps
5. Standing Calf Raise - 4 sets x 12-15 reps
6. Seated Dumbbell Press - 4 sets x 8-12 reps
7. Lateral Raise - 3 sets x 10-15 reps

THURSDAY

1. Seated Dumbbell Shoulder Press: 4 sets x 8-10 reps
2. Lateral Raises: 3 sets x 10-12 reps
3. Front Raises: 3 sets x 10-12 reps
4. Face Pulls: 3 sets x 10-12 reps
5. Hanging Leg Raises: 3 sets x 10-15 reps
6. Russian Twists: 3 sets x 20 reps (10 per side)

FRIDAY

1. Barbell Bicep Curl: 4 sets x 8-10 reps
 2. Alternating Dumbbell Curl: 3 sets x 10-12 reps (each arm)
 3. Hammer Curl: 3 sets x 10-12 reps
 4. Preacher Curl: 3 sets x 10-12 reps
 5. Close-Grip Bench Press: 4 sets x 8-10 reps
 6. Cable Tricep Pushdown: 3 sets x 10-12 reps
 7. Overhead Tricep Extension: 3 sets x 10-12 reps
- Forearms:
1. Wrist Curls: 3 sets x 12-15 reps
 2. Reverse Wrist Curls: 3 sets x 12-15 reps
 3. Farmer's Walk: 2 sets x 30-60 seconds (heavy weight)

SATURDAY

20 Push up
25 Squats
20 Lunges
35 Crunches

SUNDAY

Rest



MONDAY:

BREAKFAST: VEGGIE SCRAMBLE (2 EGGS, 1 CUP SPINACH, 1/2 CUP DICED BELL PEPPERS, AND 1/2 CUP MUSHROOMS) AND 1 SLICE OF WHOLE WHEAT TOAST

LUNCH:

GRILLED CHICKEN SALAD (2 CUPS MIXED GREENS, 1/2 CUP CHERRY TOMATOES, 1/2 CUP CUCUMBERS, 4 OZ GRILLED CHICKEN BREAST) WITH 1 TBSP OLIVE OIL AND 1 TBSP VINEGAR DRESSING

DINNER:

BAKED SALMON (4 OZ) WITH 1/2 CUP QUINOA AND 1 CUP STEAMED BROCCOLI SNACK: 1/4 CUP ALMONDS AND 1/2 CUP BABY CARROTS

TUESDAY:

BREAKFAST:

OVERNIGHT OATS (1/2 CUP OATS, 1 CUP ALMOND MILK, 1 TBSP CHIA SEEDS, 1 TBSP HONEY, AND 1 SLICED BANANA)

LUNCH: 2 TURKEY AND AVOCADO LETTUCE WRAPS (4 OZ TURKEY BREAST, 1/2 AVOCADO) WITH 1/2 CUP CUCUMBER SLICES

DINNER: CHICKEN STIR-FRY (4 OZ CHICKEN, 1/2 CUP BELL PEPPERS, 1/2 CUP ZUCCHINI, AND 1/2 CUP MUSHROOMS) WITH 1 CUP CAULIFLOWER RICE SNACK: 1/4 CUP HUMMUS WITH RAW VEGETABLES (1/2 CUP CARROTS, 1/2 CUP CELERY, AND 1/2 CUP BELL PEPPERS)

WEDNESDAY:

BREAKFAST: SMOOTHIE (1 CUP SPINACH, 1 CUP MIXED BERRIES, 1 CUP ALMOND MILK, AND 1 SCOOP PROTEIN POWDER)

LUNCH: TUNA SALAD (4 OZ CANNED TUNA, 2 CUPS MIXED GREENS, 1/2 CUP TOMATOES, AND 1/2 CUP CUCUMBERS) WITH 1 TBSP OLIVE OIL AND 1 TBSP LEMON JUICE DRESSING

DINNER: BAKED CHICKEN BREAST (4 OZ) WITH 1 MEDIUM SWEET POTATO AND 1 CUP GREEN BEANS SNACK: 2 RICE CAKES WITH 2 TBSP ALMOND BUTTER

THURSDAY:

BREAKFAST: CHIA PUDDING (3 TBSP CHIA SEEDS, 1 CUP ALMOND MILK, 1 TBSP HONEY, AND 1/2 CUP RASPBERRIES)

LUNCH: CHICKEN AND VEGETABLE QUINOA BOWL (1/2 CUP COOKED QUINOA, 4 OZ SHREDDED CHICKEN, 1/2 CUP BELL PEPPERS, AND 1/2 CUP ZUCCHINI)

DINNER: 1 CUP ZUCCHINI NOODLES WITH 4 OZ TURKEY MEATBALLS AND 1/2 CUP MARINARA SAUCE SNACK: 1/2 CUP ROASTED CHICKPEAS

FRIDAY:

BREAKFAST: PROTEIN PANCAKES (1 SCOOP PROTEIN POWDER, 1/2 CUP OATS, 1 EGG, AND 1/4 CUP ALMOND MILK) WITH 1/2 CUP SLICED STRAWBERRIES

LUNCH: EGG SALAD LETTUCE WRAPS (2 BOILED EGGS) WITH 1/2 CUP CHERRY TOMATOES AND 1/2 CUP CUCUMBER SLICES

DINNER: GRILLED SHRIMP (4 OZ) WITH 1/2 CUP BROWN RICE AND 1 CUP STEAMED ASPARAGUS SNACK: 1/2 CUP BABY CARROTS WITH 1/4 CUP HUMMUS

SATURDAY: BREAKFAST:

1 CUP GREEK YOGURT WITH 1 CUP MIXED BERRIES AND 2 TBSP GRANOLA

LUNCH: TURKEY AND VEGETABLE SALAD (2 CUPS MIXED GREENS, 4 OZ TURKEY BREAST, 1/2 CUP CHERRY TOMATOES, AND 1/2 CUP CUCUMBERS) WITH 1 TBSP OLIVE OIL AND 1 TBSP VINEGAR DRESSING

DINNER: BAKED CHICKEN (4 OZ) WITH 1/2 CUP QUINOA AND 1 CUP STEAMED GREEN BEANS

SUNDAY, WATER FASTING FOR 5HR

1 CHEAT MEAL

2 EGG SALAD LETTUCE WRAPS (2 BOILED EGGS) WITH 1/2 CUP CHERRY TOMATOES AND 1/2 CUP CUCUMBER SLICES

Produce:

- Spinach
- Bell peppers (various colors)
- Mushrooms
- Mixed greens
- Cherry tomatoes
- Cucumbers
- Zucchini
- Broccoli
- Cauliflower
- Carrots
- Celery
- Asparagus
- Green beans
- Sweet potatoes
- Raspberries
- Strawberries
- Mixed berries (fresh or frozen)
- Bananas
- Avocado
- Lemon

Protein:

- Eggs
- Chicken breast
- Turkey breast
- Salmon
- Canned tuna (in water)
- Shrimp
- Ground turkey

Dairy & Dairy

Alternatives:

- Almond milk
- Greek yogurt

Grains:

- Whole wheat bread
- Oats
- Quinoa
- Brown rice
- Rice cakes
- Granola



- Almonds
- Mixed nuts
- Almond butter
- Chia seeds
- Chickpeas

Condiments & Cooking Essentials:

- Olive oil
- Vinegar (white, red wine, or apple cider)
- Honey
- Marinara sauce
- Hummus
- Protein powder
- Salt
- Pepper
- Various herbs and spices (e.g., basil, parsley, thyme, rosemary, paprika, cumin, etc.)

Snacks:

- Rice cakes
- Roasted chickpeas



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FITNESS

