

SULTAN FITNESS

16 WEEK WEIGHT LOSS PLAN



MONDAY

1. Seated Row: 3 sets x 12-15 reps
2. Lat Pulldown: 3 sets x 12-15 reps
3. Chest Press Machine: 3 sets x 12-15 reps
4. Dumbbell Shoulder Press: 3 sets x 12-15 reps
5. Cardio: 30 minutes (treadmill, elliptical, or stationary bike)

TUESDAY

1. Leg Press: 3 sets x 12-15 reps
2. Seated Leg Curl: 3 sets x 12-15 reps
3. Leg Extension: 3 sets x 12-15 reps
4. Seated Calf Raise: 3 sets x 15-20 reps
5. Cardio: 30 minutes (treadmill, elliptical, or stationary bike)

WEDNESDAY

1. Dumbbell Bench Press: 3 sets x 12-15 reps
2. Dumbbell Bent Over Row: 3 sets x 12-15 reps
3. Dumbbell Goblet Squat: 3 sets x 12-15 reps
4. Cardio: 30 minutes (treadmill, elliptical, or stationary bike)

THURSDAY

1. Cardio: 45 minutes (treadmill, elliptical, or stationary bike)
2. Plank: 3 sets x 30-60 seconds
3. Bicycle Crunches: 3 sets x 15 reps (each side)
4. Leg Raises: 3 sets x 12-15 reps

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

- 10 Push up
- 20 Squats
- 20 Lunges
- 35 Crunches
- 30 min bike

SUNDAY
Rest





DIET PLAN

BREAKFAST:

- 1/2 CUP ROLLED OATS, COOKED WITH WATER
- 1 CUP MIXED BERRIES
- 1 TBSP CHIA SEEDS
- 1 TBSP NATURAL ALMOND BUTTER

LUNCH:

- 4 OZ GRILLED CHICKEN BREAST
- 1 CUP MIXED SALAD GREENS
- 1/2 CUP CHERRY TOMATOES
- 1/2 CUP CUCUMBER SLICES
- 1/4 AVOCADO, SLICED
- 1 TBSP OLIVE OIL AND VINEGAR DRESSING

SNACK:

- 1 MEDIUM APPLE
- 1 OZ ALMONDS (ABOUT 23 ALMONDS)

DINNER:

- 4 OZ BAKED SALMON
- 1 CUP STEAMED BROCCOLI
- 1/2 CUP COOKED QUINOA
- 1 TSP EXTRA VIRGIN OLIVE OIL (DRIZZLED OVER VEGGIES)

DESSERT:

- 1 CUP GREEK YOGURT (UNSWEETENED)
- 1/2 CUP DICED STRAWBERRIES
- 1 TSP HONEY (OPTIONAL)

GROCERY LIST BASED

Produce:

- Mixed berries (fresh or frozen)
- Mixed salad greens
- Cherry tomatoes
- Cucumber
- Avocado
- Broccoli
- Apples
- Strawberries

Protein:

- Chicken breast
- Salmon
- Greek yogurt (unsweetened)

Grains:

- Rolled oats
- Quinoa

Nuts, Seeds & Oils:

- Chia seeds
- Almond butter (natural, no added sugar)
- Almonds
- Olive oil
- Vinegar (balsamic or apple cider)

Other:

- Honey (optional)





SULTAN
FITNESS

