

## 12-16 Week Greek God Physique Plan

This plan is tailored for a 73kg, 5'5"-5'6" man aiming for a lean, muscular physique. Following this 12-16 week routine consistently will help reduce body fat and build muscle, achieving a balanced and athletic look.

### Weekly Exercise Plan

Day 1	Chest & Shoulders	Chest: Bench Press (4x8), Incline Dumbbell Press (3x10), Dumbbell Flyes (3x12); Shoulders: Overhead Shoulder Press (4x8), Lateral Raises (3x12), Face Pulls (3x12)
Day 2	Back & Biceps	Back: Pull-Ups (4x8), Lat Pull-Down (4x10), Seated Rows (3x12); Biceps: Barbell Curl (3x10), Hammer Curl (3x12)
Day 3	Cardio & Core	20-30 min HIIT (Treadmill/Bike); Core: Hanging Leg Raise (3x15), Cable Crunches (3x15), Russian Twists (3x15)
Day 4	Legs	Squats (4x10), Lunges (3x12 each leg), Deadlifts (3x8), Leg Press (3x10), Calf Raises (4x15)
Day 5	Shoulders & Arms	Shoulders: Dumbbell Shoulder Press (4x8), Upright Row (3x10); Arms: Tricep Dips (4x12), Tricep Extensions (3x10), Cable Curl (3x12)
Day 6	Cardio & Core	20-30 min steady-state cardio (Jogging/Biking); Core: Planks (3x45 sec), Bicycle Crunches (3x15 each side), Mountain Climbers (3x15)
Day 7	Rest & Recovery	Active rest: light stretching or yoga to improve flexibility

# Nutritional Plan

Breakfast	Oats with Greek yogurt, berries, 1/2 cup	1/2 cup oats, 1 cup Greek yogurt, handful berries, small handful nuts
Snack	Protein shake with a banana	1 scoop protein, 1 banana
Lunch	Grilled chicken breast, quinoa, steamed veggies	150g chicken, 1/2 cup quinoa, 1 cup veggies
Afternoon Snack	Almonds or walnuts, carrot sticks	1 handful nuts, 1 cup carrot sticks
Dinner	Salmon (or lean fish), sweet potato, greens	120g salmon, 1/2 sweet potato, 1 cup greens
Optional Evening Snack	Cottage cheese or Greek yogurt	1/2 cup cottage cheese, few berries

## Additional Tips

- Hydration: Aim for at least 2-3 liters of water daily.
- Sleep: Get 7-8 hours of quality sleep each night to support recovery.
- Supplements: Optional supplements could include whey protein, multivitamins, and omega-3.

## Expected Timeline

- Phase 1 (Weeks 1-4): Foundation - Establish routine, focus on technique, start calorie deficit.
- Phase 2 (Weeks 5-10): Fat Reduction - Increased cardio, fine-tune diet, visible fat loss.
- Phase 3 (Weeks 11-16): Muscle Definition - Lean, muscular look, focus on muscle shaping exercises.

With consistency, expect a noticeable transformation in 12-16 weeks. Gradually increase weights, monitor progress, and stay motivated.