

Fitness Planner

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Train Smarter. Move Better. Get Stronger.



Sam Sulek



Sara Saffari



Chris Bumstaed

Workout videos, expert tips, and proven training techniques from some of the most well-known and respected professionals in the fitness industry. Learn smarter movement, better form, and sustainable progress.

[Learn More](#)

Proper Nutrition

A balanced intake of protein, carbohydrates, and healthy fats supports energy, muscle growth, and overall health, helping you get the most out of every workout.

Explore barbell-only workout videos you can do anytime, anywhere.

[Explore Workouts](#)

Fitness Planner

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Train with purpose.
Build Strength that lasts.

Fitness Planner was created to cut through the noise of modern fitness culture. No gimmicks. No unrealistic expectations. Just smart training, solid nutrition, and consistent progress.

Our Philosophy

Fitness isn't about **chasing trends** or maxing out every workout. It's about showing up, learning proper technique, and building habits you can maintain long-term.

- Quality** movement over ego lifting
- Consistency** over intensity
- Education** over shortcuts

What We Offer



Structured Training

Clear instructed training, that you can follow anytime, anywhere



Technique & Education

Simple explanations, form cues, and tutorials to help you move better and avoid injury.



Nutrition Fundamentals

No extremes- just practical guidance on protein, carbs, fats, and fueling performance.



Inspiration & Influence

Fitness Planner is inspired by former athletes and coaches who prioritize longevity, discipline, and intelligent training.

Exercises

Train Smart. Lift Strong

Discover practical workouts designed to build strength, muscle, and skill. Follow Proper technique, make consistent gains, and void wasting time in the gym.

[All](#)[Upper Body](#)[Lower Body](#)[Full Body](#)

Barbell Squats

Builds lower-body strength targeting quads and glutes.



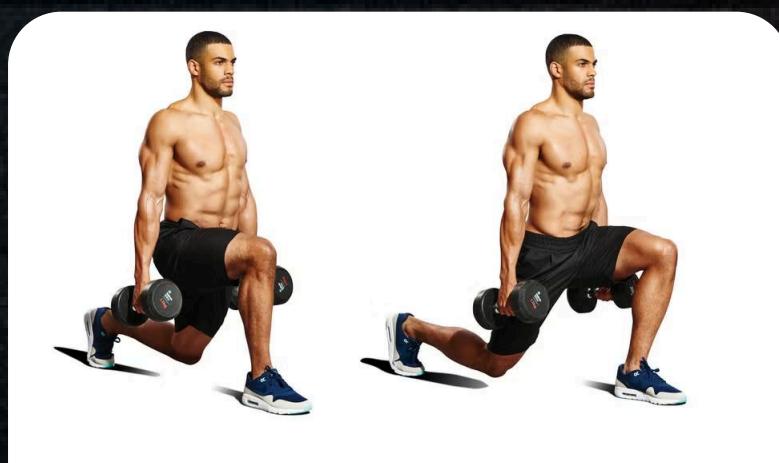
Dumbbell Incline-Bench Press

Targets the upper chest and shoulders.



Barbell Bench Press

Develops chest, shoulder, and triceps strength.



Dumbbell Lunges

Improves balance and leg muscle symmetry.



Cable Curls

Isolates and strengthens the biceps.



Lat Pull Downs

Strengthens the back and improves pulling power.

Master the Basics. Crush Your Goals.

Follow our step by step video tutorials to improve form, increase strength, and prevent injury.

[Start Training](#)

Nutrition

Fuel Your Life with Food.

Master the fundamentals of nutrition for better health, more energy, and sustainable weight management. Get evidence-based, practical guidance to achieve your wellness goals.



Nutrition Fundamentals

Discover the basics of macro-nutrients, vitamins, and balanced eating.



Healthy Meal Planning

Learn to prepare nutritious, balanced meals for the week.



Nutrient Timing

Understand when to eat different types of foods for the best results.



Supplements & Wellness

Get insights into vitamins, minerals, and effective supplements.

Nutrition Guides & Tips

- ✓ Build balanced, satisfying meals
- ✓ Manage Cravings and make health choices.
- ✓ Hydration, timing, and wellness

[Get Started](#)

Tutorials & Learning Center

Learn the proper technique, training science, and gym knowledge from trusted experts. Instead of guessing from random TikToks, these creators teach why you train - not just what to do.



Chris Bumstead (CBUM)

Chris Bumstead (CBUM) is a multi-time Mr. Olympia Classic Physique champion known for structured bodybuilding training and consistent discipline.

[Watch on YouTube](#)

Sam Sulek

Sam Sulek shares long, unfiltered training sessions that highlight intensity, effort, and consistency in the gym. His videos demonstrate how hard work, frequent training, and staying consistent over time drive results.

[Watch on YouTube](#)

Jeff Nippard

Jeff Nippard teaches evidence-based training using biomechanics and research. His content breaks down exercises step-by-step and explains why they work, helping lifters train efficiently while reducing injury risk.

[Watch on YouTube](#)

🎯 How To Use This Page

1. Pick a goal (build muscle, lose fat, build strength)
2. Choose a creator that matches your style
3. Watch videos and learn before your workout
4. Apply new concepts each training section.
5. Learn how to implement cardio into your workouts
6. Learn the science behind what makes your muscles grow

Case Studies

Explore the research-backed insights on muscle growth and fitness

Creatine and Strength Gains

How creatine supplementation enhances strength and muscle growth.

[Read More](#)

Creatine vs Placebo Study

Study results comparing the effects of creatine vs a placebo on muscle gains.

[Read More](#)

Factors Impacting Gains



Sleep & Muscle Recovery

Impact of sleep quality on muscle recovery and growth

[Read More](#)

Technique & Education

Link between testosterone levels and muscle gains

[Read More](#)

Nutrition Fundamentals

Which supplements have been shown to aid muscle growth

[Read More](#)