



AYYANICS

The Starter **Pack**

Everything you need to walk into the gym this week — no calorie tracking, no giving up your food, no guesswork.

BUILT FOR THE STRIVING

A free resource from ayyanics.com

START HERE

Your food was never the problem. The plan was.

Every beginner gets handed the same script: chicken, rice, broccoli. Track every calorie. Eat alone while your family shares dinner. Call it discipline.

Six weeks later, life shows up — a wedding, Ramadan, a deadline — and the plan collapses. Then you blame yourself, never the plan. **This pack is built on the opposite idea: a plan that survives your actual life is the only plan that works.**

Inside: the 3-Day Plan, the Plate Structure, and the Shelf. Enough to start this week and see your first results. What it can't contain is the part that's built **for you** — your schedule, your goal, your food — that's designed on a call, and the last page tells you how to get one.

THE FOUR PRINCIPLES BEHIND EVERYTHING

REPETITION	SABR	REVISION	ISTIQAHAH
Mastery is doing the ordinary daily.	Results are earned slowly, honestly.	What isn't reviewed is forgotten.	Steadfastness beats motivation.

Discipline built in one place transfers to every place. The gym is where you practice it.

THE 3-DAY PLAN

Three days. Full body. **Never miss twice.**

Rest a day between sessions. Form first, weight second. When every set hits the top of its rep range with control, add the smallest jump available next session — that quiet rule is the entire secret.

DAY A

EXERCISE	SETS × REPS	NOTE
Leg Press	3 × 8–12	Full range, controlled down
Machine Chest Press	3 × 8–12	Squeeze at the top
Lat Pulldown	3 × 8–12	Pull to collarbone, no swinging
Dumbbell Shoulder Press	3 × 8–12	Seated, back supported
Plank	3 × 30–45 sec	Straight line, breathe

DAY B

EXERCISE	SETS × REPS	NOTE
Goblet Squat	3 × 8–12	One dumbbell, chest tall
Seated Cable Row	3 × 8–12	Chest up, elbows back
Incline Dumbbell Press	3 × 8–12	Slow negatives
Romanian Deadlift (dumbbells)	3 × 8–12	Hinge, feel the hamstrings

DAY C

EXERCISE	SETS × REPS	NOTE
Machine Row	3 × 8–12	Pause a second at the squeeze
Walking Lunges	3 × 10 per leg	Bodyweight first, then dumbbells
Machine Shoulder Press	3 × 8–12	No lockout slamming
Farmer's Carry	3 × 30 steps	Heavy dumbbells, walk tall

How the plan changes as you progress — and when — is calibrated to you. That happens on the call.

Structure the plate. Don't police it.

No calorie apps. No weighing rice. Build every meal with your hand as the measuring tool — it scales to your size and works at any table, including your parents'.



PROTEIN · 1 PALM

Every meal, no exceptions.



CARBS · 1 CUPPED HAND

Rice, roti, potatoes.



VEG · 1 FIST

Sabzi, salad, anything green.



FATS · 1 THUMB

Oil, ghee, nuts. Present, not poured.

The protein anchor. Most beginners under-eat protein by half. Anchor every meal on one: eggs, chicken, kebab, tandoori anything, grilled fish, daal doubled up, Greek yogurt or dahi, paneer.

The dawat rule. Weddings, Eid, family dinners — planned events, not relapses. Keep the anchor, enjoy the meal fully, return to structure at the very next meal. One meal never broke a physique; the spiral after it does.

Cutting fat and building muscle use different portions of this same plate. Which one you need — and how to run it — is exactly what we set on the call.

Food is meant to be enjoyed — within a structure that serves the goal. That's the whole philosophy.

Five products. That's the whole shelf.

Supplements are the last 5% — they polish a foundation of food, training, and sleep. Buy halal-certified or plant-based capsules where it applies, and only brands with third-party testing.

01 Creatine Monohydrate — 3–5g daily

The most-researched supplement in existence: more strength, more reps, faster recovery. Every day, timing doesn't matter. Plain monohydrate — ignore the fancy versions.

02 Magnesium Glycinate — evening

The recovery mineral most people are low in. Gentle on the stomach; an hour before bed it supports deeper sleep and relaxed muscles — and sleep is where your training is cashed in.

03 Omega-3 (Fish Oil) — with a meal

EPA and DHA for heart, joints, and recovery — insurance for the years of lifting ahead. Check actual EPA/DHA content on the label; choose halal-sourced softgels.

04 Shilajit — as directed

The traditional pick — centuries of use for energy and vitality, early research on fatigue and testosterone support. The least proven of the five, so treat it as a bonus. Only buy purified, heavy-metal-tested resin.

05 Honey — the sunnah staple

A food with a lineage. A spoon before training is clean, fast fuel; it replaces refined sugar in your tea and on your dahi. Already in your kitchen.

If you take medication or have a health condition, clear any supplement with your doctor first.



This gets you started. The call gets you transformed.

The plan above works. But the plan built **for you** — your schedule, your food, your goal, coached and revised week after week — works faster, and it doesn't collapse when life shows up. That's The Ayyanics Blueprint, and it starts with a free, honest call.

No pressure, no pitch-slapping. If it's not a fit, I'll tell you directly and point you somewhere better.

BOOK THE CALL — [CALENDLY.COM/AYYANBRYANT23/30MIN](https://calendly.com/AYYANBRYANT23/30MIN)

AYYANICS.COM

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This guide is general fitness information, not medical advice. If you have a health condition, an old injury, or any doubt, check with a physician before starting a training program. Train smart — sabr includes knowing your starting point. © 2026 Ayyanics.