FITRAH STRONG™

BUILT FOR STRENGTH. GROUNDED IN DEEN.

THE MUSLIM MEN'S FITNESS & WELLNESS MAGAZINE



THE FHT & FOCUSED ISSUE

BUILT WITH STRUCTURE

Coach Zishan's Blueprint for Strength After 40

ROAD TO RAMADAN

Your 90-Day Preparation Plan

HALAL NUTRITION

Protein Without the Confusion

DISCIPLINE BUILDS FREEDOM

FALL 2026 • INAUGURAL ISSUE

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FAITH • MIND • BODY • CHARACTER • BROTHERHOOD

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FITRAH STRONG

WELCOME TO THE MOVEMENT

BUILT FOR STRENGTH. GROUNDED IN DEEN.

FITRAH STRONG is for Muslim men who want to become healthier, stronger and more disciplined—without losing sight of faith, family or real life.

No ego lifting. No shortcuts. No confusion.

Just structured training, halal nutrition and better habits built to last.

TRAIN
WITH PURPOSE

EAT
WITH BALANCE

LIVE
WITH DISCIPLINE

STRONG BODY • FOCUSED MIND • GROUNDED IN DEEN

FROM THE FOUNDER

A MESSAGE FROM COACH ZISHAN

Assalamu Alaikum,

FITRAH STRONG was created for Muslim men who want to take better care of the body Allah has entrusted to them—without making fitness complicated, extreme or disconnected from real life.

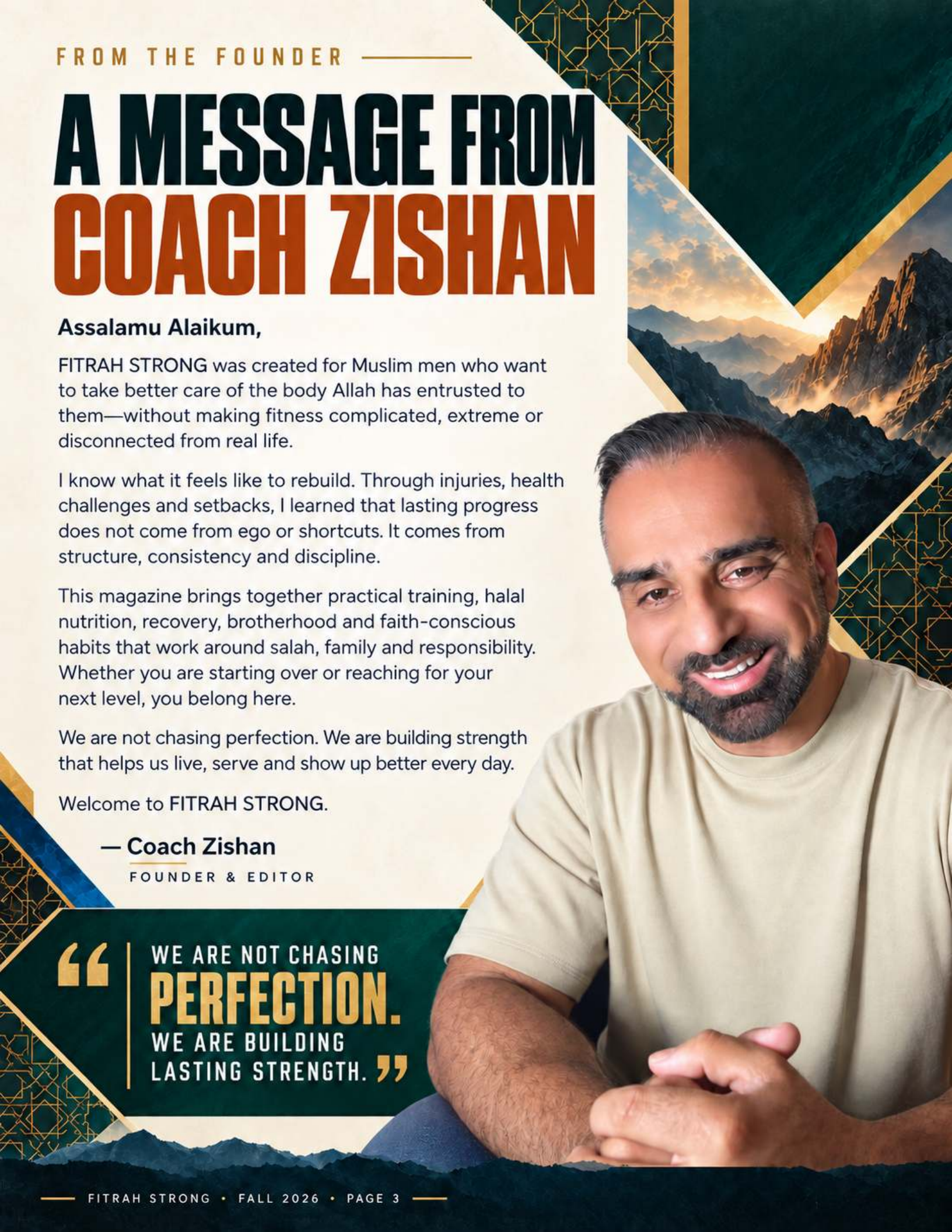
I know what it feels like to rebuild. Through injuries, health challenges and setbacks, I learned that lasting progress does not come from ego or shortcuts. It comes from structure, consistency and discipline.

This magazine brings together practical training, halal nutrition, recovery, brotherhood and faith-conscious habits that work around salah, family and responsibility. Whether you are starting over or reaching for your next level, you belong here.

We are not chasing perfection. We are building strength that helps us live, serve and show up better every day.

Welcome to FITRAH STRONG.

— **Coach Zishan**
FOUNDER & EDITOR



> "WE ARE NOT CHASING **PERFECTION.** WE ARE BUILDING LASTING STRENGTH."

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STRONG MEN BETTER TOMORROWS

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Built for strength. Grounded in deen.



03 FROM COACH ZISHAN
Why this movement matters.



06 THE STRONGER FOUNDATION
Health, faith and disciplined living.



HIGHER STANDARDS STRONGER MEN

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Coach Zishan's blueprint for lasting strength.



10 BUILDING YOUR WEEK
A practical weekly training structure.



CLICK A SECTION TO BEGIN • TRAINING • NUTRITION • HEALTH

PURPOSE TODAY.
A STRONGER
TOMORROW.

FAITH
DISCIPLINE
HEALTH
BROTHERHOOD
A BRIGHTER YOU

12 ESSENTIAL MOVEMENT PATTERNS

Squat. Hinge. Push.
Pull. Carry. Core.



14 STRENGTH AFTER 40

Train smarter. Recover
better. Keep progressing.



16 HALAL NUTRITION

Protein, portions and
better everyday choices.



REAL
MEN
REAL
PROGRESS.

18 ROAD TO RAMADAN

Stronger body. Better
habits. Ramadan ready.



19 THE 30-DAY FITRAH CHALLENGE

Your first step starts now.



DISCIPLINE TODAY A BRIGHTER TOMORROW

DEEN • DISCIPLINE • BROTHERHOOD • STRONGER TOGETHER

THE FITRAH STRONG PHILOSOPHY

THE STRONGER FOUNDATION

HEALTH, FAITH AND DISCIPLINED LIVING

PURPOSE
DISCIPLINE
HEALTH
BROTHERHOOD
A BRIGHTER YOU

STRONG MEN
BETTER
TOMORROWS

Real strength is more than muscle. It is the ability to worship with energy, fulfill your responsibilities, serve your family and community, and remain disciplined when motivation fades.

BODY

Train for strength, mobility, energy and long-term health.

MIND

Build patience, consistency and self-control. Choose progress over perfection.

DEEN

Let faith guide your intention, balance and responsibility. Fitness should support your worship—not replace it.

> **THE STRONG BELIEVER IS BETTER AND MORE BELOVED TO ALLAH THAN THE WEAK BELIEVER, WHILE THERE IS GOOD IN BOTH.**
>
> — SAHIH MUSLIM 2664

Strength includes faith, character, determination and the capacity to do good. Physical health is one part of that foundation.



THE FITRAH STRONG STANDARD

REAL MEN
REAL PROGRESS
A STRONGER
TOMORROW

FIVE PRINCIPLES FOR BUILDING STRENGTH THAT LASTS.

01 BEGIN WITH INTENTION

Know why you are training. A clear purpose keeps fitness from becoming ego.



02 PROTECT YOUR SALAH

Build workouts around your obligations—not your obligations around workouts.



03 TRAIN WITH STRUCTURE

Follow a plan, respect good form and progress patiently.



04 EAT WITH BALANCE

Choose halal, nourishing foods and portions that support your goals.



05 RECOVER WITH DISCIPLINE

Rest, sleep and recovery are part of the program—not signs of weakness.



"STRENGTH WITHOUT PURPOSE BECOMES EGO. PURPOSE TURNS STRENGTH INTO SERVICE.

COACH ZISHAN'S TRAINING PHILOSOPHY

BUILT WITH STRUCTURE

THE BLUEPRINT FOR LASTING STRENGTH

DISCIPLINE
CREATES
FREEDOM
STRONGER
DAYS AHEAD

Lasting strength is not built by chasing random workouts. It comes from knowing your starting point, training with purpose, tracking the work and adjusting when life changes.

> **MOTIVATION GETS YOU STARTED. STRUCTURE KEEPS YOU MOVING.**



STRONG
MEN
BETTER
TOMORROWS

COACH'S NOTE

At 40, 50 or beyond, the goal is not to prove how much you can lift. Build muscle, move well, stay capable and keep progressing without unnecessary setbacks.

FORM BEFORE LOAD • CONSISTENCY BEFORE INTENSITY • PROGRESS BEFORE PERFECTION

THE FOUR-PART BLUEPRINT

A SIMPLE SYSTEM. REPEATED WITH PURPOSE.

SAME PRINCIPLES A STRONGER YOU

01 ASSESS YOUR REALITY

Start with your experience, schedule, movement quality, injuries and current fitness—not someone else's highlight reel.



02 BUILD THE WEEK

Choose training days you can protect. Give every session a purpose: strength, conditioning, mobility or recovery.



03 PROGRESS PATIENTLY

Master form first. Then add repetitions, resistance, range or control—one deliberate step at a time.



04 REVIEW AND ADJUST

Track performance, energy and recovery. Keep what works. Change what does not.



A BALANCED WEEK

STRENGTH	3 DAYS
MOBILITY	2–4 SHORT SESSIONS
WALKING OR CONDITIONING	2–5 DAYS
FULL RECOVERY	1 DAY

EVERY FOUR WEEKS, ASK:

- ✓ Am I stronger?
- ✓ Moving better?
- ✓ Recovering well?
- ✓ More consistent?

Adapt the plan to your age, experience, injuries and medical needs.

STOP GUESSING. START TRAINING WITH A PLAN.

STRUCTURE THAT FITS REAL LIFE

BUILDING YOUR WEEKLY TRAINING STRUCTURE

TRAIN
DISCIPLINE
BALANCE
PROGRESS
A STRONGER
TOMORROW

CHOOSE A RHYTHM YOU CAN REPEAT.

The best training week is not the hardest one. It is the one that fits your responsibilities, protects your recovery and can be repeated consistently.

THE THREE-DAY FOUNDATION

MON	WORKOUT A — FULL BODY
TUE	WALK + MOBILITY
WED	WORKOUT B — FULL BODY
THU	RECOVERY
FRI	WORKOUT C — FULL BODY
SAT	LIGHT CONDITIONING
SUN	FULL RECOVERY







BUSY WEEK?

Complete the three strength sessions first. Walking, mobility and conditioning can be adjusted around them.

"YOUR PLAN SHOULD SUPPORT YOUR LIFE—NOT COMPETE WITH IT.

ANATOMY OF A SMART SESSION

EVERY PART HAS A PURPOSE.

SAME PRINCIPLES
BETTER SESSIONS
A STRONGER TOMORROW

01 PREPARE • 5–10 MIN

Raise your temperature, move the joints you will train and rehearse the first exercise.



WARM UP
MOVE WELL
PERFORM BETTER

02 BUILD • 20–30 MIN

Focus on the main strength movements. Use controlled form and leave room for quality repetitions.



GOOD FORM
BUILDS
REAL
STRENGTH

03 SUPPORT • 10–15 MIN

Add accessory work for muscle balance, core strength and individual needs.



A STRONG
CORE
SUPPORTS
EVERYTHING

04 RESET • 5–10 MIN

Cool down, breathe, note your performance and prepare to recover.



REFLECT
RECOVER
COME BACK
STRONGER

THE ORDER MATTERS

TECHNIQUE → CONTROL → CONSISTENCY → PROGRESSION

THE 48-HOUR RULE

Give the same major muscle groups time to recover before training them hard again.

WHEN LIFE INTERRUPTS

Shorten the session—do not abandon the week. Complete the warm-up and main movements, then return to the plan.

TRAIN WITH PURPOSE. RECOVER WITH DISCIPLINE. REPEAT.

THE LANGUAGE OF STRENGTH

THE ESSENTIAL MOVEMENT PATTERNS

SIX PATTERNS. ENDLESS EXERCISES. ONE STRONGER BODY.

Most effective strength programs are built from the same basic human movements. Learn the pattern first, then choose the exercise that fits your body and experience.

01 SQUAT

Builds the legs and teaches you to lower and rise with control.

KEY CUES:

FEET PLANTED • KNEES TRACK NATURALLY • CONTROL THE DEPTH



02 HINGE

Trains the hips, hamstrings and the ability to lift from the ground safely.

KEY CUES:

HIPS BACK • SPINE NEUTRAL • KEEP THE LOAD CLOSE



03 PUSH

Develops the chest, shoulders and triceps for everyday pressing strength.

KEY CUES:

RIBS CONTROLLED • WRISTS STACKED • MOVE WITH PURPOSE



MOVEMENT BEFORE MUSCLE

Train the pattern—not just the body part.

"MASTER THE MOVEMENT.

BETTER MOVEMENT
STRONGER HABITS
A BRIGHTER TOMORROW



MOVEMENT BUILDS CAPABILITY
BUILDS FREEDOM

SAME FOUNDATIONS
A STRONGER YOU

04 PULL

Strengthens the back, arms and posture through controlled rowing.

KEY CUES:
SHOULDER SET • ELBOW TOWARD HIP • NO RUSHING



A STRONGER BACK
SUPPORTS
A STRAIGHTER YOU

05 CARRY

Builds grip, posture, core stability and real-world work capacity.

KEY CUES:
STAND TALL • STEADY STEPS • CONTROL YOUR BREATHING



REAL STRENGTH
GOES WITH YOU
EVERYWHERE

06 CORE

Teaches your trunk to resist unwanted movement and transfer force.

KEY CUES:
RIBS STACKED • BRACE GENTLY • KEEP BREATHING



A STRONGER CORE
A MORE STABLE YOU

REGRESS OR PROGRESS
Change the load, range, support or tempo while keeping the movement pattern.

FORM BREAKING DOWN?
Reduce the resistance or range. Quality repetitions build lasting strength.

Adapt each movement to your experience, mobility, injuries and medical needs.

THEN EARN THE WEIGHT.

STRONGER FOR THE LONG RUN

STRENGTH AFTER 40

TRAIN SMARTER. RECOVER BETTER. KEEP PROGRESSING.

Forty is not a finish line. Strength training can help preserve muscle, support mobility and keep you capable for the life you want to live. The strategy is simple: train consistently, respect your recovery and adjust the plan to your body.

SAME DISCIPLINE A STRONGER TOMORROW

HEALTHIER STRONGER MORE CAPABLE AT EVERY AGE

01 PREPARE WITH PURPOSE

Use a gradual warm-up, move the joints you will train and rehearse the first exercise.

02 OWN THE RANGE

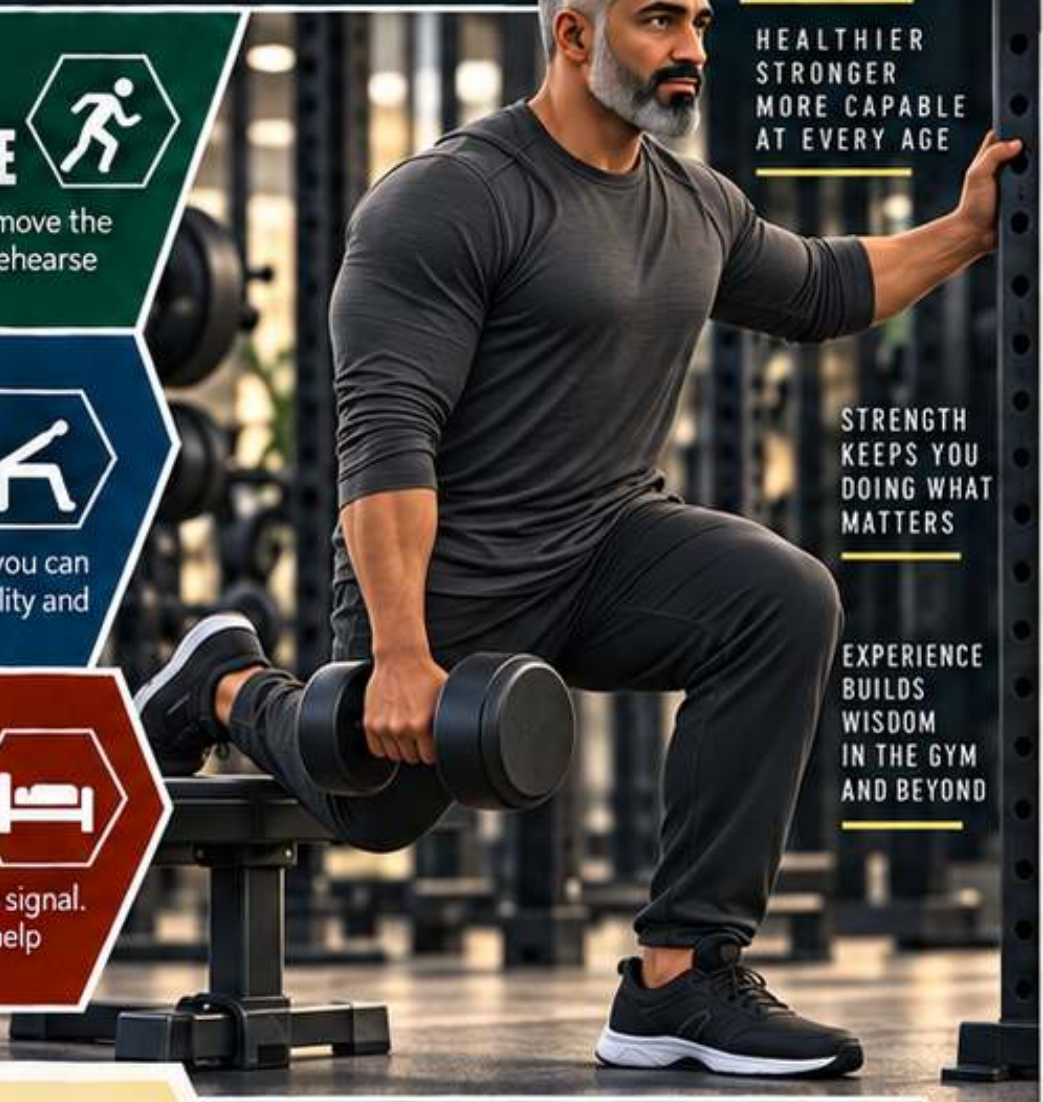
Use the range of motion you can control today. Build mobility and strength over time.

STRENGTH KEEPS YOU DOING WHAT MATTERS

03 RECOVER DELIBERATELY

Hard training creates the signal. Sleep, nutrition and rest help you adapt.

EXPERIENCE BUILDS WISDOM IN THE GYM AND BEYOND



THE WEEKLY BASELINE

Train all major muscle groups at least 2 days each week.

Consistency matters more than a complicated routine.

AGE CHANGES THE STRATEGY—NOT THE STANDARD.

THE LONGEVITY LIFTING RULES

BUILD STRENGTH YOU CAN KEEP.

STRONGER
HEALTHIER
MORE CAPABLE
A BRIGHTER
TOMORROW

01 KEEP STRENGTH CENTRAL

Base the week around repeatable resistance training—not random punishment.



CONSISTENT TRAINING BUILDS A STRONGER YOU

02 LEAVE EGO OUTSIDE

You do not need to test your maximum every session. Quality work still drives progress.



PROGRESS BEATS PRIDE EVERY TIME

03 PROGRESS ONE THING

Add a repetition, a little resistance, better control or more range—not everything at once.



SMALL STEPS BUILD BIG RESULTS

04 READ YOUR RECOVERY

Track soreness, energy, sleep and performance. Adjust before fatigue becomes a setback.



RECOVERY FUELS A LONGER STRONGER JOURNEY

05 TRAIN THE WHOLE PERSON

Combine strength with walking or conditioning, mobility and balance.



STAY ACTIVE
STAY MOBILE
STAY READY
FOR WHAT'S NEXT

CHECK BEFORE YOU TRAIN

ENERGY | SORENESS | SLEEP | MOTIVATION | PERFORMANCE

PAIN IS NOT A PRIZE

Reduce the load or range when form breaks down. Stop for sudden or severe pain, chest pain, faintness or unusual shortness of breath, and seek appropriate medical care.

Adapt training to your experience, health conditions, medications and injury history.

TRAIN FOR THE NEXT DECADE—NOT JUST THE NEXT WORKOUT.

REAL FUEL. REAL RESULTS.

HALAL NUTRITION

PROTEIN, PORTIONS AND BETTER EVERYDAY CHOICES

Good nutrition does not need to be extreme. Build most meals from halal protein, colorful plants, satisfying carbohydrates and measured fats—then adjust portions to your goals, activity and health needs.

SAME DISCIPLINE A HEALTHIER TOMORROW



01 ANCHOR THE PROTEIN

Build the meal around chicken, fish, eggs, yogurt, beans, lentils or another reliable halal source.

02 ADD COLOR AND FIBER

Vegetables, fruit, beans and whole grains support fullness and overall health.

03 CHOOSE USEFUL CARBS

Rice, oats, potatoes, fruit and whole grains can fuel training and daily life.

04 MEASURE THE EXTRAS

Oils, sauces, nuts and spreads are nutritious—but portions still matter.

WHOLE FOOD FIRST

Supplements can add convenience. They should not replace a varied diet.

Real food builds real energy, better health and a stronger you.

"BETTER CHOICES, REPEATED OFTEN, BEAT A PERFECT DIET THAT NEVER LASTS.

HIGH-PROTEIN BANANA PANCAKES



NUTRITION FACTS

Approx. per full recipe

400	CALORIES
39g	PROTEIN
30g	CARBOHYDRATES
14g	FAT
3g	FIBER

ALLERGENS

Contains milk and eggs

COACH ZISHAN'S BLENDER ORDER

1 EGGS + COTTAGE CHEESE **2 BANANA** **3 WHEY + OATS**

Blend smooth, then cook on a lightly greased pan over medium-low heat until golden.

HALAL NOTE: Choose halal-certified whey protein.

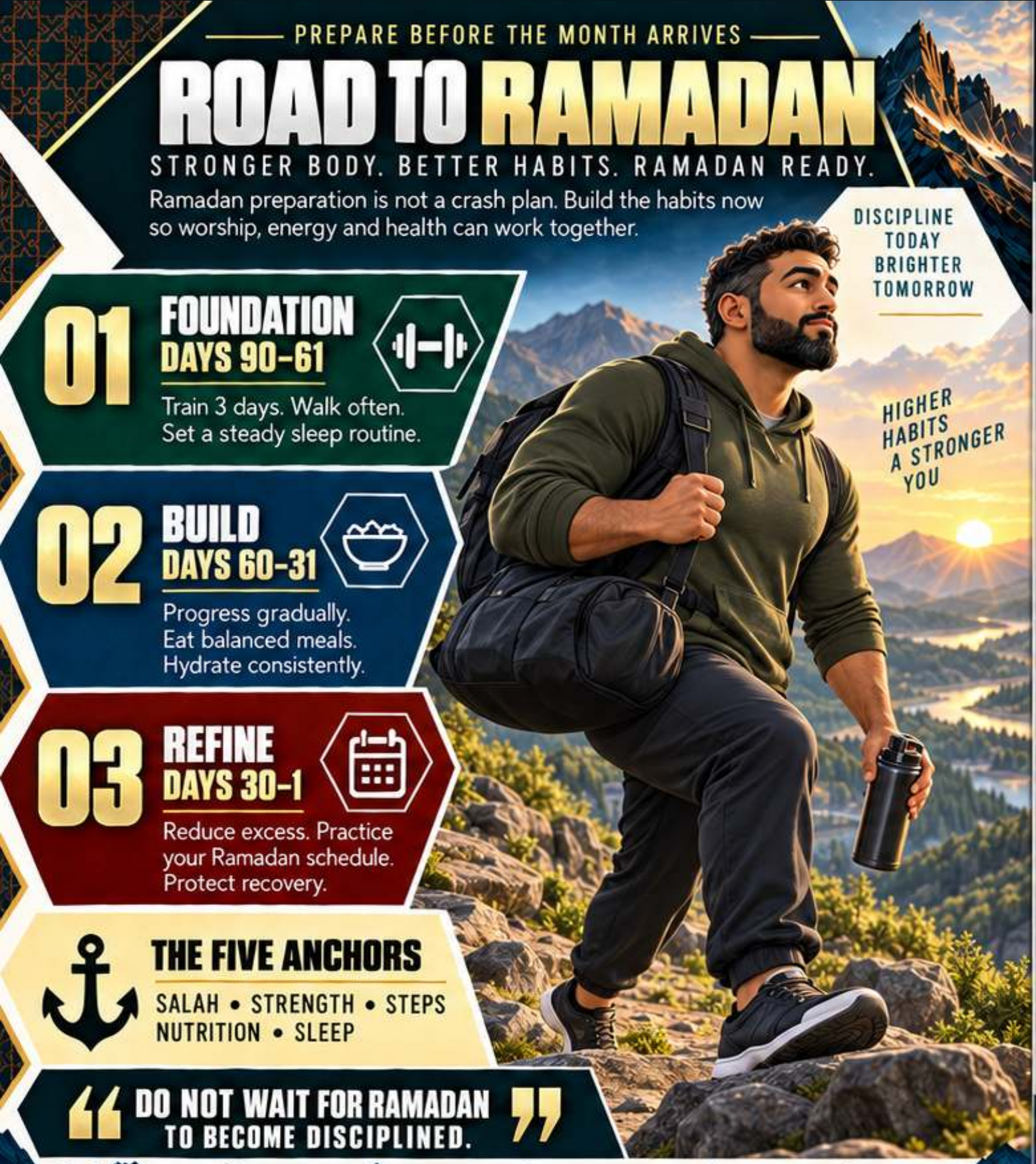
Nutrition is an estimate based on standard ingredient values. Brands and scoop sizes vary.
Cooking oil, syrup and toppings are not included. One recipe makes approximately 3 pancakes.

PREPARE BEFORE THE MONTH ARRIVES

ROAD TO RAMADAN

STRONGER BODY. BETTER HABITS. RAMADAN READY.

Ramadan preparation is not a crash plan. Build the habits now so worship, energy and health can work together.



01 FOUNDATION
DAYS 90–61

Train 3 days. Walk often.
Set a steady sleep routine.

02 BUILD
DAYS 60–31

Progress gradually.
Eat balanced meals.
Hydrate consistently.

03 REFINE
DAYS 30–1

Reduce excess. Practice your Ramadan schedule.
Protect recovery.

THE FIVE ANCHORS

SALAH • STRENGTH • STEPS
NUTRITION • SLEEP

> **DO NOT WAIT FOR RAMADAN TO BECOME DISCIPLINED.**

SMALL HABITS TODAY. A BRIGHTER RAMADAN TOMORROW.

YOUR FIRST STEP STARTS NOW

THE 30-DAY FITRAH CHALLENGE

CONSISTENCY BEFORE INTENSITY.

SAME EFFORT A BRIGHTER TOMORROW

WEEK 1 • SHOW UP

Complete 3 strength sessions and walk on 3 other days.



CONSISTENCY CREATES MOMENTUM

WEEK 2 • FUEL WELL

Build meals around halal protein, plants and useful carbs.



GOOD FOOD FUELS A BETTER YOU

WEEK 3 • BUILD DISCIPLINE

Anchor your day around salah, movement and planned meals.



DISCIPLINE IN THE SMALL THINGS BUILDS GREAT THINGS

WEEK 4 • RAMADAN READY

Protect sleep, hydrate well and train without ego.



A WELL RESTED YOU WORSHIPS BETTER

MARK ONE CIRCLE EVERY DAY

01	02	03	04	05	06	07	08	09	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

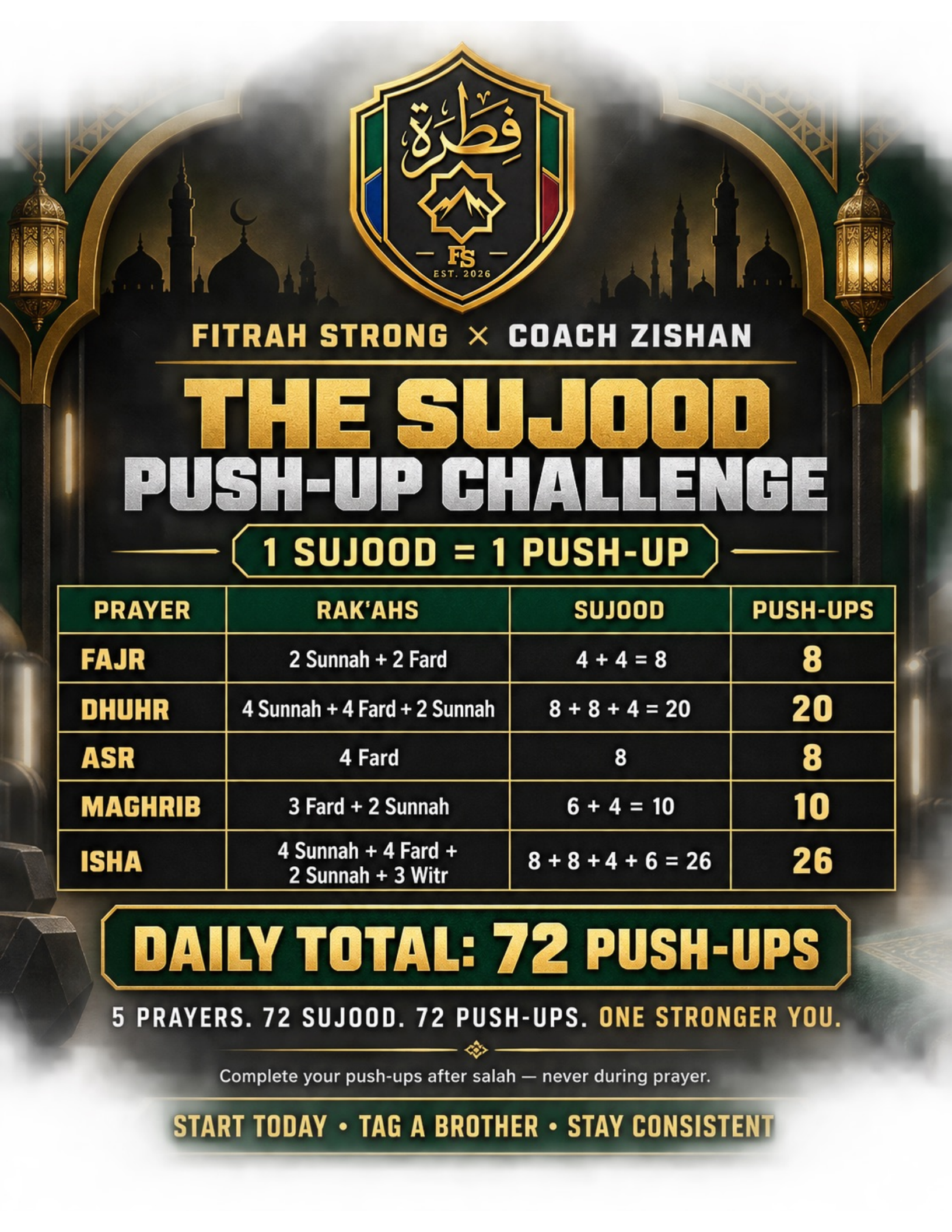
DAILY CHECK

☐ SALAH ☐ MOVE ☐ PROTEIN ☐ WATER ☐ SLEEP

START TODAY

FITRAHSTRONG.COM

"THIRTY DAYS CAN CHANGE YOUR DIRECTION. CONSISTENCY CAN CHANGE YOUR LIFE.


فِطْرَة
FS
EST. 2026
FITRAH STRONG × COACH ZISHAN
THE SUJOOD
PUSH-UP CHALLENGE
1 SUJOOD = 1 PUSH-UP
PRAYER | RAK'AHS | SUJOOD | PUSH-UPS
FAJR | 2 Sunnah + 2 Fard | 4 + 4 = 8 | 8
DHUHR | 4 Sunnah + 4 Fard + 2 Sunnah | 8 + 8 + 4 = 20 | 20
ASR | 4 Fard | 8 | 8
MAGHRIB | 3 Fard + 2 Sunnah | 6 + 4 = 10 | 10
ISHA | 4 Sunnah + 4 Fard + 2 Sunnah + 3 Witr | 8 + 8 + 4 + 6 = 26 | 26
DAILY TOTAL: 72 PUSH-UPS
5 PRAYERS. 72 SUJOOD. 72 PUSH-UPS. ONE STRONGER YOU.
Complete your push-ups after salah — never during prayer.
START TODAY • TAG A BROTHER • STAY CONSISTENT

THE INAUGURAL ISSUE • FALL 2026

FITRAH STRONG

BUILT FOR STRENGTH. GROUNDED IN DEEN.



FAITH • MIND • BODY • CHARACTER • BROTHERHOOD

THIS IS ONLY THE BEGINNING.

Train with purpose. Live with discipline. Grow with your brothers.

JOIN THE MOVEMENT

FITRAHSTRONG.COM

CREATED BY COACH ZISHAN