

# UFF DUPES



12 WEEK  
3<sup>RD</sup> EDITION  
PROGRAM

# WARNING

Exercise is inherently strenuous and potentially dangerous. Consult your physician before starting any exercise program.

*BUFF DUDES* are not responsible for injuries or health problems incurred as a result of exercise or related advice.

**Stay safe. Stay BUFF.**

# WARNING!!



# WHY BECOME B.U.F.F.?

Great question. *\*Cue Movie Trailer Voice\**

There's a war out there, and the fitness army is getting hammered by the incoming waves of bad eating habits, lack of exercise, and non-existent hygiene. But there's hope. There's the B.U.F.F. Dudes.

We may be outnumbered but we're not outgunned. With your help, the B.U.F.F. Army will grow; and through completing this plan, you'll develop your Guns, Shields, Abs, and Wheels. Along the way, you'll build your human machine into a wrecking ball; smashing down high blood pressure, ripping apart bad cholesterol, and destroying unwanted body fat as it tries to sink its greasy claws into your newly chiseled physique.

Remember: the battle may seem like it's lost, but the war is just beginning. The line has been drawn - choose your side.

Are you ready? **The B.U.F.F. Dudes are!**

**"Remember! If at any time you need help with an exercise or mobility, stretching or workout routine visit the B.U.F.F. Dudes YouTube at <http://www.youtube.com/buffdudes>. In addition you will find the entire video series of the B.U.F.F. Dudes completing this 12 Week Plan themselves!"**





*Always Outnumbered,  
Never Outgunned*



# 12 WEEK PROGRAM

## WEEKS 1 - 2 - 3

**Note:** This will be the first phase and concentrates on pairing primary and secondary muscle groups together. The goal is to target the smaller muscle groups through isolation exercises after focusing on the major muscle groups through compound exercises.

### DAY 1 – BACK & REAR DELTOIDS

<b>DEADLIFT</b>	4 SETS X 10, 8, 6, 4
<b>PULL-UPS</b>	4 SETS X 10 REPS
<b>SINGLE ARM DUMBBELL ROW</b>	4 SETS X 10 REPS
<b>T-BAR ROW</b>	4 SETS X 10 REPS
<b>BARBELL FACE PULLS</b>	4 SETS X 12 REPS
<b>BENT OVER LATERAL RAISES</b>	3 SETS X 15 REPS

**Note:** A good rule of thumb is to start your workout with your most difficult move. Today we begin ours with the DEADLIFT.

### DAY 2 – CHEST & ANTERIOR/LATERAL DELTOIDS

<b>INCLINE DUMBBELL PRESS</b>	4 SETS X 12,10,8,8
<b>BARBELL FLAT PRESS</b>	4 SETS X 10,8,8,6
<b>LANDMINE PRESS</b>	4 SETS X 10 REPS
<b>DUMBBELL FLYS</b>	3 SETS X 15 REPS
<b>DUMBBELL UPRIGHT ROWS</b>	4 SETS X 10 REPS
<b>ALTERNATING DUMBBELL FRONT RAISES</b>	3 SETS X 12 REPS
<b>LATERAL RAISES</b>	3 SETS X 12 REPS

**Tip:** If you have any lagging body parts, it is a good idea to make them a priority in your program. This is one of the reasons we make the incline press our first exercise. The clavicular portion of the chest is a hard grower, so we FORCE it to grow by adding in upper chest training first!

# PAIRING PHASE

## DAY 3 – LEGS & CALVES

<b>SQUATS</b>	4 SETS X 12,10,8,6
<b>WALKING LUNGES</b>	3 X 10 STEPS (EACH WAY)
<b>ROMANIAN DEADLIFT</b>	4 SETS X 12 REPS
<b>GLUTE BRIDGES</b>	3 SETS X 10 REPS
<b>KETTLE BELL SWINGS</b>	3 SETS X 12 REPS
<b>SEATED CALF RAISE</b>	5 SETS X 10 REPS

## DAY 4 – ARMS & TRAPEZIUS

<b>CLOSE GRIP PRESS</b>	4 SETS X 10 REPS
<b>SKULL CRUSHERS</b>	3 SETS X 12 REPS
<b>KICK BACKS</b>	3 SETS X 12 REPS
<b>UNDERHAND PULL DOWN</b>	4 SETS X 10 REPS
<b>BARBELL CURLS</b>	3 SETS X 12 REPS
<b>ALTERNATING HAMMER CURLS</b>	3 SETS X 10 REPS
<b>BARBELL SHRUG</b>	5 SETS X 10 REPS

**Note:** As we mentioned earlier, this phase begins each workout with a compound exercise. A compound movement will stress multiple muscles and permit you to push (or pull) more weight than a normal isolation exercise and enhance the stress on the muscle groups in question.

## WEEKS 4 - 5 - 6

**Note:** The lower body will be worked twice a week in this phase. You'll see increased strength in your legs and hips; creating more stability in your knee and lower back and mobility in your ankles and hips. We'll also continue into the second part of the "pairing phase" by activating the primary muscles through heavy compound movements first, and end with isolations exercises that will stress the secondary muscles.

### DAY 1 – LEGS & CALVES

<b>SQUATS</b>	5 SETS X 12,10,8,6,4
<b>STEP-UPS</b>	4 SETS X 10 (EACH LEG)
<b>TRAP BAR DEADLIFTS*</b>	4 SETS X 10 REPS
<b>LATERAL BOX SQUATS</b>	3 SETS X 10 REPS
<b>ROMANIAN DEADLIFT</b>	3 SETS X 10 REPS
<b>SEATED CALF RAISES</b>	4 SETS X 12 REPS

*\*HOME Alt exercise: DB Farmer Squats*

### DAY 2 – BACK, TRAPEZIUS & BICEPS

<b>DEADLIFT</b>	4 SETS X 10,8,6,4
<b>BENT OVER ROW</b>	4 SETS X 8 REPS
<b>V-GRIP PULL UPS</b>	4 SETS X 8 REPS
<b>DUMBBELL PULL-OVERS</b>	3 SETS X 12 REPS
<b>DUMBBELL SHRUGS</b>	4 SETS X 12 REPS
<b>DRAG CURLS</b>	3 SETS X 12 REPS
<b>INCLINE BENCH DB CURLS</b>	3 SETS X 12 REPS

### DAY 3 – CHEST & TRICEPS

<b>DUMBBELL PRESS</b>	4 SETS X 12,10,8,8
<b>INCLINE BARBELL PRESS</b>	4 SETS X 10 REPS
<b>SINGLE ARM DB PRESS</b>	3 SETS X 10 (EACH ARM)
<b>INCLINE DB FLY</b>	3 SETS X 12 REPS
<b>SINGLE ARM DB FRENCH PRESS</b>	3 SETS X 12 (EACH ARM)
<b>CROSS BENCH DIPS</b>	3 SETS X 10 REPS

# PAIRING PHASE

## DAY 4 – DELTOIDS & FOREARMS

OVERHEAD PRESS	4 SETS X 12,10,8,6
SINGLE ARM KB PRESS	3 SETS X 10 REPS
REVERSE UPRIGHT ROW	4 SETS X 12 REPS
LATERAL RAISE	4 SETS X 12 REPS
REVERSE CURL	3 SETS X 12 REPS
FINGER CURL	3 SETS X 12 REPS

## DAY 5 – LEGS & CALVES

FRONT SQUATS	4 SETS X 12,10,8,6
GLUTE BRIDGES	4 SETS X 12 REPS
SPLIT SQUATS	4 SETS X 8 (EACH LEG)
SINGLE LEG ROMANIAN DEADLIFT	4 SETS X 12 REPS
STANDING CALF RAISE	4 SETS X 12 REPS





## WEEKS 7 - 8 - 9

**Note:** Here we'll be moving onto a more difficult split, giving each major muscle group its own day to help isolate it for further growth and/or detail.

### DAY 1 – BACK & TRAPEZIUS

<b>PULL-UPS</b>	4 SETS X 15
<b>T-BAR ROW</b>	4 SETS X 10,8,8,6
<b>SUPER SET PENDLAY ROW DUMBBELL PULL-OVER</b>	4 SETS X 10 REPS
<b>SUPER SET RACK PULL BARBELL SHRUGS</b>	4 SETS X 8
<b>SINGLE ARM DUMBBELL ROW</b>	3 SETS X 10
<b>SINGLE ARM DUMBBELL SHRUG</b>	3 SETS X 12

### DAY 2 – CHEST

<b>BARBELL PRESS</b>	5 SETS X 12,10,8,6,4
<b>INCLINE DUMBBELL PRESS (CLOSE)</b>	4 SETS X 10
<b>(WEIGHTED) CHEST DIPS</b>	4 SETS X 8
<b>SUPER SET CABLE CROSS OVER* LANDMINE PRESS</b>	3 SETS X 12 REPS
<b>DUMBBELL FLYS</b>	3 SETS X 12 REPS

*\*HOME Alt exercise: Diamond Push Ups*

### DAY 3 – LEGS & CALVES

<b>BOX SQUATS</b>	4 SETS X 10,8,6,4
<b>WALKING LUNGES</b>	4 SETS X 10 REPS (20 TOTAL STEPS)
<b>ROMANIAN DEADLIFT</b>	4 SETS X 10,8,8,6
<b>BARBELL HACK SQUATS</b>	4 SETS X 8 REPS
<b>MACHINE HAMSTRING CURLS*</b>	3 SETS X 10 REPS
<b>SEATED CALF RAISE</b>	5 SETS X 12

*\*HOME Alt exercise: Manual Hamstring Curls*

# ISOLATION PHASE

## DAY 4 – DELTOIDS

<b>SEATED BARBELL PRESS</b>	4 SETS X 10,10,8,6
<b>SUPER SET DUMBBELL UPRIGHT ROW BARBELL REVERSE UPRIGHT ROW</b>	4 SETS X 10 REPS
<b>AROUND THE WORLDS</b>	4 SETS X 10 REPS (EACH WAY)
<b>LATERAL RAISE</b>	3 SETS X 10
<b>CABLE REVERSE FLY*</b>	3 SETS X 12 REPS

*\*HOME Alt exercise: Bent Over DB Reverse Fly*

## DAY 5 – ARMS (TRICEPS, BICEPS, FOREARMS)

<b>SUPER SET SKULL CRUSHERS // CLOSE GRIP PRESS</b>	4 SETS X 10 REPS
<b>(WEIGHTED) CROSS BENCH DIPS</b>	4 SETS X 12 REPS
<b>CABLE ROPE EXTENSIONS*</b>	3 SETS X 12 REPS
<b>SUPER SET SEATED DUMBBELL CURL UNDER HAND PULL DOWNS</b>	4 SETS X 10 REPS
<b>REVERSE CURL</b>	3 SETS X 12 REPS
<b>BEHIND THE BACK BARBELL FINGER CURL</b>	3 SETS X 12 REPS

*\*HOME Alt exercise: DB Bilateral Kick Backs*



## WEEKS 10 - 11 - 12

**Note:** In this last phase, a day will be added onto the split for a total of 6 days of workouts. These workouts will primarily focus on super-sets to help with the “flushing method” (drawing in a large amount of blood into the muscle groups) and increase the amount of calories burned per workout, as well as increasing the amount of total stress on the body throughout the week.

### DAY 1 – BACK & CHEST

<b>SUPER SET</b>	<b>STRAIGHT ARM PULL DOWN** (PRE – EXHAUST)</b>	
	<b>PULL UPS</b>	4 SETS X 12 REPS*
<b>SUPER SET</b>	<b>INCLINE DUMBBELL FLY</b>	
	<b>INCLINE BARBELL PRESS</b>	4 SETS X 10 REPS
<b>SUPER SET</b>	<b>BENT OVER DUMBBELL ROW (BI-LATERAL)</b>	
	<b>FLAT BENCH DUMBBELL PRESS</b>	4 SETS X 10 REPS
<b>SUPER SET</b>	<b>DUMBBELL PULL-OVER</b>	
	<b>DIPS (WEIGHTED)</b>	4 SETS X 10 REPS

*\*Last set you'll end with negative reps. Jump into the top position and slowly let yourself down to the bottom position. Perform until failure.*

*\*\*HOME Alt exercise: Medicine Ball Slams*

### DAY 2 – LEGS

<b>SQUATS</b>	5 SETS 20,12,10,8,4
<b>SUPER SET</b> ROMANIAN DEAD LIFTS SINGLE LEG HIP LIFTS	4 SETS X 10 REPS
<b>WALKING LUNGES</b>	4 SETS X 10 STEPS (EACH WAY)
<b>SUPER SET</b> LEG EXTENSIONS* LEG CURLS**	4 SETS X 12 REPS
<b>STANDING CALF RAISES</b>	5 SETS X 10 REPS*

*\*HOME Alt exercise: Sissy Squats*

*\*\*HOME Alt exercise: Manual Hamstring Curl*

*\*\*\*After 10 full reps finish with partial reps till failure*

# HIGH INTENSITY PHASE

## DAY 3 – SHOULDERS & TRAPEZIUS

<b>SUPER SET</b> LATERAL RAISE (PRE-E X HAUST) ARNOLD PRESS	4 SETS X 10 REPS
<b>SUPER SET</b> CABLE FACE PULL* BENT OVER LATERAL RAISE	4 SETS X 10 REPS
<b>UPRIGHT ROW</b>	4 SETS X 10 REPS
<b>SEATED DUMBBELL SHRUGS</b>	4 SETS X 10 REPS
<b>STANDING BEHIND THE BACK BARBELL SHRUGS</b>	4 SETS X 10 REPS

*\*HOME Alt exercise: Barbell Face Pull*

## DAY 4 – TRICEPS & BICEPS

<b>SUPER SET</b> BARBELL CLOSE GRIP PRESS BENCH DIPS	4 SETS X 10 REPS
<b>SUPER SET</b> SEATED UNDER HAND CABLE ROW* LYING CABLE CURL*	4 SETS X 10 REPS
<b>SUPER SET</b> PRONATED (OVERHAND) TRICEPS EXTENSION SUPINATED (UNDERHAND) TRICEPS EXTENSION	3 SETS X 10 REPS
<b>CONCENTRATION CURLS</b>	3 SETS X 12 REPS

*\*HOME Alt exercise: Underhand Barbell Row*

*\*\*HOME Alt exercise: Barbell Curl*

*\*\*\*HOME Alt exercise: Supinated Grip Skull Crushers//superset//Pronated Grip Skull Crushers with EZ Bar*

# 12 WEEK PROGRAM

## WEEKS 10 - 11 - 12

### DAY 5 – LEGS

<b>SUPER SET</b>	<b>FRONT SQUAT</b>	
	<b>JUMPING SPLIT SQUATS</b>	4 SETS X 10 REPS*
<b>SUPER SET</b>	<b>MANUAL HAMSTRING CURLS</b>	
	<b>KB SWINGS</b>	4 SETS X 10 REPS
<b>STANDING LEG CURLS**</b>		3 SETS X 20 REPS
<b>SINGLE SEATED CALF RAISE</b>		3 SETS X 20 REPS
<b>STANDING CALF RAISE</b>		3 SETS X 10 REPS

\*Jumping Split Squats will be 10 reps each leg – 20 reps in total.

\*\*HOME Alt exercise: Single Leg RDL with DB or KB

### DAY 6 – CHEST & BACK

<b>SUPER SET</b>	<b>BENT OVER ROW 4 SETS</b>	
	<b>FLAT BARBELL PRESS</b>	4 SETS X 12,10,8,8
<b>SUPER SET</b>	<b>UNDERHAND PULL DOWNS*</b>	
	<b>INCLINE BARBELL PRESS</b>	4 SETS X 12,10,8,8
<b>SUPER SET</b>	<b>SEATED CABLE ROW**</b>	
	<b>ALT. CABLE FLY***</b>	4 SETS X 10 REPS
<b>SUPER SET</b>	<b>BACK EXTENSIONS</b>	
	<b>UNDER HAND DUMBBELL FLY</b>	3 SETS X 12 REPS

\*HOME Alt exercise: Chin up

\*\*HOME Alt exercise: T Bar Row

\*\*\*Home Alt exercise: Alternating DB Fly



# YOU DID IT!

We hope you enjoyed our 12-Week Workout Plan. By following the plan and mixing in proper eating and rest, you are now one big step closer to becoming a Buff Dude or Grrrl and we congratulate you on the hard work, consistency, and determination to better yourself. Having a Better Understanding of Food & Fitness isn't easy; if it was, everyone would be doing it. You're a rare breed, and for that we single-bicep salute you!

Thank you, hope you enjoyed the plan and most importantly...

**STAY BUFF!**



# THANK YOU!

A very special thanks to these super Buff Dudes who helped make this book possible.

**Curtis Rhodes** - Editor

**Timmy de Jong** - Book Design & Layout

**João Victor G. Costa** - Artwork



