

# BUFF DUDES



12 WEEK  
<sup>3RD EDITION</sup>  
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!!**



# BUFF DUDES

© 2015

# TABLE OF CONTENTS

Welcome	6
Who are the B.U.F.F. Dudes?	7
Why become B.U.F.F.?	8
Eating Guide	10
Weekly Meal Plan	11
Cardio	14
Dynamic Warm-up	15
Mobility Exercises	16
What about abs?	20
Stretching Routine	22
Prep Week - 3 Day Weekly Workout Split	28
12 Week Plan	30
F.A.Q.	40
Foodplan F.A.Q.	48
Gym Terms & Lingo	54
Further Resources	58
Parting Motivation	59
24-Week Log Book	60
Extra Notes	84



# WELCOME

Welcome to the B.U.F.F. (Better Understanding of Food & Fitness) Dudes  
**12-Week Workout Plan - 3rd Edition.**

This workout program will consist of four phases, each phase lasting three weeks for a total of 12 weeks. Throughout the four phases you'll be working on foundational building blocks, performance, and the fine-tuning of your physique.

In addition to the 12-Week Plan, we have included a 4 week prep phase for those who are either new to working out, are getting back into it after an extended period away, or those who simply don't have enough time in the week to complete the 12-Week Plan.

We have also included sections on eating, cardio, and alternate exercises for those who either can't complete certain lifts or don't have access to certain gym equipment.

Remember, the key to getting the most out of this plan, and to working out in general, is **CONSISTENCY, DEDICATION, EDUCATION**, and the **DESIRE** to get your ass out of bed or off the couch every day to hit the weights and get **B.U.F.F.**



**HUDSON**

# WHO ARE THE B.U.F.F. DUDES?

We are brothers Hudson & Brandon White, two dudes who decided to start the B.U.F.F. movement after coming up with the idea to start a YouTube channel ([www.youtube.com/buffdukes](http://www.youtube.com/buffdukes)) which covers food and fitness in an entertaining and informative style which is easy to understand and fun to watch.

When we first created our YouTube channel 'buffdukes,' our 3 main goals were consistency, *making entertaining videos* which could also help others, and to continue to grow and have the channel *become better* with every new video.



Although we are proud of every video, blog post and social media article we've done, there have been certain benchmarks along the way. We were blown away with the response to our *first edition* of the 12-Week Plan in 2014, and receiving the hundreds of e-mails showing your transformations really inspired us to bring it to the next level with this edition you're holding in your hands now.

So thank you for the continued support! We both really appreciate all the positive feedback, motivational stories and pictures, and just knowing there's a whole lot of dudes and grrrls out there looking to become **B.U.F.F.**

# 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/buffdukes>. 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

# BUFF DUDES

# EATING GUIDE

Due to the differences in body types, goals, and other variables, this 12-Week Workout Plan will not include a specific eating plan. That being said, you'll want to focus on high fiber complex carbohydrates, maintaining a fair amount of protein and including healthy fats from nuts, coconut oil, salmon and more. You can find a great video we created with our general eating routine here: <https://goo.gl/sm7Q2n>

If you're not sure how many calories you should be consuming, please check out these two links:

TDEE (Total Daily Energy Expenditure) Calculator:  
<http://goo.gl/Kc4jXj>

Macro Nutrient (Proteins/Carbs/Fats) Calculator:  
<http://goo.gl/3oumMO>



To give you an example; we are both **6'2" inches tall** and between **210-220 pounds**. We typically consume around 2,500-3,000 calories a day in order to maintain our physiques.

Here is a sample of what our cutting routine looks like:  
<https://goo.gl/8WNBI1>

And here is a sample of our bulking diet:  
<https://goo.gl/Y1mYKX>

Everyone is slightly different, so use those two calculators above and take a look at your current eating schedule to get a good idea of what tweaks you can make. *You don't need to follow our maintaining and bulking plans exactly as they're written*; feel free to modify them as you see fit. **Remember:** eat more calories, gain weight. Eat less calories, lose weight.



# WEEKLY MEAL PLAN

Having gotten a good idea of what your daily caloric intake should be based upon the information in our **Eating Guide** section, it's now time to figure out how you're going to make those daily calorie needs possible.

Whether you're a student, employee, employer, or have your hands full with little B.U.F.F. dudes or grrrls of your own, there's no doubt you value the little free time you have in the day. In fact, not having enough time is a common phrase heard when discussing food prep and a reason many people choose to ignore their eating habits.

You're going to be putting in a lot of physical work throughout the duration of the 12-Week Plan, and one big component in achieving your goals is going to be maintaining a *consistent* eating routine. So this is one area you're *definitely* not going to want to slack on!

The solution? **Weekly Meal Prep!**

We highly suggest investing in a few useful kitchen tools to make your life *much* easier as well as allowing you to be able to focus on the important things: lifting hard and getting BUFF!

Here's what you're going to need to make those daily lunch meals a whole lot easier:

## SLOW COOKER

The Slow Cooker is a countertop electrical cooking appliance that is used for simmering, which requires maintaining a relatively low temperature allowing unattended cooking for many hours.

What does that mean? Well, basically it means you plug it in, throw in some food (a bag of frozen chicken & a jar of salsa is our favorite) and about 6 hours later you return to a week's worth of deliciousness!



We use our slow cookers all the time and cannot recommend them enough. They are cheap, dependable, and require very little cooking knowledge. Just plug it in and let it do its thing!

# WEEKLY MEAL PLAN



## RICE COOKER

The name sounds familiar, doesn't it? The Rice Cooker, much like the Slow Cooker, is a cheap kitchen appliance for cooking rice. Just throw the rice in, add a little water and about 30 minutes later you've got enough rice to last the week! Easy, huh?

## REUSABLE CONTAINERS

Ok, so you've got the rice and chicken salsa (or pork, or beef, or vegetables, or whatever you've decided to whip up in the slow cooker) all cooked up and good to go. So where do you store it all?

We recommend picking up some cheap glass or plastic reusable containers. Five is usually the number we suggest, as you'll be able to separate your food into them and have one available for each weekday. Just throw them in the fridge and grab one whenever you need it!



*Ok, so we've got your daily lunches covered, but what about breakfast & dinner?*

Good question. For dinner we'd recommend a slight variation of our Slow/Rice Cooker combo. Either cook up enough chicken for both lunch & dinner or switch it up with another protein. Veggies and Cottage Cheese are another dinner staple that go along great with whatever you've whipped up in the Slow Cooker.

For breakfast, you can't go wrong with **Overnight Oats**. Pick yourself up some inexpensive glass mason jars and fill 'em with this simple recipe:



- 2/3 c. (160 ml) Almond or Standard Milk
- 3/4 c. (68 g) Old Fashioned Oats
- 1/2 c. (110 g) Greek Yogurt (Plain)
- 1 Scoop (50 g) Whey Protein (Any Flavor)
- Dash of Cinnamon (optional)

Put all the ingredients into a Mason Jar or airtight container. Put your lid on tight and shake it up until you see all the ingredients blended together.

Put the container into your refrigerator overnight.

The next morning, pull it out of the fridge, give it a couple more shakes, and open it up. It's ready to top with some of your favorite fruits or nuts. Get inventive, it's up to you!

## **NUTRITIONAL BREAKDOWN**

(without added toppings)

- Calories 428.5 g
- Total Fat 8.5g
- Total Carbs 42.5g
- Sugars 12.5g
- Protein 45.5g

Remember, this weekly meal plan is simply a base from which to build. Don't think that this is the only thing you can consume during the duration of the 12 Week Plan. Feel free to get creative with cooking new recipes as well, and if you ever need any ideas, check out our food blog at <http://www.buffdude.us>.



# CARDIO

Throughout this plan, we'll be doing cardio immediately upon waking for 30-45 minutes 3-4 days a week at a pace just fast enough to hold a conversation without running out of breath. Typically, we'll have 1 scoop of whey protein isolate before heading out for our morning walk.

If walking immediately upon waking up isn't an option, we'll perform our cardio immediately following our workout as an alternative for 30-45 minutes on a treadmill at 10% incline at 3.5 mph.

We like to keep our heart rate within 70-80% of our max capacity while performing cardio. To find out your heart rate max, subtract your age from 220. For example, a 30 year old's max HR would be 190. 70-80% of 190 is 133-152.

Keep in mind that this workout plan is high-volume, high-intensity so you'll be getting a high amount of cardiovascular training during the workouts themselves. If you're a hardgainer, we'd recommend cutting out the cardio and just stick with the 12 Week Home Workout Plan itself.



# DYNAMIC WARM-UP

You will want to start each workout in each phase with a 5-10 minute warm-up; either with a fast walk, jog, or jump rope. After waking your body up, you'll want to take a foam roller and begin to work on the body for about 5 minutes (about 10 rolls per body part). You'll be concentrating on areas such as calves, hamstrings, quads, IT band, thoracic region, and upper/mid traps. Just imagine you're giving yourself a mini massage. When you run into a particular spot that is tight, just hold the pressure of the foam roller until it releases. You can also incorporate dynamic warm-up exercises such as Jumping Jacks, Inchworm, and High Knee Walks as well, if you feel extra tight. Spend about 5 minutes on your dynamic warm-up.

## MOBILITY EXERCISES

**TIP:** "What does the 1 x 20, 1 x 30, 1 x 10 mean?" In these particular cases it means 1 set of 20 reps, 1 set of 30 reps, 1 set of 10 reps. That means you will perform 20 repetitions of Lateral Squats and move onto the next exercises. If for instance you were to see 3 x 12 that would mean 3 sets of 12 reps. Meaning you would perform 12 reps, rest for 30-90 seconds and perform another set until finished. When done you would then move onto the next exercise.

### LOWER -

- **Lateral Squats** 1 x 20 (10 each side)
- **Hip Flexor Lunge** 1 x 30 sec. intervals equaling 2 min each side
- **Supine Bridge** (glute bridge) 1 x 10
- **Leg Swings - Side to Side** 1 x 10 (each side)
- **Leg Swings - Front to Back** 1 x 10 (each side)
- **Band Walks** 1 x 10 step each direction
- **Ankle Mobility** 1 x 10 (Each Ankle)

### UPPER -

- **Wall slides** 1 x 10
- **The Pass Through** 1 x 10
- **Band Pull Apart Underhand** 1 x 10 Overhand 1 x 10
- **T-spine Extensions** 1 x 10\* (opens up the thoracic spine)

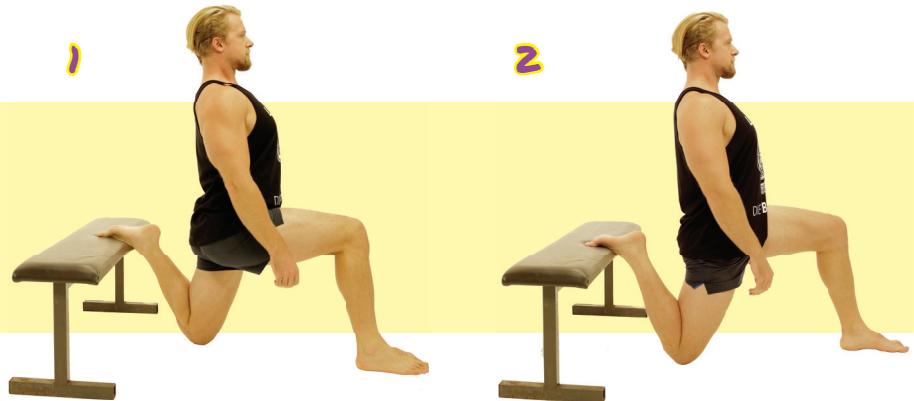
\* The roller should start around the top of your shoulder blades but not on your neck. Perform a movement that is the opposite of a crunch, meaning focus on the extension and the stretch of your vertebral column. Complete about 10 reps and roll up a few inches and repeat. 1 set of 10 on each spot.

# MOBILITY EXERCISES

**Lateral Squats** 1x20 (10 each side)



**Hip Flexor Lunge** 1x30 sec. intervals equaling 2 min each side



**Supine Bridge (glute bridge) 1x10**



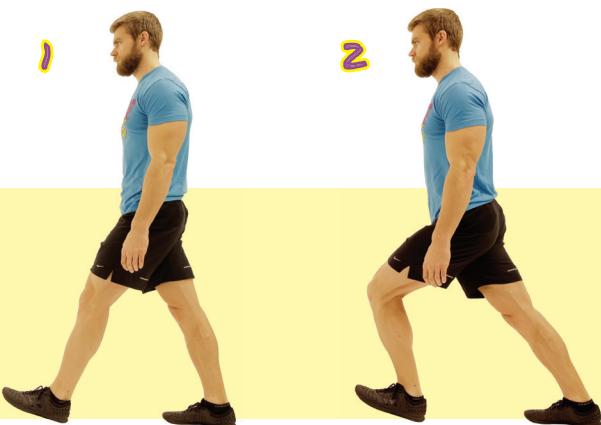
**Leg Swings - Side to Side** 1x10 (each side) **Front to Back** 1x10 (each side)



**Band Walks** 1x10 step each direction



**Ankle Mobility**  
1x10 (Each Ankle)



# MOBILITY EXERCISES

1



2



Wall slides 1 x 10

## The Pass Through 1 x 10

1



2



3



## Band Pull Apart Underhand 1 x 10 Overhand 1 x 10

1



2



1



2



**T-spine Extensions** 1 x 10\* (opens up the thoracic spine)



## FOAM ROLLING

Back



Calf



IT Band



Glute



Quads



# WHAT ABOUT ABS?

As with mobility and stretching we have included our section on abs separate from the main four phases of our 12 Week Plan. This is to take all people's schedules into consideration as there will be a large variety of people working through the 12 Week Plan and for some time is tighter than for others.

Performing mobility, the workout, abs, stretching and cardio all at once could take up to 3 hours of time and by including separate sections for all you're free to pick and choose which options best fits your schedule.

**NOTE:** For those of you looking to perform all sections, the order would be: mobility, main workout, abs, cardio, stretching.



# ABDOMINALS

(To be performed immediately following main workout)

Our abs exercises are broken down into three phases. Feel free to line the phases up to the 12 Week Plan with Abs Phase 3 covering Phases 3 and 4 of the main 12 Week Plan.

Abs exercises should typically last about 15 minutes. If you're struggling in a certain Abs phase feel free to continue on the phase you feel comfortable with throughout the duration of the main 12 Week Plan.

## PHASE 1: PERFORMED 3 DAYS A WEEK

<b>PLANKS</b>	3 SETS X 60 SECONDS
<b>RUSSIAN TWISTS</b>	3 SETS X 40 REPS
<b>HANGING LEG RAISES</b>	3 SETS X 15 REPS
<b>MOUNTAIN CLIMBERS</b>	3 SETS X 60 SECONDS

## PHASE 2: PERFORMED 4 DAYS A WEEK

<b>WEIGHTED PLANKS</b>	3 SETS X 60 SECONDS
<b>WEIGHTED OBLIQUE CRUNCHES</b>	3 SETS X 15 REPS
<b>HANGING SCISSOR KICKS</b>	3 SETS X 20 REPS
<b>ROLL OUTS</b>	3 SETS X 20 REPS

## PHASE 3: PERFORMED 5 DAYS A WEEK

<b>SUPER SET</b>	<b>STABILITY BALL ROLL OUTS</b>	3 SETS X 20 REPS
	<b>WEIGHTED CRUNCHES</b>	3 SETS X 20 REPS
<b>SUPER SET</b>	<b>LYING WINDSHIELD WIPERS</b>	3 SETS X 20 REPS
	<b>HANGING KNEE RAISES</b>	3 SETS X 20 REPS
<b>SUPER SET</b>	<b>BICYCLES</b>	3 SETS X 40 REPS
	<b>BAND WOOD CHOPS</b>	3 SETS X 20 REPS (EACH SIDE)

## OPTIONAL BURNOUT

<b>SUPERMANS</b>	3 SETS X 20 REPS
------------------	------------------

# STRETCHING ROUTINE

Static stretching will be performed post-workout, while the body and muscles are warm. Think of the muscles like spaghetti - if you try to bend them cold (uncooked) they will break, but if you warm them up (cook them) they'll easily bend and be Flexible. The benefits of stretching include increased flexibility and range of motion, increased blood flow to the muscles being stretched, decrease postural deficiencies due to tightness in various muscles, and decreased delayed-onset muscle soreness (DOMS), decrease pain in areas such as lower back, shoulder, knee etc.

We've included some of our favorite stretches; feel free to mix and match any that will help to key in on certain trouble areas. Each static stretch will be held for 10 - 30 seconds with sets of 1 - 3. A good rule of thumb is to stretch out the muscle group you have just worked that day.



## THE LUNGE STRETCH

This will focus on the hip flexors (Psoas) muscles. The tightness of this muscle is usually tied to lower back pain, so if you suffer from chronic lower back pain, this stretch will definitely help. Get in the Lunge position and bring one knee to the floor. Keep your torso vertical as you slowly push your hip forward. You should feel the stretch in your inner hip and quad muscle. As soon as you start to feel discomfort, stop and hold.

**1 - 3 sets of 10 - 30 second holds each leg.**



## THE CHEST STRETCH

This will be focusing on the Pectoralis Major. The anterior muscles tend to get worked a lot throughout the week and have a habit of being overly tight, causing *Upper Cross Syndrome*. Introducing this stretch on a regular basis will help alleviate bad posture. Stand near a wall or pillar with your elbow bent and hand behind your head. Place your elbow against the wall or pillar and slowly lean forward until you feel slight discomfort in the Pectoralis.

**1 - 3 sets of 10 - 30 second holds each side.**

## LATISSIMUS DORSI STRETCH

This is a BIG muscle group and needs attention like any other. Grab onto a pillar (or anything that can act as a grip) and slightly lean forward as you pull your hips back, creating a stretch in the Lat.

**1 - 3 sets of 10 - 30 second holds each side.**



## SHOULDER STRETCH

The shoulder joint is the most mobile joint in the body, so you'll need to make sure and take care of it. Not only do you want to keep the shoulder mobile, you also want to make sure to keep it flexible. Much like the Pectoralis Major, the Anterior Deltoid can cause Upper Cross Syndrome, so you'll need to regularly introduce shoulder stretches to help with muscular imbalances and postural deficiencies.

**1 - 3 sets of 10 - 30 second holds each side.**

## FOREARM STRETCH

This will focus on the Flexors of the forearm. It should look like you're praying to the *God of Gains*. Keep your hands pressed tightly together as you bring them vertically down the body until you feel slight discomfort. This will increase blood flow and decrease tightness in the Flexors of the forearm. If you feel your forearms fatiguing before your biceps during biceps curls, this stretch might be the cure. Having an overly-tight muscle (in this case forearms) will decrease blood flow and decrease the amount of lactic acid that is being flushed out of the muscle. More lactic acid = more burn and fatigue.

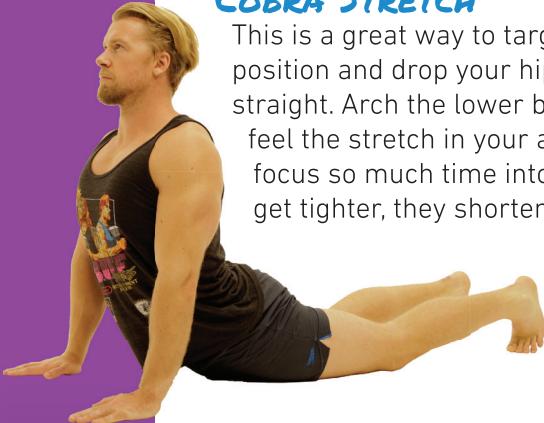
**1 - 3 sets of 10 - 30 second holds.**

*Tip: You can slowly rotate your wrist so your fingers face downward for added stretch.*



# STRETCHING

## COBRA STRETCH



This is a great way to target those abdominals. Start in the pushup position and drop your hips to the floor while keeping your arms straight. Arch the lower back and pull your chest upwards until you feel the stretch in your abdominal area. A lot of dudes and girls focus so much time into crunches, they forget that as the muscles get tighter, they shorten in length and start to pull your spine in an unnatural position; creating postural deficiencies. Work on the strength of the lower back and use the Cobra Stretch for a "Buff Dudes approved" posture.

**1 - 3 sets of 10 - 30 second holds.**

## REAR DELTOID STRETCH



This will focus on the posterior muscles of the deltoid. Bring one arm across your body and gently hug the arm inward to the body until you feel the stretch. You might have to make slight adjustments to the angle to feel the full benefit.

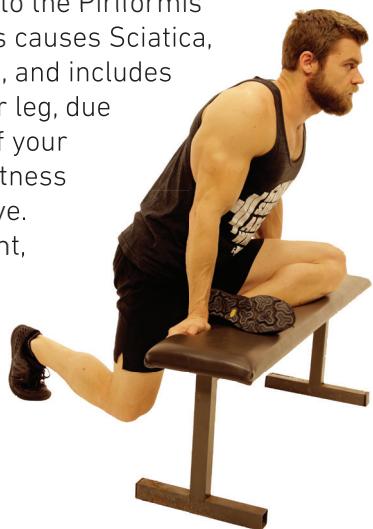
**1 - 3 sets of 10 - 30 second holds each side.**



## GLUTE/PIRIFORMIS STRETCH

Another BIG muscle group that needs your attention because of its involvement in so many movements in the gym, as well as day-to-day activities. Having tight glutes can lead to the Piriformis effect of the Sciatic Nerve. In some cases, this causes Sciatica, which is the leading cause of lower back pain, and includes symptoms such as a shooting pain down your leg, due to the nerve being pinched by the tightness of your piriformis. This stretch will help alleviate tightness and decrease pressure put on the sciatic nerve. Bring one leg in front of you with the knee bent, while the opposite leg is straight behind you. Slowly sit into the leg that is in front until you feel a deep stretch and slight discomfort in the glute.

**1- 3 sets of 10 - 30 second holds each side.**



## KNEELING LUMBAR STRETCH

This will focus on Lumbar extensors, Latissimus Dorsi, Teres Major, Lower Trapezius, Gluteals, Thoracolumbar Fascia, Anterior Tibialis, and a little in the Quads; so as you can tell this will hit a lot of muscles in one simple stretch. Kneel down and sit on your heels. Keep the knees about shoulder width apart. Stretch your hand out onto the ground as you lean forward letting your torso face the floor and to low enough to rest your forehead onto the floor. Take a deep breath and relax your back muscles.

**1-3 sets of 30 - 60 seconds.**



## FLOOR REACH

Targeting on the Hamstrings and Lower Back muscles. The hamstrings help stabilize your knee joint, so you want to make sure they're doing the job correctly. If the hamstrings are too tight, you could suffer from knee pain because of the shortening of tight muscles, pulling on joints in an irregular manner, decreased ROM and blood flow, causing the destabilization of the knee. Keep your knees locked, feet flat and bend at the waist, reaching for the floor until you feel the stretch in your lower back and hamstrings.

**1- 3 sets of 10 - 30 second holds.**



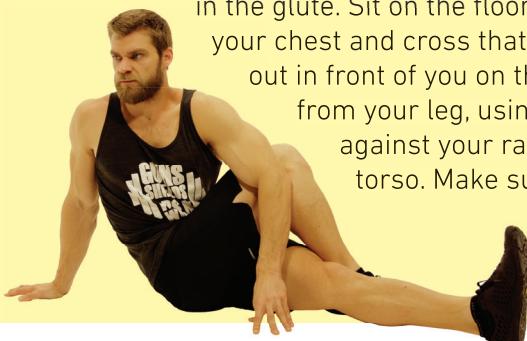
## FLOOR HURDLE HAMSTRING STRETCH

This stretch helps to isolate each hamstring separately. You'll be able to adjust where you feel the most stretch by turning your torso towards or away from your stretched leg. Rotating towards the stretched-out leg will focus more on the Biceps Femoris. Rotating away from the leg will target the Semitendinosus and Semimembranosus...basically the more medial hamstring muscles.

## LOWER BACK STRETCH

This will help relieve tightness in the Erector Spinae muscles and a little in the glute. Sit on the floor and bring one knee up towards your chest and cross that foot over your leg that is straight out in front of you on the floor. Twist in the waist away from your leg, using the back of your arm to push against your raised leg, helping you rotate your torso. Make sure you feel this stretch in the muscle and not in the spine.

**1 - 3 sets for 10 - 30 second holds each side.**



# STRETCHING

## QUAD STRETCH

Most dudes and girls are quad dominant and the quads are worked hard throughout the week, inside the gym and out. Tight quads with weak hamstrings can cause increased chances of ACL injury. Tight quads can also affect the hips and, when not taken care of, can cause anterior pelvic tilt and rounding of the lower back. Stand on one foot and, bending at the knee with the opposite leg, bring the foot to your glute, grabbing it with your hand and pulling into your glute until you feel the stretch and slight discomfort in the Quadricep.

**1 - 3 sets of 10 - 30 second holds each side.**



## LATISSIMUS DORSI, TERES MAJOR AND TRICEPS STRETCH

extend both arms above your head and bend at the elbow with one, bringing the hand behind your head. With the other hand, grab the elbow of the bent arm and apply inward and downward pressure until you feel the stretch in the Triceps Brachii.

**1 - 3 sets of 10 - 30 second holds each side.**



## NECK STRETCH

You know that old saying, "pain in the neck?" Well, neck pain is something that everyone wants to avoid; and with these stretches you'll be able to in a few easy steps. First, gently bring one ear to your shoulder by grabbing the top of your head and gently pulling downward, then switch to the next side. Bring your chin to your chest by grabbing the back of your head and gently pulling forward. Pull your head back, raising your chin in the air, and finally bring your chin to your shoulder on both sides.

**1 - 3 sets of 10 - 30 seconds for each side.**



## STANDING CALF STRETCH

The two versions of this stretch will focus on the Gastrocnemius and Soleus. Gastrocnemius Stretch: Stand 2 - 3 feet away from a wall with your leading foot and the knee bent. The leg that is placed behind you will be locked out with both feet pointing forward. Keep your heels on the ground as you lean forward until you feel the stretch. Soleus Stretch: The setup will be similar to the Gastrocnemius Stretch, but instead of having the back leg locked out, you'll want to bend at the knee while leaning forward. Make sure your heel stays on the ground and toes face forward.

**1 - 3 sets of 10 - 30 seconds for each side.**



Alright, we've covered *food, cardio, mobility, and stretching*. With those steps out of the way, we are now ready to begin the plan itself. We begin with our optional Prep Phase.

**Here we go!**



# 3 PRE-WEEKS

## DAY 1 - FULL BODY

SQUATS	5 X 5
PENDLAY ROWS	5 X 5
BENCH PRESS	5 X 5
OVERHEAD PRESS	5 X 5
SKULL CRUSHERS	3 X 12
STANDING CALF RAISES	3 X 15

## DAY 2 – FULL BODY

DEADLIFTS	5 X 5
PULL-UPS	5 X 5
INCLINE PRESS	5 X 5
UPRIGHT ROWS	5 X 5
ZOTTMAN CURLS	3 X 12
LATERAL RAISES	3 X 12

## DAY 3 – FULL BODY

SQUATS	5 X 5
T-BAR ROWS	5 X 5
CHEST DIPS	5 X 5
OVERHEAD PRESS	5 X 5
KICK BACKS	3 X 15
SEATED CALF RAISES	3 X 15

# PREP PHASE

**Note:** The prep phase should be used for several reasons.

1. If you're just starting to get back into working out, this will be a perfect way to prepare your body and mind for the coming phases.
2. It's a great way to find out your strengths and or weaknesses in certain areas so you'll know what to work on in the coming weeks.
3. Helps you get comfortable with and perfect form on some of the most essential and functional movements you'll be performing in this program.

And finally, this prep phase is perfect for those who are pressed for time and cannot spend more than 3 days a week in the gym.

(Rest times will be 60–90 seconds between each set for compounds. 30-60 seconds for isolation exercises.)



## 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

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

## DAY 4 – ARMS & TRAPEZIUS

CLOSE GRIP PRESS	4 SETS X 10 REPS
SKULL CRUSHERS	3 SETS X 12 REPS
KICK BACKS	3 SETS X 12 REPS
UNDERHAND PULL DOWN	4 SETS X 10 REPS
BARBELL CURLS	3 SETS X 12 REPS
ALTERNATING HAMMER CURLS	3 SETS X 10 REPS
BARBELL SHRUG	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</b>	
<b>DUMBBELL PULL-OVER</b>	4 SETS X 10 REPS
<b>SUPER SET RACK PULL</b>	
<b>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*</b>	
<b>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

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

\*HOME Alt exercise: Bent Over DB Reverse Fly

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

<b>SUPER SET</b> SKULL CRUSHERS //	
CLOSE GRIP PRESS	4 SETS X 10 REPS
(WEIGHTED) CROSS BENCH DIPS	4 SETS X 12 REPS
CABLE ROPE EXTENSIONS*	3 SETS X 12 REPS
<b>SUPER SET</b> SEATED DUMBBELL CURL UNDER HAND PULL DOWNS	4 SETS X 10 REPS
REVERSE CURL	3 SETS X 12 REPS
BEHIND THE BACK BARBELL FINGER CURL	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> STRAIGHT ARM PULL DOWN** (PRE – EXHAUST)	
PULL UPS	4 SETS X 12 REPS*
<b>SUPER SET</b> INCLINE DUMBBELL FLY	
INCLINE BARBELL PRESS	4 SETS X 10 REPS
<b>SUPER SET</b> BENT OVER DUMBBELL ROW (BI-LATERAL)	
FLAT BENCH DUMBBELL PRESS	4 SETS X 10 REPS
<b>SUPER SET</b> DUMBBELL PULL-OVER	
DIPS (WEIGHTED)	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

## 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!**



# FREQUENTLY ASKED QUESTIONS

## F.A.Q.

### CAN WOMEN DO THIS PROGRAM?

Absolutely! Contrary to popular belief, women can workout on the same program and just as hard as us dudes do, without the fear of getting "too bulky." As we said in the beginning of the plan, you'll want to adjust the weights to cater to your own strength-levels and judge your rest times on how you feel as you progress through the program. If you feel you're not ready to step into one of the later phases, feel free to extend your current phase beyond its 3-week period in order to gain the confidence needed to continue onward. Other than that, you're good to go!



### I'M NEW TO WORKING OUT; IS THIS THE PLAN FOR ME?

Yep! All Buff Dudes were once just dudes, and it's a plan like this that'll help put that "Buff" in front of the "dude." The great thing about this program is that it works in "phases" to help build your foundational strength, as well as your knowledge and confidence. You can also extend the phase time if you feel you're not quite ready for the next phase in the program. Once you feel confident, feel free to move onto the next phase and keep hitting those weights hard. With that in mind, this plan can potentially last much longer than just a 12-week period; perfect for those who would like to have a solid routine for quite some time!

Something good to keep in mind when beginning to work out is that your only competition is yourself. Don't get caught up in lifting heavy or progressing at the exact speed as someone else. Take your time, maintain proper form, and get to know the "Golden Five" - **Squats, Deadlifts, Bench Press, Overhead Press** and **Pull-Ups**. These five compound-exercises are definitely ones you want to have on your side. Most importantly - have fun! You're not doing this for someone else, but to better both your mind and your body.

### I'VE BEEN WORKING OUT FOR A WHILE; SHOULD I GIVE THIS A SHOT?

Hell yeah! The program starts off slow to give you an active rest period and acts as a refresher on a few staple exercises as it prepares your body for the more advanced phases. If you feel you're too advanced for the beginning phases, or feel bored with the lower intensity in the beginning, feel free to jump to the higher-intensity/higher-volume phases of the program.

## **WHAT DO I DO ONCE THE PLAN IS OVER? DO I START FROM THE BEGINNING, OR START FROM A CERTAIN PHASE?**

After you complete the program, you should feel proud, excited, and exhausted. When the body goes through an intense workout program, it will need some time to rest and recuperate. This doesn't mean that you'll have to take an extended amount of time off, but it does help to decrease the intensity and volume of your workouts for a "reset" phase. We would recommend you start from phase 1 to slow things down a bit before increasing the intensity and volume again. If you feel you are getting amazing results and the program ends before you're ready, then repeat the last 2 phases.

## **I'M SEEING GOOD RESULTS, BUT I'VE BEEN ON THIS PLAN FOR A WHILE. SHOULD I SWITCH IT UP?**

As they say: "If it ain't broke, don't fix it." If you're still seeing results, then why switch it up?

If you find yourself getting sick of doing the same routine day in and day out, you can always try using alternate exercises. For instance, Kneeling Landmine Press as opposed to Incline Bench Press; or trying a different variation of Deadlift, as opposed to the standard one.

## **I'D LIKE TO MODIFY THIS PLAN, DUE TO EITHER MY SCHEDULE OR THE EQUIPMENT THAT'S AVAILABLE TO ME. CAN I?**

Yes! You should absolutely feel free to take away or add to this program to fit your personal goals or disabilities. If a certain exercise gives you pain or you feel like you aren't reaping the benefits - change it! If you don't have a piece of equipment that is in this program so you can't perform a certain exercise, then switch it out with a similar exercise that doesn't require that piece of equipment.



# FREQUENTLY ASKED QUESTIONS

## F.A.Q.

If your schedule is *really* busy and modifying the 12-Week Plan is something that isn't possible, you can always stick to the 3-Day Split, which makes up the beginning prep phase.

### CAN I PERFORM THIS 12-WEEK WORKOUT PLAN AT HOME?

Everything we've included in this plan can easily be replicated at home; and for exercises using equipment such as cable machines, we've added the alternate home exercises in the sidebar.

### I DON'T KNOW HOW TO PERFORM SOME OF THESE EXERCISES!

We've created videos for each week of the 12-Week Workout Plan that you can find on our YouTube channel at [youtube.com/buffdudes](https://youtube.com/buffdudes). In addition to videos for each week of the plan, we've also done many in-depth single tutorial videos for exercises such as Squats, Deadlifts, Kneeling Landmine Press and many more which you can find in our 'Single Exercise Tutorial' playlist on our YouTube channel.

### HOW LONG SHOULD I REST IN BETWEEN SETS?

For isolation exercises, our typical rest time is between 30-60 seconds. For bigger compound-exercises (Squats, Deadlifts, Bench) we typically rest between 60-90 seconds.

### HOW COME SOME OF YOUR EXERCISES USE THE SAME REPS PER SETS AND OTHERS DON'T? DO I GO UP IN WEIGHT ON THESE?



Our exercises that use the same reps per sets are typically isolation exercises; on these we stay with the same weight each set.

For the ones that decrease in reps per set, we increase the weight with each set as we decrease the reps.

### HOW LONG SHOULD EACH WORKOUT LAST?

Our workouts typically last about 60-75 minutes, which includes rest times. Keep in mind the amount of extras you

include in your workout is really going to stretch the time you spend in the gym. Mobility warm-up, stretching and post-workout cardio will add up to 60 minutes more if you decide to tackle each of those every time you workout. Also, waiting for equipment during rush-hour (typically 5-8pm) is going to extend your gym time as well compared to someone who works out either at home or during slow periods at the gym. This is a big reason why we typically workout very early in the morning if going to a commercial gym.

## **I CAN'T DO DIPS, PULL-UPS, SQUATS OR SOME OF THE OTHER EXERCISES. WHAT DO I DO?**

Feel free to substitute certain exercises in the plan if you're unable to perform them correctly.

Common exercises you can switch out include;

<b>Decline Bench Press</b>	if you can't perform	<b>Dips,</b>
<b>Lat Pull-Downs</b>	if you can't perform	<b>Pull-Ups,</b>
<b>Leg Press</b>	if you can't perform	<b>Squats,</b>
<b>Dumbbells</b>	as an alternate to using	<b>Kettlebells.</b>

## **IS THIS 12-WEEK PLAN MADE TO BUILD MUSCLE, OR LOSE FAT?**

Both. It's going to depend on your goals. Is your goal to build muscle? If so, you're going to want to focus on staying in a consistent calorie surplus through the duration of this plan. Is your goal to lose weight? Then a constant caloric deficit is what you're going to want to stick with. Both of us have performed this plan in the past (Hudson in a calorie deficit, Brandon in a calorie surplus) and have seen our desired results. It all depends on what you wish to accomplish!

## **WHEN WILL I BEGIN TO SEE RESULTS?**

When getting into working out and eating right for the first time (or having come back into it after years away) you begin paying much closer attention to your body than you normally do, and sometimes it begins to feel like making progress is taking forever - even if it's only been a few weeks! A basic estimate for new lifters is about 2lbs of muscle growth a month for males and 1lb a month for females; for the first year of training. Keep in mind this is merely a basic guide and these numbers will vary with height, starting weight, training, diet, genetics and more.

# FREQUENTLY ASKED QUESTIONS

## F.A.Q.

### **WILL I NEED TO DO CARDIO TO LOSE WEIGHT?**

No. To lose weight you need to stay in a caloric deficit. By staying in this deficit (a 500 calorie daily deficit is a typical safe range) you will begin losing weight. Add in a consistent workout routine and you'll see those results even faster. This doesn't mean you shouldn't do cardio as it has its health benefits it just means it isn't a requirement to lose weight.

### **I WORKED OUT AND NOW I'M SORE. HOW LONG WILL IT LAST?**

It will vary from person to person, but on average most people will experience soreness for one to three days after a workout.

### **I'M COMING INTO THIS PLAN WITH AN INJURY. CAN YOU RECOMMEND WHAT I SHOULD DO?**

We recommend you have a doctor consultation to examine your injury and take the required steps necessary to rehabilitate.

Self-diagnosing or seeking advice online is not something we recommend, and could lead to further injury. As we say - stay safe, stay buff!

### **ONE SIDE OF ME IS BIGGER THAN THE OTHER. I THINK I HAVE MUSCLE IMBALANCE. WHAT DO I DO?**

You're not alone. It's easy to become slightly out of proportion as we tend to do things with the more dominate side of our body. You will notice certain exercises throughout this plan are 'unilateral,' which means you are working one side of your body at a time. Unilateral exercises are great for restoring proportion, and typically what we do is add a few more unilateral reps to close out the set using the weaker side of our body.

### **I WANT TO WORK OUT BUT I DON'T WANT TO GET BIG AND BULKY!**

This ties in with our question regarding female lifters and it's also a very common statement with beginners as well. "I want to start working out and get that Fight Club look but I don't want to look like Arnold." Gaining muscle is not easy and doesn't happen *accidentally*. It takes hard work, dedication and *time*.

## I'M A TEENAGER. WILL WORKING OUT STUNT MY GROWTH?

No. Working out safely while maintaining a proper eating routine will not stunt your growth. In fact, weight lifting has many benefits for teens including increased strength for sports and higher self-esteem.

## I'M AFRAID TO GO TO THE GYM!

Thankfully, most people in the gym are much more focused on themselves (the place isn't covered in mirrors for nothing) and their own workout than they are on you.

Just remember to display proper gym etiquette (no curling in the squat rack, don't stand directly in front of a mirror if someone's using it, don't grab someone's weight as they're resting in between sets, re-rack your weights) and you will be good to go. Still find the gym too intimidating? Do what we do, workout from home!

## I FEEL UNMOTIVATED. CAN YOU HELP?

This can often be the biggest hurdle we ever face. *The body is willing but the mind is weak.* Sometimes it's hard to get up day in and day out to bust your ass in the gym and follow an eating routine!

There's nothing wrong with taking a step back from time to time and re-evaluating your goals. Are you working out to get bigger? Leaner? Just to stay in overall good shape? We can easily find ourselves caught in that "middle" zone (not big enough, not lean enough) which is like a stagnant pond. Write down some goals of what you want to accomplish and be honest with yourself. They don't even have to necessarily be fitness goals. Do you wish to travel? Then maybe the solution is adding more outdoor cardio into your routine to explore new places and get a fresh perspective.



# FREQUENTLY ASKED QUESTIONS

## F.A.Q.

You workout not only to stay healthy, but also to stay happy. Exercise can be great for your overall state of mind and you definitely don't want to lose that spark.

Lack of motivation could also be due to a few missing links in the chain. We like to think of it this way:

The seat of consistency is held up by the four legs of fitness. **Weights.**

**Food. Cardio. Sleep.** Remove one leg and it becomes wobbly, remove two and it falls over!

Take a good look at your “*seat of consistency*” and make sure your four legs are strong and in tact!



TOP  
FITNESS  
HIT!



# buff duDES

ENTERTAINMENT  
SYSTEM

The Gym®



## FOOD PLAN FAQ

### IS THERE AN INCLUDED DIET? WHAT KIND OF EATING SHOULD I DO WHILE ON THIS 12-WEEK PLAN?

There will not be a specific plan included with this program, just the tools to educate yourself to find what works best for your individual goals. Everyone's body is different and there is a wide range of goals and specific foods and eating habits dudes or girls have to adhere to, so we'll be covering food and nutrition in more of a general sense. This way, we can cater to a wide range of questions. Please refer to the beginning of the plan for a sample cutting, bulking and general eating plan.

### DO I JUST HAVE TO EAT HEALTHY FOOD ALL THE TIME?

Remember this important rule: calories are more important than eating a certain type of food. If your goal is to lose weight and you're eating healthy foods, but eating too much healthy foods (aka too many calories), then you're going to stay at the same weight and possibly gain even more. This can be both upsetting (all that hard work for nothing!) and can also drive you to think eating right and working out is doing nothing for you and cause you to sink back into bad habits.

As we said in the beginning of the plan: consume more calories, gain weight. Consume less calories, lose weight.

You don't have to have the *perfect* diet, but what you do need is *moderation*. Oftentimes, trying to eat really, really clean leads to "*falling off the wagon*" and eating everything you've been depriving yourself of; in the process losing your hard-earned progress and possible depression at the fact you've got to start all over.

For us, moderation is the key. We never try to go so hardcore with our eating or workout routines that even one missed meal or workout will send our mind-state over the edge.

### WHAT SHOULD I EAT AFTER MY WORKOUT?

Protein is essential to help repair and grow muscles, so look to consume a fast acting, lean protein source. Some examples include Whey Protein Isolate, chicken, eggs or a plant-based protein.

Dudes will usually be in the 40 gram range and women will be around 15-25 gram.



## MY DIET SUCKS, BUT I WORKOUT REALLY HARD. IS THAT OK?

No. Have you ever looked at the calorie contents of your average hamburger? Chances are it's 500-800 calories. And that's just one hamburger. The average person is lucky to burn that amount of calories while exercising over the period of an hour. Start adding french fries on top of that hamburger, empty calories from beer, ice cream... you get the point. You're going to tip the scale in the sucky diet direction *real* fast. This doesn't mean you can't treat yourself to something good once in a while, it just means you can't use your body as a garbage disposal unit - or else you'll begin to look like one.



## WHAT ARE MACROS?

Macros is short for *macronutrients*. Food is made up of Macros, which provide the calories our bodies use for energy, growth, and other bodily functions. There are three macronutrients: **protein** (growth), **fat** (energy), and **carbohydrates** (fuel), and we need all three of these to survive.

While each of these macronutrients provides calories, the amount of calories that each one provides varies.

<b>Carbohydrate</b>	provides	<b>4 calories per gram.</b>
<b>Protein</b>	provides	<b>4 calories per gram.</b>
<b>Fat</b>	provides	<b>9 calories per gram.</b>

So if you were to buy something in a store and on the nutritional label it said "contains 20 grams of protein, 0 grams fat, 0 grams carbs" it would contain 80 calories.

## WHAT ARE MICROS?

Micros is short for *micronutrients*. In addition to Macros, our bodies also require micros. Micronutrients include vitamins and minerals.

## SHOULD I BULK OR CUT?

This really depends on your personal goals. Do you want to be bigger? Then the answer is to bulk. Do you want to be lean? Then the answer is to cut. Many people find themselves in that middle zone: not big, not

## FOOD PLAN FAQ



lean. We called ourselves 'Marshmallow Kids' when we were younger because we couldn't decide what we wanted to do, so we just looked average and doughy. Pick a goal and stick with it. For instance: get lean by going into a slight calorie deficit; once you're happy and wish to begin adding mass, *slowly* bring yourself into a slight calorie surplus. It sounds simple - *and it is* - it just takes a little patience.

### I WANT TO TRY A DIET WITH THIS PLAN. WHICH ONE IS THE BEST? IIFYM, INTERMITTENT FASTING, LOW CARB?

Our suggestion would be to try one out, stick with it, and see how it works for you. You want something you're going to feel comfortable with for a long period of time. Don't torture yourself just to "look good" because chances are you'll end up giving up the diet.

With most diets, you are bound to see results simply for the fact that you are paying much closer attention to the calories you are putting into your body; following a plan as opposed to not tracking what you eat.,

Before starting a diet we suggest grabbing a cheap notebook and taking a log of your eating activity for one week. Write down every meal (including condiments and drinks!) and calculate your calories and macros (proteins, carbs and fats) at the end of each day for 7 days. This in itself may really surprise you and give you a great idea of the changes you need to make. Are most of your calories coming from alcohol (*which contains 7 calories a gram and is not listed as a macro as they are not needed for the body to survive. This is viewed as an 'empty' calorie*) or soft drinks? Are you consuming calories way over your recommended amount? If this sounds too hard, we recommend downloading a calorie-tracking app on your phone.



Something you need to keep in mind when logging your food is being honest with yourself. Just because you're not writing down you're having 5 soft drinks a day doesn't mean they don't exist. Be observant and honest with what you're consuming and make the decision you feel is best for yourself. You don't need to cut out *all* food you feel is bad, just keep moderation in mind and make a note of the changes you'd like to make to keep those calories under control.

## CAN I GET BUFF IF I'M A VEGAN/VEGETARIAN?

Yes. In addition to nuts, beans, lentils etc. Soy, rice protein and hemp protein supplements are good options. Egg or whey protein are other great options, if allowed.

## WHAT DOES THE BUFF DUDES DIET LOOK LIKE?

Very similar to our "Full Day of Eating and Gym Workout" video on YouTube, which you can find here: <https://goo.gl/sm7Q2n>

As we said before, we're believers in moderation, both in working out and eating right. We love to do both, but try not to make an obsession out of either. For us, it's about staying consistent. If we have a day we don't eat "perfectly" we don't beat ourselves up over it but at the same time we don't give up. Slow and steady is what getting in shape is all about. Don't try and rush to see results, and don't believe anyone if they try to tell you the "secret" of getting in shape, either. It's going to take hard work and consistency. Period.

## I SEE YOU SNACK THROUGHOUT THE DAY. IS THAT PART OF "MEAL TIMING"? SHOULD I BE HAVING 6-8 SMALL MEALS A DAY?

3 big meals a day or 8 small meals a day will get you the same results, as long as the calories and macros remain the same. Smaller meals work better for us, personally, but it's just that, - a personal preference. If you feel best eating a certain number of meals a day, and you hit your daily calorie requirements in the process, then absolutely feel free to do so.

## DO I NEED SUPPLEMENTS TO GET INTO SHAPE?

Don't fall victim to the idea that you can't get big or in shape without the assistance of expensive supplements. Have you ever looked at the ingredient list of an expensive fat-burning supplement? Chances are you're going to find caffeine or green tea as the main ingredients, with a few other 'roots' or 'seed' ingredients thrown in for good measure.

As we said above, hard work and consistency will always be the most important things.



## FOOD PLAN FAQ

Oftentimes, you're led to believe that there's a "secret" to getting in shape; that "secret" is that companies make millions of dollars leading you to believe you can't find success unless you take their new and revolutionary pill or powder.

### **SO IF I WERE TO TAKE SUPPLEMENTS, WHAT WOULD YOU RECOMMEND?**

When you feel you've gotten the consistency of a solid workout and eating plan in order (and only when these are in order - remember, there are no shortcuts!), we recommend these few things:

**Caffeine:** Our workouts are usually very early in the morning and to supplement this we wake up and grab a hot cup of coffee before our workout.

**Whey Protein:** We try and consume about 1-1.5 grams of protein per pound of bodyweight a day and whey protein really helps. Typically we consume 50 grams of whey protein isolate immediately following our workouts. It goes great in many recipes as well. (*Protein Pancakes, Protein Cookies, etc.*)

**Creatine:** 5 grams a day and for us usually taken in a flavored chewable form like grape or orange.

**Multi-Vitamin:** Usually taken with breakfast or whenever convenient.

**BCAA:** Consumed in flavored drink form during workouts. BCAA's are *Branch Chain Amino Acids* and will be used in the body for protein synthesis as well as reducing muscle catabolism during workouts.

### **I'M STILL CONFUSED. CAN YOU BUILD ME A CUSTOM EATING ROUTINE?**

We've tried our best to line out our best practices and a few general plans, in addition to our own eating routine.

Unfortunately, with our large subscriber base, we cannot build individual routines for specific people.

Our advice would be as we said above: to try out one of our general eating routines and begin to slowly re-design it based upon your unique needs. Don't feel like you're in a rush to get your perfect physique. These things take time and the slow and steady approach is the key to victory!



# GYM LINGO

**REP** - One complete repetition of the exercise you are performing

**SET** - A collection of reps performed in a row

**COMPOUND EXERCISE** - More than one joint being involved in a movement.

**ISOLATION EXERCISE** - Only one joint being involved in a movement.

**SUPINATE** - Rotation of the arm where the palm is facing up. In case of the feet it is where the foot leans inward.

**PRONATE** - The opposite of Supinate. The rotation of the arm where the palm faces down. In case of the feet it is where the foot leans outward.

**SUPINE** - Lying on your back facing up.

**PRONE** - Lying on your stomach facing down.

**UNILATERAL** - Utilizing one side during an exercise.

**BILATERAL** - Utilizing both sides during an exercise.

**ALTERNATING** - Performing the full range of motion of an exercise on one side and immediately performing the same movement on the next side - alternating back and forth between the two.

**DROP SETS** - A technique to reach failure several times in one set. Completing repetitions at a heavier weight until you reach failure and immediately dropping the weight to continue your repetitions until you reach failure again, and again.

**PYRAMID SETS** - Increasing the weight upwards as you decrease the repetitions downwards.

**SUPERSETS** - Performing an exercise and immediately followed by another without rest in between.

**GIANT SETS** - Performing three exercises in a row without rest in between.

**WORKOUT SPLIT** - Splitting the body groups into different days in the week.

**SPOTTER** - Someone to assist you when performing a difficult exercise.

**RACKING** - "The rack" is referring to what you put your dumbbells or barbells onto. "Racking" is a common term for putting up your weight after you're finished. It's common courtesy in the gym to re-rack your weights once finished.

**FORCED REPS** - Completing a repetition with assistance (normally from a spotter) when you normally could not complete it on your own.

**UNTIL FAILURE** - Performing an exercise until the muscle reaches complete fatigue and "fails" at performing any more repetitions.

**CUTTING** - When cutting, or going on a cut, the goal is to reduce your caloric intake (or go into a calorie deficit) in order to lose fat while retaining the optimal amount of muscle mass possible.

**BULKING** - A term for when you want to gain muscle mass and are going into a calorie surplus.

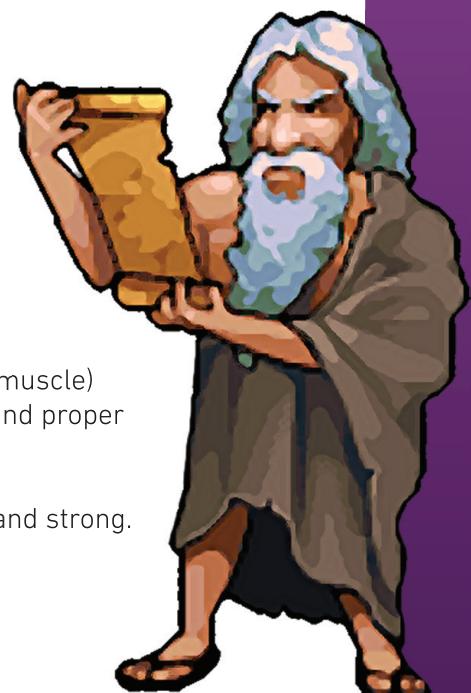
**GOLDEN FIVE** - The murderer's row of compound exercise - *Deadlifts, Squats, Bench Press, Pull-Ups & Overhead Press*. These 5 exercises (barring the inability to perform due to injury) should be a part of any Buff Dude or Grrrl's arsenal.

**ANABOLISM** - The phase of metabolism in which simple substances (like amino acids) are synthesized into the complex materials of living tissue (muscle).

**CATABOLISM** - The opposite of Anabolism. The metabolic breakdown of complex molecules (muscle) into simpler ones.

**HYPERTROPHY** - The enlargement of tissue (muscle) size. Often achieved through weight training and proper eating. The opposite of Atrophy.

**GRRRL** - A woman regarded as independent and strong.



# GYM LINGO

## ABBREVIATIONS

**ATG** - Ass-to-Grass - Typically heard when performing Squats "When doing your next set make sure you go ATG!"

**ATP** - Adenosine Triphosphate - ATP is required for the biochemical reactions involved in any muscle contraction. As the muscles work harder, more and more ATP gets consumed and must be replaced in order for the muscle to keep moving. Taking rests between sets helps restore ATP levels.

**BMR** - The lowest rate of body metabolism (rate of energy use) that can sustain life. Think of it as the amount of calories your body would burn if you just laid in bed all day doing absolutely nothing.

**BPM** - *Beats Per Minute*. A resting heart rate BPM lowers as one becomes more fit.

**BUFF** - *Better Understanding of Food & Fitness* - We couldn't forget to include this one!

**DB** - *Dumbbell*

**DIY** - *Do It Yourself* - You may sometimes find yourself in situations where weights or a gym isn't readily available. This is when you DIY. Use water jugs and a belt to create dumbbells, a camping cooler to create a bench. Thankfully you don't need a gym to get BUFF - just creativity and desire!



**DOMS** - *Delayed Onset Muscle Soreness* - This happens when you've been through an intense workout or have put an increased amount of stress on the muscles. It's a sign that the muscles are damaged and in the process of repairing themselves.

**HIIT** - *High intensity interval training* - Short duration of high intensity bursts followed by an active rest. An example would be an all out sprint for 20 seconds followed by 40 seconds of brisk walking and repeated 15-20 times in a row.

**KB** - *Kettlebell*

**OHP** - *Overhead Press* - An excellent compound exercise for your shoulders.

**OTS** - *Overtraining Syndrome* - When the body has been working overtime without adequate days of rest, it will show symptoms of OTS which include:

1. Washed-out feeling, tired, drained, lack of energy
2. Sudden drop in performance
3. Insomnia
4. Headaches
5. Decreased immunity
6. Decrease in training capacity / intensity
7. Moodiness and irritability
8. Lack of motivation

**RICE** - *Rest, Ice, Compression, Elevation* - A remedy used when dealing with muscle injury.

**RDL** - *Romanian Deadlift* - A hamstring isolation exercise.

**ROM** - *Range of Motion* - Is the amount of distance your joint is able to go through when performing an exercise.

**TDEE** - *Total Daily Energy Expenditure* - A measure of how many calories per day your body burns. It is calculated by first figuring out your Basal Metabolic Rate, then multiplying that value by an activity multiplier.  
(Sedentary office job, active construction job, student, etc.)

**TUT** - *Time Under Tension* - The total amount of time a muscle is placed under stress during the length of a set.

# FURTHER RESOURCES

We hope this 12 Week Plan and its accompanying FAQ has been helpful, but if you would still like some additional resources, feel free to use these below:

<http://www.youtube.com/buffdukes> - our official YouTube channel. This is where you'll find our food recipes, workout routines, exercise tutorials and motivational videos all in one easy spot.

<http://www.buffdukes.us> - our website contains written workout plans, fitness machine DIY's, and food recipe blogs. We update the website each week with a new food recipe and you will also be able to find daily blogs tracking our 12-Week Plan progress showing the amount of weights we used, our workout duration and our daily eating routines.



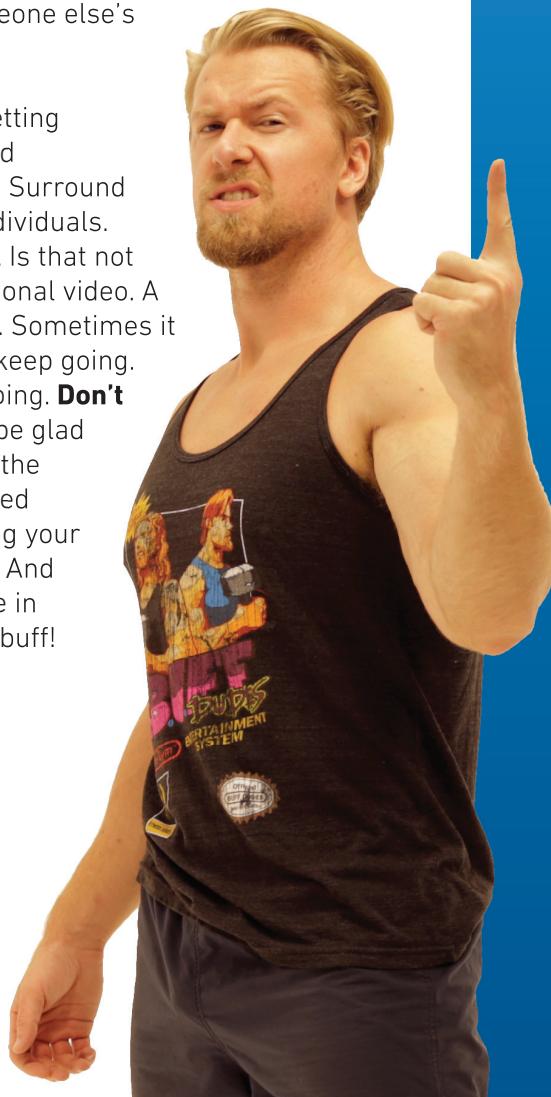
# PARTING MOTIVATION

Afraid of going to the gym for the first time? Wanting to get B.U.F.F. but not sure you're capable of making the 12-Week investment it's going to take to wrap up this plan? Been working out for a while, feeling like you're making no progress and thinking of giving up? Remember this quote: "Everything you've ever wanted is on the other side of fear."

Chances are, if you've read this far you do want to better yourself. Either by losing weight, gaining muscle, or improving your mental outlook by staying fit. Or *all three!*

It's not always easy. There are days when you may look at others at the gym who are in great shape and then in the mirror at yourself and think "Is this even worth it?" Believe us, we're only saying this because we've **had** those days! But guess what? You shouldn't judge your behind-the-scenes against someone else's highlight reel.

Nothing worth having is ever easy, getting B.U.F.F. included. Time, dedication, and consistency is what it's going to take. Surround yourself with positive like-minded individuals. People who will push you to succeed. Is that not available? Go online. Find an inspirational video. A motivating song. A memorable quote. Sometimes it takes finding something, *anything* to keep going. But that's the important part: keep going. **Don't stop.** And you'll get there. And you'll be glad you did. And you'll look at yourself in the mirror and laugh that you ever doubted yourself. It's not too late, start creating your **own** highlight reel. We believe in you. And more importantly, you need to believe in yourself as well! Good luck, and stay buff!



# 24 WEEK WORKOUT LOG BOOK

PREP PHASE - WEEK 1

SET 1				SET 2				SET 3				SET 4				SET 5			
	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	
<b>Full Body</b>																			
<b>Squats</b>	5			5			5			5			5			5			
<b>Pendlay Rows</b>	5			5			5			5			5			5			
<b>Bench Press</b>	5			5			5			5			5			5			
<b>Overhead Barbell Press</b>	5			5			5			5			5			5			
<b>Skull Crushers</b>	12			12			12			12			X	X	X	X	X	X	
<b>Standing Calf Raise</b>	15			15			15			15			X	X	X	X	X	X	

Day 3 / Date:				Set 1				Set 2				Set 3				Set 4				Set 5			
		T.R.	Rep		Weight																		
<b>Full Body</b>		5				5				5				5				5					
<b>Squats</b>		5				5				5				5				5					
<b>T-Bar Rows</b>		5				5				5				5				5					
<b>Chest Dips</b>		5				5				5				5				5					
<b>Overhead Press</b>		5				5				5				5				5					
<b>Kick Backs</b>		15				15				15				X	X			X	X				
<b>Seated Calf Raises</b>		15				15				15				X	X			X	X				

## PREP PHASE - WEEK 2

SET 1						
	T.R.	Rep	Weight	T.R.	Rep	Weight
<b>Full Body</b>	5	5		5	5	
<b>Squats</b>	5	5		5	5	
<b>Penday Rows</b>	5	5		5	5	
<b>Bench Press</b>	5	5		5	5	
<b>Overhead Barbell Press</b>	5	5		5	5	
<b>Skull Crushers</b>	12	12		12	X	X
<b>Standing Calf Raise</b>	15	15		X	X	X

SET 2						
	T.R.	Rep	Weight	T.R.	Rep	Weight
<b>Full Body</b>	5	5		5	5	
<b>Deadlifts</b>	5	5		5	5	
<b>Pull-ups</b>	5	5		5	5	
<b>Incline Press</b>	5	5		5	5	
<b>Upright Rows</b>	5	5		5	5	
<b>Zottman Curls</b>	12	12		12	X	X
<b>Lateral Raises</b>	12	12		X	X	X

SET 3						
	T.R.	Rep	Weight	T.R.	Rep	Weight
<b>Full Body</b>	5	5		5	5	
<b>Squats</b>	5	5		5	5	
<b>T-Bar Rows</b>	5	5		5	5	
<b>Chest Dips</b>	5	5		5	5	
<b>Overhead Press</b>	5	5		5	5	
<b>Kick Backs</b>	15	15		X	X	X
<b>Seated Calf Raises</b>	15	15		X	X	X

SET 4						
	T.R.	Rep	Weight	T.R.	Rep	Weight
<b>Full Body</b>	5	5		5	5	
<b>Squats</b>	5	5		5	5	
<b>T-Bar Rows</b>	5	5		5	5	
<b>Chest Dips</b>	5	5		5	5	
<b>Overhead Press</b>	5	5		5	5	
<b>Kick Backs</b>	15	15		X	X	X
<b>Seated Calf Raises</b>	15	15		X	X	X

SET 5						
	T.R.	Rep	Weight	T.R.	Rep	Weight
<b>Full Body</b>	5	5		5	5	
<b>Squats</b>	5	5		5	5	
<b>T-Bar Rows</b>	5	5		5	5	
<b>Chest Dips</b>	5	5		5	5	
<b>Overhead Press</b>	5	5		5	5	
<b>Kick Backs</b>	15	15		X	X	X
<b>Seated Calf Raises</b>	15	15		X	X	X

# 24 WEEK WORKOUT LOG BOOK

## PREP PHASE - WEEK 3

### DAY 1 / DATE:

	SET 1			SET 2			SET 3			SET 4			SET 5		
	T.R.	Rep	Weight												
<b>Full Body</b>	5			5			5			5			5		
<b>Squats</b>	5			5			5			5			5		
<b>Pendlay Rows</b>	5			5			5			5			5		
<b>Bench Press</b>	5			5			5			5			5		
<b>Overhead Barbell Press</b>	5			5			5			5			5		
<b>Skull Crushers</b>	12			12			12			X	X	X	X	X	X
<b>Standing Calf Raise</b>	15			15			15			X	X	X	X	X	X

### DAY 2 / DATE:

	SET 1			SET 2			SET 3			SET 4			SET 5		
	T.R.	Rep	Weight												
<b>Full Body</b>	5			5			5			5			5		
<b>Deadlifts</b>	5			5			5			5			5		
<b>Pull-ups</b>	5			5			5			5			5		
<b>Incline Press</b>	5			5			5			5			5		
<b>Upright Rows</b>	5			12			12			X	X	X	X	X	X
<b>Zottman Curls</b>	12			12			12			X	X	X	X	X	X
<b>Lateral Raises</b>	12			12			12			X	X	X	X	X	X

### DAY 3 / DATE:

	SET 1			SET 2			SET 3			SET 4			SET 5		
	T.R.	Rep	Weight												
<b>Full Body</b>	5			5			5			5			5		
<b>Squats</b>	5			5			5			5			5		
<b>T-Bar Rows</b>	5			5			5			5			5		
<b>Chest Dips</b>	5			5			5			5			5		
<b>Overhead Press</b>	5			5			5			5			5		
<b>Kick Backs</b>	15			15			15			X	X	X	X	X	X
<b>Seated Calf Raises</b>	15			15			15			X	X	X	X	X	X

### PAIRING PHASE - Phase 1 - Week 1

SET 1			SET 2			SET 3			SET 4			SET 5			
DAY 1 / DATE:	TR.	Rep	Weight												
<b>Back &amp; Rear Deltos</b>	10			8			6			4			X		X
<b>Deadlifts</b>	10			10			10			10			X		X
<b>Pull-Ups</b>	10			10			10			10			X		X
<b>Single Arm DB Row</b>	10			10			10			10			X		X
<b>T-Bar Row</b>	10			10			10			10			X		X
<b>Barbell Face Pulls</b>	12			12			12			12			X		X
<b>Bent Over Lateral Raises</b>	15			15			15			X	X	X	X		X

SET 1			SET 2			SET 3			SET 4			SET 5			
DAY 2 / DATE:	TR.	Rep	Weight												
<b>Chest &amp; Ant/Lat. Deltoids</b>	12			10			8			8			X		X
<b>Incline Dumbbell Press</b>	10			8			8			6			X		X
<b>Barbell Flat Press</b>	10			10			10			10			X		X
<b>Landmine Press</b>	10			15			15			X	X	X	X		X
<b>Dumbbell Flys</b>	15			10			10			10			X		X
<b>Dumbbell Upright Rows</b>	10			12			12			X	X	X	X		X
<b>Alt. DB Front Raises</b>	12			12			12			X	X	X	X		X
<b>Lateral Raises</b>	12			12			12			X	X	X	X		X

SET 1			SET 2			SET 3			SET 4			SET 5			
DAY 3 / DATE:	TR.	Rep	Weight												
<b>Leg &amp; Calves</b>	12			10			8			6			X		X
<b>Squats</b>	10			10			10			X	X	X	X		X
<b>Walking Lunges</b>	12			12			12			12			X		X
<b>Romanian Deadlifts</b>	10			10			10			X	X	X	X		X
<b>Glute Bridges</b>	12			12			12			X	X	X	X		X
<b>Kettle Bell Swings</b>	10			10			10			X	X	X	X		X
<b>Seated Calf Raises</b>	10			10			10			10			10		

SET 1			SET 2			SET 3			SET 4			SET 5			
DAY 4 / DATE:	TR.	Rep	Weight												
<b>Arms &amp; Trapezius</b>	10			10			10			10			X		X
<b>Close Grip Bench Press</b>	12			12			12			X	X	X	X		X
<b>Skull Crushers</b>	12			12			12			X	X	X	X		X
<b>Kick Backs</b>	10			10			10			10			X		X
<b>Underhand Pull Downs</b>	12			12			12			X	X	X	X		X
<b>Barbell Curls</b>	10			10			10			X	X	X	X		X
<b>Alt. Hammer Curls</b>	10			10			10			X	X	X	X		X
<b>Barbell Shrugs</b>	10			10			10			10			10		

PAIRING PHASE - Phase 1 - Week 2

64

Day 1 / Date:		Set 1			Set 2			Set 3			Set 4			Set 5		
		TR.	Rep	Weight												
<b>Back &amp; Rear Deltos</b>		10			8			6			4			X		X
<b>Deadlifts</b>		10			10			10			10			X		X
<b>Pull-Ups</b>		10			10			10			10			X		X
<b>Single Arm DB Row</b>		10			10			10			10			X		X
<b>T-Bar Row</b>		10			10			10			10			X		X
<b>Barbell Face Pulls</b>		12			12			12			12			X		X
<b>Bent Over Lateral Raises</b>		15			15			15			X	X	X	X		X

Day 2 / Date:		Set 1			Set 2			Set 3			Set 4			Set 5		
		T.R.	Rep	Weight												
<b>Chest &amp; Ant./Lat. Deltoids</b>		12			10			8			X			X		
<b>Incline Dumbbell Press</b>					8			8			X			X		
<b>Barbel Flat Press</b>		10						10			X			X		
<b>Landmine Press</b>		10						15			X			X		
<b>Dumbbell Flys</b>		15									10			10		
<b>Dumbbell Upright Rows</b>		10									12			X		
<b>Alt. DB Front Raises</b>		12												X		
<b>Lateral Raises</b>		12									12			X		

SET 1				SET 2				SET 3				SET 4				SET 5			
DAY 4 / DATE:	Arms & Trapezius	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight
	<b>Close Grip Bench Press</b>	10				10				10									
	<b>Skull Crushers</b>	12				12					X								
	<b>Kick Backs</b>	12				12					X								
	<b>Underhand Pull Downs</b>	10				10				10									
	<b>Barbell Curls</b>	12				12					X								
	<b>Alt. Hammer Curls</b>	10				10					X								
	<b>Barbell Shrugs</b>	10				10											10		

### PAIRING PHASE - Phase 1 - Week 3

SET 1							SET 2							SET 3							SET 4							SET 5						
<b>Back &amp; Rear Deltos</b>	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight				
<b>Deadlifts</b>	10			8			6			4			X			X			X			X			X			X						
<b>Pull-Ups</b>	10			10			10			10			X			X			X			X			X			X						
<b>Single Arm DB Row</b>	10			10			10			10			X			X			X			X			X			X						
<b>T-Bar Row</b>	10			10			10			10			X			X			X			X			X			X						
<b>Barbell Face Pulls</b>	12			12			12			12			X			X			X			X			X			X						
<b>Bent Over Lateral Raises</b>	15			15			15			15			X			X			X			X			X			X						
<b>Chest &amp; Ant/Lat. Deltoids</b>	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight				
<b>Incline Dumbbell Press</b>	12			10			8			8			X			X			X			X			X			X						
<b>Barbell Flat Press</b>	10			8			8			10			X			X			X			X			X			X						
<b>Landmine Press</b>	10			10			10			15			X			X			X			X			X			X						
<b>Dumbbell Flys</b>	15			15			15			10			X			X			X			X			X			X						
<b>Dumbbell Upright Rows</b>	10			10			10			10			X			X			X			X			X			X						
<b>Alt. DB Front Raises</b>	12			12			12			12			X			X			X			X			X			X						
<b>Lateral Raises</b>	12			12			12			12			X			X			X			X			X			X						
<b>Leg &amp; Calves</b>	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight				
<b>Squats</b>	12			10			10			12			X			X			X			X			X			X						
<b>Walking Lunges</b>	10			10			10			10			X			X			X			X			X			X						
<b>Romanian Deadlifts</b>	12			12			12			10			X			X			X			X			X			X						
<b>Glute Bridges</b>	10			10			10			12			X			X			X			X			X			X						
<b>Kettle Bell Swings</b>	12			12			12			10			X			X			X			X			X			X						
<b>Seated Calf Raises</b>	10			10			10			10			X			X			X			X			X			X						
<b>Arms &amp; Trapezius</b>	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight				
<b>Close Grip Bench Press</b>	10			10			10			12			X			X			X			X			X			X						
<b>Skull Crushers</b>	12			12			12			12			X			X			X			X			X			X						
<b>Kick Backs</b>	12			12			12			10			X			X			X			X			X			X						
<b>Underhand Pull Downs</b>	10			10			10			12			X			X			X			X			X			X						
<b>Barbell Curls</b>	12			12			12			10			X			X			X			X			X			X						
<b>Alt. Hammer Curls</b>	10			10			10			10			X			X			X			X			X			X						
<b>Barbell Shrugs</b>	10			10			10			10			X			X			X			X			X			X						

### 2ND PAIRING PHASE - Phase 2 - Week 6

DAY 1 / DATE:				SET 1				SET 2				SET 3				SET 4				SET 5			
Legs & Calves			Rep	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight		
<b>Squats</b>	12			10			8			6			4										
<b>Step-Ups</b>	10			10			10			10			X	X	X								
<b>Trap Bar Deadlifts</b>	10			10			10			10			X	X	X								
<b>Lateral Box Squats</b>	10			10			10			10			X	X	X								
<b>Romanian Deadlifts</b>	10			10			10			10			X	X	X								
<b>Seated Calf Raises</b>	12			12			12			12			X	X	X								

DAY 2 / DATE:				SET 1				SET 2				SET 3				SET 4				SET 5			
Back & Traps & Biceps			Rep	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight		
<b>Deadlifts</b>	10			8			6			4			X	X	X								
<b>Bent-Over Rows</b>	8			8			8			8			X	X	X								
<b>V-Grip Pull-Ups</b>	8			8			8			8			X	X	X								
<b>Dumbbell Pull-overs</b>	12			12			12			12			X	X	X								
<b>Dumbbell Shrugs</b>	12			12			12			12			X	X	X								
<b>Drag Curls</b>	12			12			12			12			X	X	X								
<b>Incline Bench DB Curls</b>	12			12			12			12			X	X	X								

SET 1							SET 2							SET 3							SET 4							SET 5						
DAY 3 / DATE:			T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight								
<b>Chest &amp; Triceps</b>			12			10			8			10			10			8			X			X			X							
<b>Dumbbell Press</b>			10			10			10			10			10			10			X			X			X							
<b>Incline Barbell Press</b>			10			10			10			10			10			X			X			X			X							
<b>Single DB Press</b>			12			12			12			12			12			X			X			X			X							
<b>Incline Flys [DB?]</b>			12			12			12			12			12			X			X			X			X							
<b>Single Arm DB French Press</b>			10			10			10			10			10			X			X			X			X							
<b>Cross Bench Dips</b>																																		
DAY 4 / DATE:			T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight								
<b>Deltoids &amp; Forearms</b>			12			10			8			10			10			X			X			X			X							
<b>Overhead Press</b>			10			10			10			12			12			12			X			X			X							
<b>Single Arm KB Press</b>			12			12			12			12			12			12			X			X			X							
<b>Reverse Upright Rows</b>			12			12			12			12			12			12			X			X			X							
<b>Lateral Raises</b>			12			12			12			12			12			12			X			X			X							
<b>Reverse Curls</b>			12			12			12			12			12			12			X			X			X							
<b>Finger Curls</b>			12																															
DAY 5 / DATE:			T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight								
<b>Legs &amp; Calves</b>			12			10			8			12			12			6			X			X			X							
<b>Front Squats</b>			12			8			8			8			8			12			X			X			X							
<b>Glute Bridges</b>			12			12			12			12			12			12			X			X			X							
<b>Split Squats</b>			12			12			12			12			12			12			X			X			X							
<b>Single Leg Romanian Deadlifts</b>			12			12			12			12			12			12			X			X			X							
<b>Standing Calf Raises</b>																																		

**2ND PAIRING PHASE - Phase 2 - Week 5**

<b>DAY 1 / DATE:</b>			
<b>SET 1</b>			
T.R.	Rep	Weight	
Squats	12		
Step-Ups	10		
Trap Bar Deadlifts	10		
Lateral Box Squats	10		
Romanian Deadlifts	10		
Seated Calf Raises	12		

<b>SET 2</b>			
T.R.	Rep	Weight	
	10		
	10		
	10		
	10		
	10		
	10		
	12		

<b>SET 3</b>			
T.R.	Rep	Weight	
	8		
	10		
	10		
	10		
	10		
	12		

<b>DAY 2 / DATE:</b>			
<b>SET 1</b>			
T.R.	Rep	Weight	
Back & Traps & Biceps	10		
Deadlifts	8		
Bent-Over Rows	8		
V-Grip Pull-Ups	8		
Dumbbell Pull-overs	12		
Dumbbell Shrugs	12		
Drag Curls	12		
Incline Bench DB Curls	12		

<b>SET 2</b>			
T.R.	Rep	Weight	
	8		
	8		
	8		
	12		
	12		
	12		
	12		

<b>SET 3</b>			
T.R.	Rep	Weight	
	6		
	8		
	8		
	12		
	12		
	12		

<b>SET 4</b>			
T.R.	Rep	Weight	
	6		
	10		
	10		
	10		
	10		
	12		

<b>SET 5</b>			
T.R.	Rep	Weight	
	4		
	X		X
	X		X
	X		X
	X		X
	X		X

SET 1							SET 2							SET 3							SET 4							SET 5						
DAY 3 / DATE:			T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight								
<b>Chest &amp; Triceps</b>			12			10			8			10			10			8			X			X			X							
<b>Dumbbell Press</b>			10			10			10			10			10			10			X			X			X							
<b>Incline Barbell Press</b>			10			10			10			10			10			10			X			X			X							
<b>Single DB Press</b>			12			12			12			12			12			12			X			X			X							
<b>Incline Flys [DB?]</b>			12			12			12			12			12			12			X			X			X							
<b>Single Arm DB French Press</b>			10			10			10			10			10			10			X			X			X							
<b>Cross Bench Dips</b>																																		
DAY 4 / DATE:			T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight								
<b>Deltoids &amp; Forearms</b>			12			10			8			10			10			6			X			X			X							
<b>Overhead Press</b>			10			10			10			12			12			12			X			X			X							
<b>Single Arm KB Press</b>			12			12			12			12			12			12			X			X			X							
<b>Reverse Upright Rows</b>			12			12			12			12			12			12			X			X			X							
<b>Lateral Raises</b>			12			12			12			12			12			12			X			X			X							
<b>Reverse Curls</b>			12			12			12			12			12			12			X			X			X							
<b>Finger Curls</b>			12																															
DAY 5 / DATE:			T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight								
<b>Legs &amp; Calves</b>			12			10			8			12			8			6			X			X			X							
<b>Front Squats</b>			12			8			8			12			8			12			X			X			X							
<b>Glute Bridges</b>			12			12			12			12			12			12			X			X			X							
<b>Split Squats</b>			8																															
<b>Single Leg Romanian Deadlifts</b>			12																															
<b>Standing Calf Raises</b>			12																															

**2ND PAIRING PHASE - Phase 2 - Week 6**

SET 1				SET 2				SET 3				SET 4				SET 5			
DAY 1 / DATE:	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	
<b>Legs &amp; Calves</b>																			
<b>Squats</b>	12			10			8			6			4						
<b>Step-Ups</b>	10			10			10			X			X						
<b>Trap Bar Deadlifts</b>	10			10			10			X			X						
<b>Lateral Box Squats</b>	10			10			10			X			X						
<b>Romanian Deadlifts</b>	10			10			10			X			X						
<b>Seated Calf Raises</b>	12			12			12			X			X						

SET 1				SET 2				SET 3				SET 4				SET 5			
DAY 2 / DATE:	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	
<b>Back &amp; Traps &amp; Biceps</b>																			
<b>Deadlifts</b>	10			8			6			4			X			X			
<b>Bent-Over Rows</b>	8			8			8			8			X			X			
<b>V-Grip Pull-Ups</b>	8			8			8			8			X			X			
<b>Dumbbell Pull-overs</b>	12			12			12			X			X			X			
<b>Dumbbell Shrugs</b>	12			12			12			12			X			X			
<b>Drag Curls</b>	12			12			12			X			X			X			
<b>Incline Bench DB Curls</b>	12			12			12			X			X			X			

SET 1							SET 2							SET 3							SET 4							SET 5						
DAY 3 / DATE:			T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight								
<b>Chest &amp; Triceps</b>			12			10			8			10			10			8			X			X			X			X				
<b>Dumbbell Press</b>			10			10			10			10			10			10			X			X			X			X				
<b>Incline Barbell Press</b>			10			10			10			10			10			X	X	X	X			X			X			X				
<b>Single DB Press</b>			12			12			12			12			12			X	X	X	X			X			X			X				
<b>Incline Flys [DB?]</b>			12			12			12			12			12			X	X	X	X			X			X			X				
<b>Single Arm DB French Press</b>			10			10			10			10			10			X	X	X	X			X			X			X				
<b>Cross Bench Dips</b>																																		
DAY 4 / DATE:			T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight								
<b>Deltoids &amp; Forearms</b>			12			10			8			10			10			X	X	X	X			X			X			X				
<b>Overhead Press</b>			10			12			12			12			12			X	X	X	X			X			X			X				
<b>Single Arm KB Press</b>			12			12			12			12			12			X	X	X	X			X			X			X				
<b>Reverse Upright Rows</b>			12			12			12			12			12			X	X	X	X			X			X			X				
<b>Lateral Raises</b>			12			12			12			12			12			X	X	X	X			X			X			X				
<b>Reverse Curls</b>			12			12			12			12			12			X	X	X	X			X			X			X				
<b>Finger Curls</b>			12																															
DAY 5 / DATE:			T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight	T.R.	Rep	Weight								
<b>Legs &amp; Calves</b>			12			10			8			12			12			6			X			X			X			X				
<b>Front Squats</b>			12			8			8			12			8			12			X			X			X			X				
<b>Glute Bridges</b>			12			12			12			12			12			12			X	X	X	X			X			X				
<b>Split Squats</b>			12			12			12			12			12			12			X	X	X	X			X			X				
<b>Single Leg Romanian Deadlifts</b>			12			12			12			12			12			12			X	X	X	X			X			X				
<b>Standing Calf Raises</b>																																		

ISOLATION PHASE - Phase 3 - Week 7

DAY 1 / DATE:				SET 1				SET 2				SET 3				SET 4				SET 5			
				T.R.	Rep	Weight																	
<b>Back &amp; Trapezius</b>				15				15				15				X				X			
<b>Pull-Ups</b>				10				8				10				6				X			
<b>T-Bar Rows</b>				10				10				10				10				X			
<b>SUPER SET</b>	<b>Pendlay Rows</b>			10				10				10				10				X			
<b>Dumbbell Pull-Overs</b>				10				8				8				8				X			
<b>SUPER SET</b>	<b>Rack Pulls</b>			8				8				8				8				X			
<b>Barbell Shrugs</b>				8				10				10				X				X			
<b>Single Arm DB Rows</b>				10				12				12				X				X			
<b>Single Arm DB Shrugs</b>				12												X				X			
DAY 2 / DATE:				SET 1				SET 2				SET 3				SET 4				SET 5			
				T.R.	Rep	Weight																	
<b>Chest</b>				12				10				8				6				4			
<b>Barbell Press</b>				10				10				10				10				X			
<b>Incline DB Press (Closegrip)</b>				8				8				8				8				X			
<b>Weighted Chest Dips</b>				12				12				12				X				X			
<b>SUPER SET</b>	<b>Cable Crossovers</b>			12				12				12				X				X			
<b>Landmine Press</b>				12				12				12				X				X			
<b>Dumbbell Flys</b>																X				X			

**DAY 3 / DATE:**

SET 1			
T.R.	Rep	Weight	T.R.
Box Squats	10	8	6
Walking Lunges	10	10	10
Romanian Deadlifts	10	8	6
Barbell Hack Squats	8	8	8
Machine Hamstring Curls	10	10	X
Seated Calf Raises	12	12	12

**DAY 4 / DATE:**

SET 1			
Deltoids	Rep	Weight	T.R.
Seated Barbell Press	10	10	8
SUPER SET Dumbbell Upright Rows	10	10	10
Barbell Reverse Upright Rows	10	10	10
Around The Worlds	10	10	10
Lateral Raise	10	10	X
Cable Reverse Flys	12	12	X

**DAY 5 / DATE:**

SET 1			
Arms (Bis/Tris/Forearms)	Rep	Weight	T.R.
SUPER SET Skull Crushers	10	10	10
Close Grip Press	10	10	10
Weighted Cross Bench Dips	12	12	12
Cable Rope Extensions	12	12	X
SUPER SET Seated Dumbbell Curls	10	10	10
Underhand Pull Downs	10	10	10
Reverse Curls	12	12	X
Behind the Back Barbell Finger Curls	12	12	X

ISOLATION PHASE - Phase 3 - Week 8

DAY 1 / DATE:		SET 1			SET 2			SET 3			SET 4			SET 5		
		T.R.	Rep	Weight												
<b>Back &amp; Trapezius</b>		15			15			15			X			X		
<b>Pull-Ups</b>		10			8			8			X			X		
<b>T-Bar Rows</b>		10			10			10			X			X		
<b>SUPER SET</b> Pendley Rows	Dumbbell Pull-Overs	10			10			10			X			X		
<b>SUPER SET</b> Barbell Shrugs	Rack Pulls	8			8			8			X			X		
<b>Single Arm DB Rows</b>	Barbell Shrugs	8			8			8			X			X		
<b>Single Arm DB Shrugs</b>	Single Arm DB Rows	10			10			10			X			X		
		12			12			12			X			X		
DAY 2 / DATE:		SET 1			SET 2			SET 3			SET 4			SET 5		
		T.R.	Rep	Weight												
<b>Chest</b>		12			10			8			6			4		
<b>Barbell Press</b>		10			10			10			X			X		
<b>Incline DB Press (Closegrip)</b>		8			8			8			X			X		
<b>Weighted Chest Dips</b>		12			12			12			X			X		
<b>SUPER SET</b> Cable Crossovers	Landmine Press	12			12			12			X			X		
<b>Dumbbell Flys</b>		12			12			12			X			X		

**DAY 3 / DATE:**

SET 1			
T.R.	Rep	Weight	T.R.
Box Squats	10	8	6
Walking Lunges	10	10	10
Romanian Deadlifts	10	8	6
Barbell Hack Squats	8	8	8
Machine Hamstring Curls	10	10	X
Seated Calf Raises	12	12	12

**DAY 4 / DATE:**

SET 1			
Deltoids	Rep	Weight	T.R.
Seated Barbell Press	10	10	8
SUPER SET Dumbbell Upright Rows	10	10	10
Barbell Reverse Upright Rows	10	10	10
Around The Worlds	10	10	10
Lateral Raise	10	10	X
Cable Reverse Flys	12	12	X

**DAY 5 / DATE:**

SET 1			
Arms (Bis/Tris/Forearms)	Rep	Weight	T.R.
SUPER SET Skull Crushers	10	10	10
Close Grip Press	10	10	10
Weighted Cross Bench Dips	12	12	12
Cable Rope Extensions	12	12	X
SUPER SET Seated Dumbbell Curls	10	10	10
Underhand Pull Downs	10	10	10
Reverse Curls	12	12	X
Behind the Back Barbell Finger Curls	12	12	X

ISOLATION PHASE - Phase 3 - Week 9

DAY 1 / DATE:			SET 1			SET 2			SET 3			SET 4			SET 5		
			T.R.	Rep	Weight												
<b>Back &amp; Trapezius</b>			15			15			15			X			X		
<b>Pull-Ups</b>			10			8			8			X			X		
<b>T-Bar Rows</b>			10			10			10			X			X		
<b>SUPER SET</b> Pendley Rows			10			10			10			X			X		
<b>SUPER SET</b> Dumbbell Pull-Overs			10			10			10			X			X		
<b>Rack Pulls</b>			8			8			8			X			X		
<b>SUPER SET</b> Barbell Shrugs			8			8			8			X			X		
<b>Single Arm DB Rows</b>			10			10			10			X			X		
<b>Single Arm DB Shrugs</b>			12			12			12			X			X		
DAY 2 / DATE:			SET 1			SET 2			SET 3			SET 4			SET 5		
			T.R.	Rep	Weight												
<b>Chest</b>			12			10			8			6			4		
<b>Barbell Press</b>			10			10			10			X			X		
<b>Incline DB Press (Closegrip)</b>			8			8			8			X			X		
<b>Weighted Chest Dips</b>			12			12			12			X			X		
<b>SUPER SET</b> Cable Crossovers			12			12			12			X			X		
<b>SUPER SET</b> Landmine Press			12			12			12			X			X		
<b>Dumbbell Flys</b>			12			12			12			X			X		

**DAY 3 / DATE:**

SET 1			
T.R.	Rep	Weight	T.R.
Box Squats	10	8	6
Walking Lunges	10	10	10
Romanian Deadlifts	10	8	6
Barbell Hack Squats	8	8	8
Machine Hamstring Curls	10	10	X
Seated Calf Raises	12	12	12

**DAY 4 / DATE:**

SET 1			
Deltoids	Rep	Weight	T.R.
Seated Barbell Press	10	10	8
SUPER SET Dumbbell Upright Rows	10	10	10
Barbell Reverse Upright Rows	10	10	10
Around The Worlds	10	10	10
Lateral Raise	10	10	X
Cable Reverse Flys	12	12	X

**DAY 5 / DATE:**

SET 1			
Arms (Bis/Tris/Forearms)	Rep	Weight	T.R.
SUPER SET Skull Crushers	10	10	10
Close Grip Press	10	10	10
Weighted Cross Bench Dips	12	12	12
Cable Rope Extensions	12	12	X
SUPER SET Seated Dumbbell Curls	10	10	10
Underhand Pull Downs	10	10	10
Reverse Curls	12	12	X
Behind the Back Barbell Finger Curls	12	12	X

HIGH INTENSITY PHASE - Phase 4 - Week 10

DAY 1 / DATE:		SET 1			SET 2			SET 3			SET 4			SET 5		
		T.R.	Rep	Weight												
<b>Back &amp; Chest</b>		12			12			12			12			X	X	X
<b>SUPER SET</b>	<b>Straight Arm Pull-Downs</b>	12			12			12			12			X	X	X
<b>SUPER SET</b>	<b>Pull-Ups</b>													X	X	X
<b>SUPER SET</b>	<b>Incline Dumbbell Flys</b>	10			10			10			10			X	X	X
<b>SUPER SET</b>	<b>Incline Barbell Press</b>	10			10			10			10			10		
<b>SUPER SET</b>	<b>Bent Over DB Rows (Bi-Lateral)</b>	10			10			10			10			X	X	X
<b>SUPER SET</b>	<b>Flat Bench DB Press</b>	10			10			10			10			X	X	X
<b>SUPER SET</b>	<b>Dumbbell Pull-overs</b>	10			10			10			10			X	X	X
<b>SUPER SET</b>	<b>Weighted Dips</b>	10			10			10			10			X	X	X

DAY 2 / DATE:		SET 1			SET 2			SET 3			SET 4			SET 5		
		T.R.	Rep	Weight												
<b>Legs</b>		20			12			10			8			4		
<b>Squats</b>														X	X	X
<b>SUPER SET</b>	<b>Romanian Deadlifts</b>	10			10			10			10			X	X	X
<b>SUPER SET</b>	<b>Single Leg Hip Lifts</b>	10			10			10			10			X	X	X
<b>Walking Lunges</b>		10			10			10			10			X	X	X
<b>SUPER SET</b>	<b>Leg Extensions</b>	12			12			12			12			X	X	X
<b>SUPER SET</b>	<b>Leg Curls</b>	12			12			12			12			X	X	X
<b>Standing Calf Raises</b>		10			10			10			10			10		

DAY 3 / DATE:		SET 1			SET 2			SET 3			SET 4			SET 5		
		T.R.	Rep	Weight												
<b>Shoulders &amp; Traps</b>		10			10			10			10			X	X	X
<b>SUPER SET</b>	<b>Lateral Raise</b>													X	X	X
<b>SUPER SET</b>	<b>Arnold Press</b>	10			10			10			10			X	X	X
<b>SUPER SET</b>	<b>Cable Face Pulls</b>	10			10			10			10			X	X	X
<b>SUPER SET</b>	<b>Bent Over Lateral Raises</b>	10			10			10			10			X	X	X
<b>Upright Rows</b>														X	X	X
<b>Seated Dumbbell Shrugs</b>		10			10			10			10			X	X	X
<b>Standing Behind the Back BB Shrugs</b>		10			10			10			10			X	X	X

DAY 4 / DATE:						
SET 1						
Triceps & Biceps			T.R.	Rep	Weight	
SUPER SET	Barbell Close Grip Press	10		10		
SUPER SET	Bench Dips	10		10		
SET 2						
Seated Under Hand Cable Rows			T.R.	Rep	Weight	
SUPER SET	Lying Cable Curls	10		10		
SUPER SET	Overhand Triceps Ext.	10		10		
SUPER SET	Underhand Triceps Ext.	10		10		
SUPER SET	Concentration Curls	12		12		
SET 3						
Legs			T.R.	Rep	Weight	
SUPER SET	Front Squat	10		10		
SUPER SET	Jumping Split Squats	10		10		
SET 4						
Manuel Hamstring Curls			T.R.	Rep	Weight	
SUPER SET	KB Swings	10		10		
SUPER SET	Standing Leg Curls	10		10		
SUPER SET	Single Seated Calf Raises	20		20		
SUPER SET	Standing Calf Raises	20		20		
SET 5						
Chest & Back			T.R.	Rep	Weight	
SUPER SET	Bent Over Rows	12		10		
SUPER SET	Flat Barbell Press	12		10		
SET 6						
Underhand Pull-Downs			T.R.	Rep	Weight	
SUPER SET	Incline Barbell Press	12		10		
SET 7						
Seated Cable Rows			T.R.	Rep	Weight	
SUPER SET	Alt. Cable Curls	10		10		
SUPER SET	Back Extensions	12		12		
SUPER SET	Underhand Dumbbell Flys	12		12		

HIGH INTENSITY PHASE - Phase 4 - Week 11

DAY 1 / DATE:		SET 1			SET 2			SET 3			SET 4			SET 5		
		T.R.	Rep	Weight												
<b>Back &amp; Chest</b>		12			12			12			12			X	X	X
<b>SUPER SET</b>	<b>Straight Arm Pull-Downs</b>	12			12			12			12			X	X	X
<b>SUPER SET</b>	<b>Pull-Ups</b>															
<b>SUPER SET</b>	<b>Incline Dumbbell Flys</b>	10			10			10			10			X	X	X
<b>SUPER SET</b>	<b>Incline Barbell Press</b>	10			10			10			10			10		
<b>SUPER SET</b>	<b>Bent Over DB Rows (Bi-Lateral)</b>	10			10			10			10			X	X	X
<b>SUPER SET</b>	<b>Flat Bench DB Press</b>	10			10			10			10			X	X	X
<b>SUPER SET</b>	<b>Dumbbell Pull-overs</b>	10			10			10			10			X	X	X
<b>SUPER SET</b>	<b>Weighted Dips</b>	10			10			10			10			X	X	X

DAY 2 / DATE:		SET 1			SET 2			SET 3			SET 4			SET 5		
		T.R.	Rep	Weight												
<b>Legs</b>		20			12			10			8			4		
<b>Squats</b>		10			10			10			10			X	X	X
<b>SUPER SET</b>	<b>Romanian Deadlifts</b>	10			10			10			10			X	X	X
<b>SUPER SET</b>	<b>Single Leg Hip Lifts</b>	10			10			10			10			X	X	X
<b>Walking Lunges</b>		10			10			10			10			X	X	X
<b>SUPER SET</b>	<b>Leg Extensions</b>	12			12			12			12			X	X	X
<b>SUPER SET</b>	<b>Leg Curls</b>	12			12			12			12			X	X	X
<b>Standing Calf Raises</b>		10			10			10			10			10		

DAY 3 / DATE:		SET 1			SET 2			SET 3			SET 4			SET 5		
		T.R.	Rep	Weight												
<b>Shoulders &amp; Traps</b>		10			10			10			10			X	X	X
<b>SUPER SET</b>	<b>Lateral Raise</b>	10			10			10			10			X	X	X
<b>SUPER SET</b>	<b>Arnold Press</b>	10			10			10			10			X	X	X
<b>SUPER SET</b>	<b>Cable Face Pulls</b>	10			10			10			10			X	X	X
<b>SUPER SET</b>	<b>Bent Over Lateral Raises</b>	10			10			10			10			X	X	X
<b>Upright Rows</b>		10			10			10			10			X	X	X
<b>Seated Dumbbell Shrugs</b>		10			10			10			10			X	X	X
<b>Standing Behind the Back BB Shrugs</b>		10			10			10			10			X	X	X

DAY 4 / DATE:						
SET 1						
Triceps & Biceps	T.R.	Rep	Weight	T.R.	Rep	Weight
SUPER SET Barbell Close Grip Press	10			10		
Bench Dips	10			10		
SUPER SET Seated Under Hand Cable Rows	10			10		
Lying Cable Curls	10			10		
SUPER SET Overhand Triceps Ext.	10			10		
Underhand Triceps Ext.	10			10		
Concentration Curls	12			12		
DAY 5 / DATE:						
SET 1						
Legs	T.R.	Rep	Weight	T.R.	Rep	Weight
SUPER SET Front Squat	10			10		
Jumping Split Squats	10			10		
SUPER SET Manimal Hamstring Curls	10			10		
KB Swings	10			10		
Standing Leg Curls	20			20		
Single Seated Calf Raises	20			20		
Standing Calf Raises	10			10		
DAY 6 / DATE:						
SET 1						
Chest & Back	T.R.	Rep	Weight	T.R.	Rep	Weight
SUPER SET Bent Over Rows	12			8		
Flat Barbell Press	12			8		
SUPER SET Underhand Pull-Downs	12			8		
Incline Barbell Press	12			8		
SUPER SET Seated Cable Rows	10			10		
Alt. Cable Curls	10			10		
SUPER SET Back Extensions	12			12		
Underhand Dumbbell Flys	12			12		
SET 2						
SET 3						
Legs	T.R.	Rep	Weight	T.R.	Rep	Weight
SUPER SET Front Squat	10			10		
Jumping Split Squats	10			10		
SUPER SET Manimal Hamstring Curls	10			10		
KB Swings	10			10		
Standing Leg Curls	20			20		
Single Seated Calf Raises	20			20		
Standing Calf Raises	10			10		
SET 4						
SET 5						
Legs	T.R.	Rep	Weight	T.R.	Rep	Weight
SUPER SET Front Squat	10			10		
Jumping Split Squats	10			10		
SUPER SET Manimal Hamstring Curls	10			10		
KB Swings	10			10		
Standing Leg Curls	20			20		
Single Seated Calf Raises	20			20		
Standing Calf Raises	10			10		
SET 6						
SET 7						
Legs	T.R.	Rep	Weight	T.R.	Rep	Weight
SUPER SET Front Squat	10			10		
Jumping Split Squats	10			10		
SUPER SET Manimal Hamstring Curls	10			10		
KB Swings	10			10		
Standing Leg Curls	20			20		
Single Seated Calf Raises	20			20		
Standing Calf Raises	10			10		

**HIGH INTENSITY PHASE - Phase 4 - Week 12**

DAY 1 / DATE:		SET 1			SET 2			SET 3			SET 4			SET 5		
		T.R.	Rep	Weight												
<b>Back &amp; Chest</b>		12			12			12			12			X	X	X
<b>SUPER SET</b>	<b>Straight Arm Pull-Downs</b>	12			12			12			12			X	X	X
<b>SUPER SET</b>	<b>Pull-Ups</b>													X	X	X
<b>SUPER SET</b>	<b>Incline Dumbbell Flys</b>	10												X	X	X
<b>SUPER SET</b>	<b>Incline Barbell Press</b>	10												10		
<b>SUPER SET</b>	<b>Bent Over DB Rows (Bi-Lateral)</b>	10												X	X	X
<b>SUPER SET</b>	<b>Flat Bench DB Press</b>	10												X	X	X
<b>SUPER SET</b>	<b>Dumbbell Pull-overs</b>	10												X	X	X
<b>SUPER SET</b>	<b>Weighted Dips</b>	10												X	X	X

DAY 2 / DATE:		SET 1			SET 2			SET 3			SET 4			SET 5		
		T.R.	Rep	Weight												
<b>Legs</b>		20			12			10			8			4		
<b>Squats</b>														X	X	X
<b>SUPER SET</b>	<b>Romanian Deadlifts</b>	10												X	X	X
<b>SUPER SET</b>	<b>Single Leg Hip Lifts</b>	10												X	X	X
<b>Walking Lunges</b>		10												X	X	X
<b>SUPER SET</b>	<b>Leg Extensions</b>	12												X	X	X
<b>SUPER SET</b>	<b>Leg Curls</b>	12												X	X	X
<b>Standing Calf Raises</b>		10												10		

DAY 3 / DATE:		SET 1			SET 2			SET 3			SET 4			SET 5		
		T.R.	Rep	Weight												
<b>Shoulders &amp; Traps</b>		10			10			10			10			X	X	X
<b>SUPER SET</b>	<b>Lateral Raise</b>													X	X	X
<b>SUPER SET</b>	<b>Arnold Press</b>	10												X	X	X
<b>SUPER SET</b>	<b>Cable Face Pulls</b>	10												X	X	X
<b>SUPER SET</b>	<b>Bent Over Lateral Raises</b>	10												X	X	X
<b>Upright Rows</b>		10												X	X	X
<b>Seated Dumbbell Shrugs</b>		10												X	X	X
<b>Standing Behind the Back BB Shrugs</b>		10												X	X	X

DAY 4 / DATE:						
SET 1						
Triceps & Biceps	T.R.	Rep	Weight	T.R.	Rep	Weight
SUPER SET Barbell Close Grip Press	10			10		
Bench Dips	10			10		
SUPER SET Seated Under Hand Cable Rows	10			10		
Lying Cable Curls	10			10		
SUPER SET Overhand Triceps Ext.	10			10		
Underhand Triceps Ext.	10			10		
Concentration Curls	12			12		
DAY 5 / DATE:						
SET 1						
Legs	T.R.	Rep	Weight	T.R.	Rep	Weight
SUPER SET Front Squat	10			10		
Jumping Split Squats	10			10		
SUPER SET Manimal Hamstring Curls	10			10		
KB Swings	10			10		
Standing Leg Curls	20			20		
Single Seated Calf Raises	20			20		
Standing Calf Raises	10			10		
DAY 6 / DATE:						
SET 1						
Chest & Back	T.R.	Rep	Weight	T.R.	Rep	Weight
SUPER SET Bent Over Rows	12			8		
Flat Barbell Press	12			8		
SUPER SET Underhand Pull-Downs	12			8		
Incline Barbell Press	12			8		
SUPER SET Seated Cable Rows	10			10		
Alt. Cable Curls	10			10		
SUPER SET Back Extensions	12			12		
Underhand Dumbbell Flys	12			12		
SET 2						
SET 3						
Legs	T.R.	Rep	Weight	T.R.	Rep	Weight
SUPER SET Front Squat	10			10		
Jumping Split Squats	10			10		
SUPER SET Manimal Hamstring Curls	10			10		
KB Swings	10			10		
Standing Leg Curls	20			20		
Single Seated Calf Raises	20			20		
Standing Calf Raises	10			10		
SET 4						
SET 5						
Legs	T.R.	Rep	Weight	T.R.	Rep	Weight
SUPER SET Front Squat	10			10		
Jumping Split Squats	10			10		
SUPER SET Manimal Hamstring Curls	10			10		
KB Swings	10			10		
Standing Leg Curls	20			20		
Single Seated Calf Raises	20			20		
Standing Calf Raises	10			10		

# NOTES

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



# NOTES

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



# NOTES

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



# NOTES

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



# NOTES

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



# NOTES

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



# 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





