

BUFF DUPDES



12 WEEK
PROGRAM
VOLUME 2

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.



B.U.F.F. DUDES **VOLUME 2**

12 WEEK HOME & GYM WORKOUT PLAN

Welcome to the B.U.F.F. (*Better Understanding of Food & Fitness*) Dudes **12 Week Home & Gym Workout Plan.**

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. The **home** portion of this program will not be focusing on strength or bulk due to our limited resources - *we will not be using a squat rack, cable machines or traditional bench press in order to keep this plan simple & cost effective* - but will be all about *muscular endurance*, pushing your body to the limit *mentally & physically* and getting in *damn good shape*.

Alternatively, we've also included a modified routine for those who prefer to work out in a **commercial gym**. Using this modified routine the purchase of additional equipment won't be necessary and you'll be using gym staples such as the Bench Press, Squat Rack and more.

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

EQUIPMENT

YOU WILL NEED

* Optional. Not required for 12 week plan.

Although simplicity is one of the foundations of this plan you will need a few tools in order to properly complete it. Here is what we'll be using over the course of the 12 Weeks:

- Barbell (*Plates Used With Barbell Will Be Determined by Lifters Personal Strength*)
- 2 Pairs of Dumbbells (*Light Pair, Heavy Pair - Exact Weight To Be Determined by Lifters Personal Strength*)
- Resistance Bands
- Medicine Ball
- Parallette Bars
- Ab Roller Wheel
- Battle Ropes
- Bench (*You can use many different options to accomplish this. For instance we use an old camping cooler*)
- Weight Lifting Chain Belt
- Foam Roller
- Forearm Wrist Roller
- Jump Rope*
- Arm Blaster

The total cost of all equipment will vary (we have DIY episodes on how to build your own *Dumbbells, Parallette Bars, Forearm Wrist Roller, Battle Ropes and Ab Roller Wheel* which you can find on our YouTube channel [youtube.com/buffdudes](https://www.youtube.com/buffdudes)) but you'll most likely be looking at about \$200-500 for the list above. For some this may be pricey (and keep in mind you could also accomplish all of this 12 Week Plan at your local gym without having to buy *any* additional equipment or you could also split the costs with a training partner) but the way we look at it is you're making an investment in your future health & physical fitness. Not only that, but this equipment will be with you for many years to come as you progress on your B.U.F.F. journey.



EATING PLAN

Due to the differences in body types, goals & other variables this 12 Week Home 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:

<http://youtu.be/ZkzQpWObTz0>

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

BMR Calculator:

<http://www.exercise4weightloss.com/bmr-calculator.html>

Macro Nutrient Calculator:

http://www.freedieting.com/tools/nutrient_calculator.htm

To give you an example; we are both 6'2" inches (1,85 m) tall and between 210-220 pounds (95-100Kg). We typically consume around 2,500-3,000 calories a day in order to maintain our physiques.

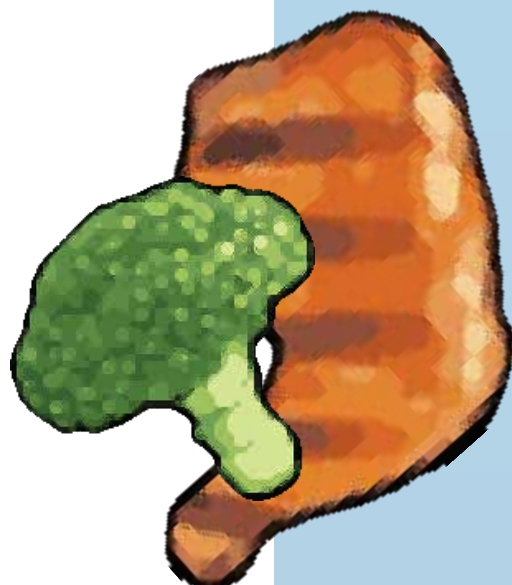
Here is a sample of what our cutting routine looks like:

http://buff-dudes.com/buffdudes_cuttingprogram.pdf

and here is a sample of our bulking diet:

http://buff-dudes.com/buffdudes_bulkingprogram.pdf

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.



CARDIO

Throughout this plan we'll be doing cardio immediately upon waking up 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, as an alternate we'll perform our cardio immediately following our workout 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 sticking with the 12 Week Home Workout Plan itself.

DYNAMIC WARM-UP + FOAM ROLLING

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, lumbar region and upper back/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

LOWER BODY

- Lateral Squats 1 x 20 (10 each side)
- Supine Bridge (glute bridge) 1 x 10
- Leg Swings - Side to Side 1 x 10 (each side)
Front to Back 1 x 10 (each side)
- Band Walks 1x10 step each direction
- Ankle Mobility 1x10 (Each Ankle)

UPPER BODY

- Wall slides 1 x 10
- The Pass Through 1 x 10
- Band Pull Apart Underhand 1x10 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.



STRETCHING

Static stretching will be performed after every 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 are increased flexibility and range of motion, increased blood flow to the muscles being stretched, decrease postural deficiencies due to tightness in various muscles, and decrease delayed onset muscle soreness (DOMS), decrease pain in areas such as lower back, shoulder, knee etc.

We've included some of our favorite stretches, but feel free to add 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 depending on which areas are the most tight.

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 one 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 onto 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.



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STRETCHING

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 and 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.**

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

COBRA STRETCH

This stretch 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.

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STRETCHING

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 and in some cases causing 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 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.



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.**

LOWER BACK STRETCH

This will help relieve tightness in the Erector Spinae muscles. 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.**



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

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STRETCHING

your hand and pulling into your glute till you feel the stretch and slight discomfort in the Quadriceps. **1 - 3 set of 10 - 30 second holds each side.**

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.

Alright, we've covered *food, cardio, mobility, stretching & the required equipment* we'll need in order to complete the 12 Week Program. With those steps out of the way we are now ready to begin the plan itself, which will begin with Phase 1.

Here we go!

PHASE 1

We'll be concentrating on foundational lifts and keying in on any imbalances or issues that you might have to work on before moving on into phases 2, 3 and 4. Everyone has to learn to walk before they can run and that is exactly what phase 1 is meant for. Even if you have been working out 5 days a week for several years, it is always a good idea to lower the intensity for a few weeks, increase the rest times between workouts giving your body more of a chance to recuperate and grow, almost like an active rest phase. This phase will get you into the habit of working out; in the process teaching you the basics of foundational lifting and the education to find weak points and fix them. Starting off at 3 days a week and working the entire body each day, you'll want to focus on scheduling not only your workouts but also your eating habits that fit your personal lifestyle.

NOTE: In the Phase 1 *Gym Edition* you'll be pyramiding up in weight as you decrease the reps each set. Try to reach close to failure at the end of the last rep in each set. This will push your strength limits and help you track your weight in each rep range.



WEEKS 1-3

PHASE 1

HOME WORKOUT

DAY 1

SQUATS	5 X 15
BENT OVER ROWS	5 X 15
BENCH PRESS	5 X 15
OVERHEAD PRESS	5 X 15
EXTERNAL ROTATIONS*	3 X 12
SEATED CALF RAISES	3 X 15
MOUNTAIN CLIMBERS	3 X 30 SECONDS
PLANKS	3 X 30 SECONDS

* Lying on side externally rotating with dumbbell

DAY 2

DEADLIFT	5 X 15
KNEELING LANDMINE PRESS	5 X 15
ALT. ARNOLD PRESS	5 X 15
ALT. FRONT LUNGE	5 X 10
PULLOVERS	3 X 15
WEIGHTED CRUNCHES (FEET ON WALL)	3 X 15
SIDE PLANKS	3 X 30 SECONDS

DAY 3

FRONT SQUAT	5 X 15
T-BAR ROW	5 X 15
DIPS*	5 X 15
UPRIGHT ROW	5 X 15
GLUTE BRIDGES (WEIGHTED)	3 X 10
STANDING CALF RAISES	3 X 15
RUSSIAN TWISTS	3 X 30 (15 EACH SIDE)

* If you can't perform dips, feel free to substitute with decline bench press. Same applies for dips throughout the rest of the program.

GYM WORKOUT

DAY 1

SQUATS	15, 12, 10, 8, 6
BENT OVER ROWS	12, 10, 8, 6, 6
BENCH PRESS	15, 12, 10, 8, 6
OVERHEAD PRESS	12, 10, 8, 6, 6
EXTERNAL ROTATIONS	3 X 12*
SEATED CALF RAISES	3 X 15
MOUNTAIN CLIMBERS	3 X 30 SECONDS
PLANKS	3 X 30 SECONDS

DAY 2

DEADLIFT	15, 12, 10, 8, 6
KNEELING LANDMINE PRESS	15, 12, 10, 8, 8
ALT. ARNOLD PRESS	12, 10, 8, 8, 6
ALT. FRONT LUNGE	5 X 10
PULLOVERS	3 X 15
WEIGHTED CRUNCHES (FEET ON WALL)	3 X 15
SIDE PLANKS	3 X 30 SECONDS

DAY 3

FRONT SQUAT	15, 12, 10, 8, 6
T-BAR ROW	12, 10, 8, 8, 6
DIPS	5 X 15
UPRIGHT ROW	15, 12, 10, 8, 8
GLUTE BRIDGES (WEIGHTED)	3 X 10
STANDING CALF RAISES	3 X 15
RUSSIAN TWISTS	3 X 30 (15 EACH SIDE)

Note: In phase 1, try to decrease your rest times as each week passes. Example: Let's say you start out with 90 seconds rest between sets on the 1st week. Try to hit 60 seconds rest time between sets on the 2nd week, and 30 seconds rest time between sets on the 3rd week. If you want more of an advanced phase 1 (home edition), try to circuit train through the first four exercises back to back, with only a 90 second rest before starting the next round. After completing the 5 rounds of the first 4 exercises, you will then move onto the other exercises to finish up.

WEEKS 4-6

PHASE II

Are you still with us? Great! In this phase you'll now be splitting up the muscle groups into 4 days, concentrating on a major muscle group each day with more isolation exercises to enhance muscle recruitment and hypertrophy. Still focusing on main compound movements with the barbell and dumbbells but also incorporating calisthenics to increase the consumption of energy and decrease the need for equipment.

HOME WORKOUT

DAY 1: CHEST + TRICEPS + ABS

SUPERSET PUSH-UPS (PARALLETTE BARS)	4 X 15
BARBELL FLOOR PRESS*	4 X 15**
KNEELING LANDMINE PRESS	4 X 12
UNDER HAND DUMBBELL FLY	4 X 12
PARALLETTE DIPS	3 X 20
BODY WEIGHT TRICEPS EXTENSIONS	3 X FAILURE
LANDMINE 180'S	3 X 20
ABDOMINAL ROLLER	3 X 15

* Note: concentrate on the stretch of the chest on the push-ups, while on the floor press; focus on the squeeze at the top position.

** Use parallette bars to rack and un-rack barbell.

DAY 2: BACK + BICEPS

PENDLAY ROW	4 X 12
DEADLIFT	4 X 12
SINGLE ARM LANDMINE ROW	4 X 12
GOOD MORNINGS	3 X 12
PULL UPS*	3 X FAILURE
BARBELL CURLS	3 X 10
ZOTTMAN CURLS	3 X FAILURE

* If you can't perform Pull Ups, feel free to substitute with Pull Downs. Same applies for Pull Ups throughout the rest of the program.

GYM WORKOUT

DAY 1: CHEST + TRICEPS + ABS

BARBELL PRESS	12, 10, 8, 6
KNEELING LANDMINE PRESS	4 X 12
UNDER HAND DUMBBELL FLY	4 X 12
DIPS	3 X 20
SKULL CRUSHERS	3 X 10
LANDMINE 180'S	3 X 20
ABDOMINAL ROLLER	3 X 15

DAY 2: BACK + BICEPS

PENDLAY ROW	4 X 12
DEADLIFT	12,8,6,2
SINGLE ARM DUMBBELL ROW	4 X 12
GOOD MORNINGS	3 X 12
PULL UPS	3 X FAILURE
BARBELL CURLS	3 X 10
ZOTTMAN CURLS	3 X FAILURE

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WEEKS 4-6

PHASE II

HOME WORKOUT

DAY 3: LEGS + CALVES + ABS

SUPERSET SQUATS	4 X 12
JUMPING SPLIT SQUATS	4 X 20*
GLUTE BRIDGES (WEIGHTED)	4 X 12
OVERHEAD BULGARIAN SQUATS (WEIGHTED)	4 X 10
MANUAL HAMSTRING CURLS	4 X 12
SEATED CALF RAISES	3 X 20
DONKEY CALF RAISE**	3 X 15
WEIGHTED PLANK	3 X 30 SECONDS
PLYOMETRIC SIT-UPS	3 X 20

* 20 reps total equaling 10 reps each leg.

** Use weight belt with chain.

DAY 4: SHOULDERS + TRAPS + FORE-ARMS

CUBAN PRESS (LIGHT WEIGHT)	3 X 12
OVERHEAD PRESS	4 X 10
LANDMINE SINGLE ARM PRESS	4 X 12
LYING DUMBBELL LATERAL RAISE	3 X 12
BENT OVER REVERSE FLY	3 X 12
BARBELL SHRUGS	4 X 15
FINGER CURLS	3 X 15
REVERSE CURLS	3 X 15

GYM WORKOUT

DAY 3: LEGS + CALVES + ABS

SUPERSET SQUATS	4 X 12
JUMPING SPLIT SQUATS	4 X 20*
GLUTE BRIDGES (WEIGHTED)	4 X 12
OVERHEAD BULGARIAN SQUATS (WEIGHTED)	4 X 10
LYING HAMSTRING CURLS	4 X 12
SEATED CALF RAISES	3 X 20
DONKEY CALF RAISE**	3 X 15
WEIGHTED PLANK	3 X 30 SECONDS
PLYOMETRIC SIT-UPS	3 X 20

* 20 reps total equaling 10 reps each leg.

** Use weight belt with chain.

DAY 4: SHOULDERS + TRAPS + FORE-ARMS

CUBAN PRESS (LIGHT WEIGHT)	3 X 12
OVERHEAD PRESS	12,10,8,6
SINGLE ARM DUMBBELL PRESS	4 X 12
LYING DUMBBELL LATERAL RAISE	3 X 12
BENT OVER REVERSE FLY	3 X 12
BARBELL SHRUGS	15,12,10,8
FINGER CURLS	3 X 15
REVERSE CURLS	3 X 15

WEEKS 7-9

PHASE III

Now that you're progressing into your 7th week of working out consistently, you should start feeling stronger not only in your muscles but also your cardiovascular system. We call it *one step closer to becoming a **Buff Dude** or **Grrrl***.

Staying consistent with your *dynamic warm-ups, foam rolling and mobility work*, you'll experience less DOMS (*delayed onset muscle soreness*) and also feel better in your day-to-day activities. The intensity in phase 3 will increase, as well as the days you're lifting; increasing to 5 days a week. Rest times are low while intensity and volume is high.

HOME WORKOUT

DAY 1: QUADS + CALVES + ABS

SUPERSET SQUATS	4 X 15
SPLIT SQUAT TWISTS	4 X 10 (EACH SIDE)
PISTOL BOX SQUATS	3 X 15
SUPERSET SINGLE LEG HIP EXTENSION	4 X 10
GOBLET SQUATS	4 X 15
SINGLE LEG CALF RAISE	3 X 15 (EACH SIDE)
ABDOMINAL ROLLER	3 X 20
OTIS-UPS	3 X 20

DAY 2: CHEST+BACK

SUPERSET COMMANDO ROW	4 X 10 (EACH SIDE)
PULL-UPS	4 X 10
SUPERSET ASSISTED SINGLE ARM PUSH-UPS*	4 X 10
BARBELL BENCH	4 X 12
SUPERSET T-BAR ROW	4 X 12
PULLOVERS	4 X 12
SUPERSET INCLINE DUMBBELL PRESS*	
(WIDE TO CLOSE)	4 X 15
BODY WEIGHT FLY	4 X 10

* Using Med Ball for back support (against wall).

GYM WORKOUT

DAY 1: QUADS + CALVES + ABS

SUPERSET SQUATS	4 X 10
SPLIT SQUAT TWISTS	4 X 10 (EACH SIDE)
SINGLE LEG PRESS	3 X 15 (EACH SIDE)
SUPERSET SINGLE LEG HIP EXTENSION	4 X 10
GOBLET SQUATS	4 X 15
SINGLE LEG CALF RAISE	3 X 15 (EACH SIDE)
ABDOMINAL ROLLER	3 X 20
OTIS-UPS	3 X 20

DAY 2: CHEST + BACK

SUPERSET COMMANDO ROW	4 X 10 (EACH SIDE)
PULL-UPS	4 X 10
SUPERSET DUMBBELL FLY	4 X 10
BARBELL BENCH	4 X 12
SUPERSET T-BAR ROW	4 X 12
PULLOVERS	4 X 12
SUPERSET INCLINE DUMBBELL PRESS	
(WIDE TO CLOSE)	4 X 15
UNDERHAND DUMBBELL FLY	4 X 10

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WEEKS 7-9

PHASE III

HOME WORKOUT

DAY 3: SHOULDERS + TRAPS + ABS

PARALLETTE BAR PIKE PRESS	4 X 10
SUPERSET ALT. SEATED ARNOLD PRESS	4 X 12
BAND PULL APART	4 X 15
SUPERSET SINGLE ARM REVERSE FLY	3 X 10 (EACH SIDE)
BAND FACE PULLS	3 X 15
SUPERSET DUMBBELL SHRUGS	3 X 15
FARMER WALK	3 X FAILURE
REVERSE CRUNCHES	3 X 20
WINDMILL	3 X 15 (EACH SIDE)

DAY 4: TRICEPS + BICEPS + FOREARMS

SUPERSET REVERSE GRIP FLOOR PRESS	4 X 15
REVERSE GRIP BENT-OVER ROW	4 X 15
SUPERSET BARBELL SKULL CRUSHER	3 X 12
ARM BLASTER BARBELL CURL	3 X 12
TRICEPS DIPS* (PARALLETTE BAR)	3 X 15
HAMMER CURLS	3 X 12
STANDING BEHIND THE BACK FINGER CURLS	4 X 15
WRIST ROLLER	3 X 2 COMPLETE ROLLS

* Feet on bench.

DAY 5: HAMSTRINGS + CALVES + ABS

SUPERSET KB SWINGS	4 X 15
MANUAL HAMSTRING CURL	4 X 10
ROMANIAN DEADLIFT (RDL)	4 X 12
UNILATERAL RDL	3 X 12 (EACH SIDE)
WEIGHTED DONKEY CALF RAISE	3 X 15
STANDING CALF RAISE	3 X 20*
SUPERSET MOUNTAIN CLIMBER	3 X 30 SECONDS
PLANK	3 X 30 SECONDS

* Toes inward 10 reps, toes outward 10 reps.

GYM WORKOUT

DAY 3: SHOULDERS + TRAPS + ABS

SEATED DUMBBELL PRESS	4 X 10
SUPERSET ALT. STANDING ARNOLD PRESS	4 X 12
CABLE REVERSE FLY	4 X 15
SUPERSET SINGLE ARM DUMBBELL LATERAL RAISE	3 X 10 (EACH SIDE)
FACE PULLS	3 X 15
SUPERSET DUMBBELL SHRUGS	3 X 15
FARMER WALK	3 X FAILURE
REVERSE CRUNCHES	3 X 20
WINDMILL	3 X 15 (EACH SIDE)

DAY 4: TRICEPS + BICEPS + FOREARMS

SUPERSET REVERSE GRIP BENCH PRESS	4 X 12
REVERSE GRIP BENT-OVER ROW	4 X 12
SUPERSET BARBELL SKULL CRUSHER	3 X 12
PREACHER BENCH BARBELL CURL	3 X 12
TRICEPS DIPS*	3 X 15
HAMMER CURLS	3 X 12
STANDING BEHIND THE BACK FINGER CURLS	4 X 15
WRIST ROLLER	3 X 2 COMPLETE ROLLS

* Feet on bench.

DAY 5: HAMSTRINGS + CALVES + ABS

SUPERSET GLUTE BRIDGES (WEIGHTED)	4 X 12
LYING HAMSTRING CURL	4 X 10
ROMANIAN DEADLIFT (RDL)	4 X 12
UNILATERAL RDL	3 X 12 (EACH SIDE)
WEIGHTED DONKEY CALF RAISE	3 X 15
STANDING CALF RAISE	3 X 20*
SUPERSET MOUNTAIN CLIMBER	3 X 30 SECONDS
PLANK	3 X 30 SECONDS

* Toes inward 10 reps, toes outward 10 reps.

WEEKS 10-12

PHASE IV

At this point your body should start feeling like a finely tuned machine that's ready for war. You're the fearless leader in the battle of the weights and your body is winning. In this phase, you'll be pulling out all the stops by incorporating the big compound movements, plyometric, calisthenics and supersets with very short rest times. In this 6 day split you'll be hitting the major muscle groups twice a week and putting your body through a great deal of stress. The goal is that your work from phases 1-3 has prepared you for phase 4. You've taken on the minibosses, now it's time for the **Big Boss**.

HOME WORKOUT

DAY 1: BACK + CHEST + ABS

SUPERSET OVERHEAD SLAM	4 X 15
PULL-UPS	4 X 12
SUPERSET ALT. MED BALL PUSH-UPS	4 X 20
DUMBBELL WIDE TO CLOSE PRESS	4 X 8
	(16 TOTAL REPS)
SUPERSET STRAIGHT ARM PULLDOWNS (BAND)	4 X 20
PENDLAY ROW	4 X 12
SUPERSET CHEST DIPS	4 X 15
ISOMETRIC WIPERS	4 X 20
HANGING LEG RAISE	3 X 15
BAND WOOD CHOPS	3 X 15

DAY 2: LEGS + CALVES + ABS

SQUATS	4 X 25
SUPERSET WALKING LUNGES	4 X 20*
BARBELL HACK SQUATS	4 X 15
SUPERSET BARBELL RDL	3 X 12
MANUAL HAMSTRING CURLS	3 X 12
SEATED CALF RAISE**	3 X 20
OTIS UPS	3 X 15
RUSSIAN TWISTS	3 X 20 (10 REPS EACH SIDE)

* 10 steps each way

** Barbell held on thighs.

GYM WORKOUT

DAY 1: BACK + CHEST + ABS

SUPERSET STRAIGHT ARM PULL DOWNS	4 X 15
PULL-UPS	4 X 12
SUPERSET ALT. DUMBBELL PRESS	4 X 10 (EACH SIDE)
DUMBBELL WIDE TO CLOSE PRESS	4 X 8
	(16 TOTAL REPS)
SUPERSET FACE PULL	4 X 12
PENDLAY ROW	4 X 12
SUPERSET CHEST DIPS	4 X 15
PULL OVER	4 X 12
HANGING LEG RAISE	3 X 15
BAND WOOD CHOPS	3 X 15

DAY 2: LEGS + CALVES + ABS

SQUATS	15, 10, 8, 4
SUPERSET WALKING LUNGES*	4 X 20
BARBELL HACK SQUATS	4 X 15
SUPERSET BARBELL RDL	3 X 12
MANUAL HAMSTRING CURLS	3 X 12
SEATED CALF RAISE	3 X 20
OTIS UPS	3 X 15
RUSSIAN TWISTS	3 X 20 (10 REPS EACH SIDE)

* 10 steps each way

CONTINUE ON NEXT PAGE

WEEKS 10-12

PHASE IV

HOME WORKOUT

DAY 3: SHOULDERS + TRAPS + ABS

SUPERSET SEATED BARBELL SHOULDER PRESS

4 X 12

ALT. UPRIGHT ROW

4 X 12

SUPERSET BAND FACE PULLS

3 X 15

BENT OVER FRONT/LATERAL/
REVERSE RAISE

3 X 5

SUPERSET STEERING WHEELS 3X20 (10 EACH SIDE)

LATERAL RAISE

3 X 15

REAR SHRUGS (BARBELL)

4 X 15

BAND EXTERNAL ROTATIONS 3 X 12 (EACH SIDE)

SUPERSET WEIGHTED PLANKS

3 X 30SEC

MOUNTAIN CLIMBERS

3 X 30SEC

DAY 4: TRICEPS + BICEPS + FOREARMS

SUPERSET CLOSE GRIP BARBELL PRESS

4 X 15

WEIGHTED CHIN UPS

4 X 15

SUPERSET BILATERAL KICKBACKS

3 X 15

PLATE PINCH REVERSE CURL

3 X 15

SUPERSET FLOOR SKULLCRUSHER

3 X 10

BARBELL CURL (DROP SET)

3 X 3

DROPS UNTIL FAILURE*

SEATED UNILATERAL FINGER CURL

3 X 15

WRIST ROLLER

3 X FAILURE

* load the bar with enough weight so the muscles will fail at around 8-10 repetitions, immediately decrease the weight and perform the exercise until failure is reached again, drop the weight again and repeat for a third time until complete failure.

GYM WORKOUT

DAY 3: SHOULDERS + TRAPS + ABS

SUPERSET SEATED BARBELL SHOULDER PRESS

12, 10, 8, 6

ALT. UPRIGHT ROW

4 X 12

SUPERSET FACE PULLS

3 X 10

BENT OVER FRONT/LATERAL/
REVERSE RAISE

3 X 5

SUPERSET STEERING WHEELS 3X20 (10 EACH SIDE)

LATERAL RAISE

3 X 15

REAR SHRUGS (BARBELL)

4 X 15

CABLE EXTERNAL ROTATIONS 3 X 12 (EACH SIDE)

SUPERSET WEIGHTED PLANKS

3 X 30SEC

MOUNTAIN CLIMBERS

3 X 30SEC

DAY 4: TRICEPS + BICEPS + FOREARMS

SUPERSET CLOSE GRIP BARBELL PRESS

4 X 15

WEIGHTED CHIN UPS

4 X 15

SUPERSET BILATERAL KICKBACKS

3 X 15

PLATE PINCH REVERSE CURL

3 X 15

SUPERSET SKULLCRUSHER

3 X 10

BARBELL CURL (DROP SET)

3 X 3

DROPS UNTIL FAILURE*

SEATED UNILATERAL FINGER CURL

3 X 15

WRIST ROLLER

3 X FAILURE

* load the bar with enough weight so the muscles will fail at around 8-10 repetitions, immediately decrease the weight and perform the exercise until failure is reached again, drop the weight again and repeat for a third time until complete failure.

CONTINUE ON NEXT PAGE

WEEKS 10-12

PHASE IV

HOME WORKOUT

DAY 5: BACK + CHEST + ABS

SUPERSET BARBELL DEADLIFT	4 X 15
BARBELL BENCH	4 X 15
SUPERSET DUMBBELL UNILATERAL ROW	3 X 15
DUMBBELL UNILATERAL PRESS	3 X 15
SUPERSET BARBELL PULLOVER	3 X 15
BAND FLYES	3 X 15
SUPERSET PULL-UPS	3 X FAILURE
PUSH-UPS	3 X FAILURE
DOUBLE CRUNCH	3 X 15
OBLIQUE CRUNCH	3 X 20

DAY 6: LEGS + SHOULDERS + ABS

SUPERSET IRON CROSS	4 X 15
DUMBBELL SWINGS	4 X 15
SUPERSET PLYO BULGARIAN SPLIT SQUATS	3 X 10(EACH SIDE)
UNILATERAL RDL	3 X 10(EACH SIDE)
SUPERSET ARNOLD PRESS	3 X 15
SINGLE ARM BENT OVER LATERAL RAISE	3 X 12
SUPERSET FARMER SQUATS	3 X 15
FARMER WALKS	3 X 1 MINUTE
SUPERSET REVERSE UPRIGHT ROW	3 X 12
PLATE FRONT RAISE	3 X 12
WEIGHTED CRUNCH	3 X 10
LYING LEG RAISE W/HIP THRUST	3 X 15

GYM WORKOUT

DAY 5: BACK + CHEST + ABS

BARBELL DEADLIFT	12, 8, 4, 2
BARBELL BENCH	12, 8, 4, 2
SUPERSET DUMBBELL UNILATERAL ROW	3 X 12
DUMBBELL UNILATERAL PRESS	3 X 12
SUPERSET BARBELL PULLOVER	3 X 10
DUMBBELL FLYES	3 X 15
SUPERSET PULL-UPS	3 X FAILURE
PUSH-UPS	3 X FAILURE
DOUBLE CRUNCH	3 X 15
OBLIQUE CRUNCH	3 X 20

DAY 6: LEGS + SHOULDERS + ABS

SUPERSET LEG PRESS	15,12,10,8
DUMBBELL SWINGS	4 X 15
SUPERSET BULGARIAN SPLIT SQUATS	3 X 10(EACH SIDE)
UNILATERAL RDL	3 X 10(EACH SIDE)
SUPERSET ARNOLD PRESS	3 X 10
SINGLE ARM BENT OVER LATERAL RAISE	3 X 12
SUPERSET FARMER SQUATS	3 X 10
FARMER WALKS	3 X 1 MINUTE
SUPERSET REVERSE UPRIGHT ROW	3 X 12
PLATE FRONT RAISE	3 X 12
WEIGHTED CRUNCH	3 X 10
LYING LEG RAISE W/HIP THRUST	3 X 15

YOU DID IT!

We hope you enjoyed our 12 Week Home 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 and if it was, everyone would be doing it. You're a rare breed and for that we single bicep salute you!

This plan was designed by brothers Brandon & Hudson White, better known as the B.U.F.F. Dudes. We don't charge for our 12 Week Plan but if you'd like to show your support feel free to grab one of our t-shirts or tank tops here <http://store.buff-dudes.com> or make a donation by clicking "support" on our YouTube page at <http://www.youtube.com/buffdudes>.

Thank you, enjoy the plan and most importantly...

STAY BUFF



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 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 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 doing this not 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.

I CAN'T AFFORD TO PURCHASE THE REQUIRED EQUIPMENT, WHAT DO I DO?

As we mentioned in the beginning of the plan, we've supplied DIY videos for equipment such as the *Ab Roller Wheel, Parallettes* and a few others. This is a cost effective way of working out from home which can save you some money and give you the pride of having built your own workout equipment. Having said that, unless you decide to complete this plan from a commercial gym you will have

to spend some money in order to complete this plan from home and we highly recommend you make the investment.

People often spend hundreds of dollars or more on phones, shoes and other items; many which have a short shelf life. With the gym equipment you'll be buying or building for this plan you're making an investment in items that will last for many years and also in bettering your physical and mental well being. The rewards for which are vast and priceless.

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 to 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. And finally, if you feel like you've taken this plan as far as you can, be sure and check out our **original** 12 Week Workout Plan here: <http://buffdudes.com/12WeekPlan/>

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.

If your schedule is *really* busy and modifying the 12 Week Plan is something which isn't possible you can always check out our 3 Day Weekly Workout Split here: <http://www.buffdudes.us/2014/04/3-day-workout-split-routine.html>

CAN I PERFORM THIS 12 WEEK HOME WORKOUT PLAN IN THE GYM?

Bigtime. We built this program due to a large amount of fellow Buff Dudes and Grrrls who prefer to workout at home either due to convenience or a lack of nearby commercial gym.

Everything we've included in this plan can easily be replicated in a commercial gym, the only thing you'll most likely notice is the absence of machine usage due to the fact we wanted to keep it simply and accessible for those at home as well.



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

We've created videos for each phase of both the home & gym 12 Week Workout Plan which you can find on our YouTube channel at youtube.com/buffdudes. In addition to videos for each phase 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 which use the same reps per sets are typically isolation exercises and on these we stay with the same weight each set.

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

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 **Decline Bench Press** if you can't perform Dips, **Lat Pull-Downs** if you can't perform Pull-Ups, **Leg Press** if you can't perform Squats,

I'M COMING INTO THIS PLAN INJURED, 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!

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.

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!



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 mindstate over the edge.

WHAT ARE MACROS?

Macros is short for *macronutrients*. Food is made up of Macros, which provide the calories our body uses 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.

Carbohydrate provides 4 calories per gram.

Protein provides 4 calories per gram.

Fat provides 9 calories per gram.

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 *m micronutrients*. In addition to Macros our bodies also require micros. Micronutrients include vitamins and minerals.

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 the diet up.

With most diets you are bound to see results simply for the fact that you are now paying much closer attention to the calories you are putting into your body and are now 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 & 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 recommend amount? If this sounds too hard we recommend downloading the phone app 'MyFitnessPal'. It helps keep track of your calories in an easy, effective manor.

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 with 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.

WHAT DOES THE BUFF DUDES DIET LOOK LIKE?

Very similar to our “Daily Eating” video which you can find here: <http://youtu.be/ZkzQpWObTz0>.

As we said before, we're believers in moderation both in working out and eating right. We love 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 “perfect” 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 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.

Oftentimes you're led to believe that there's a "secret" to getting in shape and 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 & 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. 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 and the fact we provide these plans free of charge 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.

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.

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.

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

DOMS: *Delayed Onset Muscle Soreness.*

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* - 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.



