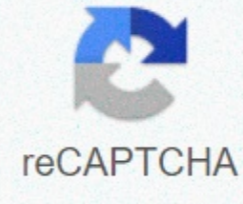




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I feel like a complete noob that never worked in my life. I feel good about being kicked again, and I'm glad to get up. I started bulking with SL5x5 for 8 months and moved to PPL variant for 8 months. I reached the desired level of strength for the barbell exercises (except for the ranges), so I thought I'd turn it up to the endurance focused program to finally focus on getting a good looking body. Anyone else have experience in switching to a high-volume program? This workout program will consist of four phases, each phase lasts three weeks for a total of 12 weeks. During the four phases you will be working on fundamental building blocks, performance and perfecting your physique. Due to differences in body types, goals and other variables this 12-week home workout plan will not include a specific diet plan. The), but you'll probably have to look at about \$200-500 for the list above. That 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. For some this can be expensive (and keep in mind that you could also achieve all these 12 Week Plan at your local gym without having to buy additional equipment or you could also share the cost with a training partner), but the way we see it is that you are making an investment in your future health & fitness. You can find a great video that we created with the Our eating routine here: Throughout this plan we will do cardio immediately after waking up for 30-45 minutes 3-4 days a week at a pace fast enough to hold a conversation without running out of breath. Not only that, but this equipment will be with you for many years to come as you move on to your B. Usually we will have 1 tablespoon of whey protein isolated before heading for our morning walk. We like to keep our heart rate within 70-80% of our maximum capacity when performing cardio. Keep in mind that this workout plan is high intensity, high intensity, so you get a high amount of cardiovascular training during the workouts yourself. To find out your heart rate max remove your age from 220. if you are a hardgainer I would recommend cutting out the cardio and just sticking with the 12 Week Home Workout Plan itself. FOOD | Beginner's Tips: Chew Your Food Slow: Sounds obvious I know, but just remember that it's better for a few reasons, such as digestion; Your saliva will start to pre-digest your food before it even hits... Best Beginners Fitness Workout Routine 2020 Day 3 BUFF DUDES SUPERHERO DRAFT BOOK EDITIONS: BUFF DUDES SUPERHERO PLAN. PDF EDITION: Buff Dudes 5x5 Beginner Gymnastics Program: (To perform each other ... Best Beginners Fitness Workout Routine 2020 Day 2 BUFF DUDES SUPERHERO DRAFT BOOK EDITION: BUFF DUDES SUPERHERO PLAN. PDF EDITION: Buff Dudes 5x5 Beginner Gymnastics Program: (To perform each other ... Best Beginners Fitness Workout Routine 2020 Day 2 BUFF DUDES SUPERHERO PLAN. Tank Top: Instagram: Facebook: Twitter: Blog: Buff Dudes/Fitness/12 Week Workout Program - Weeks 10 to 12 Editing: Hudson Starring:... PDF EDITION: Buff Dudes 5x5 Beginner Gymnastics Program: (I performed every other day, 3 ... INFLATING ROUT: PROTEIN SHAKE PROGRAM (BEFORE WORKOUT) & 2 Scoops Chocolate Whey Isolation & 2 TABLESPOONS peanut butter & Ice & 2 Cups Unsweetened Almond Milk & 1 Banana & 1/2 Cup... Insanity does the same thing over and over again and expects different results. Tired of the gym, or you don't even have access... Draft PDF: E2g3 Instagram: Facebook: Twitter: Blog: Dudes/Fitness/12 Week Workout Program - Weeks 4 to 6 Editing: Hudson Starring: Brandon & Hudson Pixel... 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Monitor your weights and try to increase the load slightly for the second week. Even small increases of 2 1/2lbs to 5lbs are considered good progress. DAY 1 - FULL BODY {10 minutes WARM AND/OR MOBILITY DRARIA} Workout: 85% 1RM Rest times: 90 - 120 seconds between Push Press sets 3 sets x 6 reps Front Squats 3 sets x 6 reps Seated V-handle Series 3 sets x 6 fabrics Tilt Barbell Type 3 sets x 6 iterations Core: Boards 3 sets x 60 seconds DAY 2 - FULL BODY {10 minutes HEAT UP and/or MOBILITY DRILLS} Workout: 85% 1RM rest: 90 - 120 seconds between Trap Bar DL sets 3 sets x 6 iterations Farmer's Walk 3 sets x Max Time Rack Pull 3 sets x 6 reps Dips (weighted) 3 sets x 6 reps Core: Foot Increase (Full ROM) 3 sets x 10 reps DAY 3 - FULL BODY {10 minutes WARM AND/OR MOBILITY ACTION} Workout : 85% 1RM Rest times: 90 - 120 120 between sets Back Squat 3 sets x 6 reps T-Bar Row 3 sets x 6 reps General Press 3 sets x 6 repetitions Close Grip Press 3 sets x 6 core repetitions: Wood Chops 3 sets x 10 reps (each side) 47 weeks 3 - 4 NOTE: At this stage you should focus on involving most muscle fibers throughout each muscle group, and introduce isolation exercises to help recruit more activation in focused areas. The volume will increase as the weights will decrease, but as any buff dude will know, the intensity will always turn to 11. DAY 1 - UPPER PUSH {10 minutes WARM AND/OR MOBILE ACTION} Workout: 75% 1RM Remaining Times: 60 - 90 seconds between Bench Press (DB) sets 4 sets x 10 dumbbell reps Type 4 Sets x 10 Reps Weighted Chest Dips 4 Sets x 10 Reps Side Increase 4 Sets x 10 Reps Skull Crushers 4 Sets x 10 Reps Skull Crushers 4 Sets x 10 Sets x 1 0 Iterations Skulls Cruspers 4 sets x 10 sets x 10 sets 10 core iterations: Accordion Crunches 3 sets x 20 reps DAY 2 - LOWER PUSH {10 minutes WARM AND/OR MOBILITY ACTION} Workout: 75% 1RM Rest Times: 60 - 90 seconds between sets Back Squats 4 sets x 10 reps Single Leg Press 4 sets x 10 reps Glute Bridge 4 sets x 10 Reps Leg Ext. 4 sets x 10 fabrics Seated calf increase 4 sets x 10 core fabrics : Otis up to 3 sets x 15 reps 48 phase 2 HYPERTROPHY Tip! Not sure how to do an exercise? See the single exercise tutorials playlist on youtube.com/buffdudesworkouts to find out how! DAY 3 - FEET {10 minutes WARM AND/OR MOBILITY ACTION} Workout: 80% 1RM Rest times: 60 - 90 seconds between Zercher Squat sets 4 sets x 8 reps KB Swings 4 sets x 8 reps Walking Lunges (BB) 4 sets x 8 steps (each way) Feet Press 4 sets x 8 reps Foot Curls 4 sets x 8 reps Permanent Calf Increase 4 sets x 10 reps DAY 4 - SHOULDERS {10 minutes WARM AND/OR MOBILITY DRILLS} Workout: 80% 1RM Rest times: 60 - 90 seconds between Dumbell RDL sets 4 sets x 10 iterations Located Hamstring Cur curls 4 sets x 10 reps : Roll Outs 3 sets x 15 reps 49 weeks 5 - 6 NOTE: In phase 3 you need to increase the amount of days and the percentage of 1RM , while splitting the body into upper/lower. The goal is to continue your progress in strength by increasing the load and amount of days you train. Take the time to warm up properly and even include a warm-up set or two for each exercise if needed. DAY 1 (UPPER) {10 minutes WARM AND/OR MOBILITY ACTION} Workout: 90% 1RM Remaining Times: 2 - 3 minutes between Deadlift sets 3 sets x 3 iterations Bench Press 3 sets x 3 reps Hang Clean Press 3 sets x 3 reps Pull Ups (weighted) 3 sets x 3 iterations Core: Weighted boards 3 sets x 60 sec DAY 2 (weighted) DOWN) {10 minutes WARM-UP AND/OR MOBILITY DRAFT} Workout: 90% 1RM Balance Times: 2 - 3 minutes between sets Front Squats 3 sets x 3 iterations Romanian Deadlift 3 x 3 Reps Trap Bar Deadlift 3 x 3 Prowler Sled Push 3 sets x 20 core yards: Oblique Crunches 3 sets x 10 reps 50 phase 3 POWER TIP! Not sure how to do an exercise? See the single exercise tutorials playlist on youtube.com/buffdudesworkouts to find out how! DAY 3 (UPPER) {10 minutes WARM AND/OR MOBILITY ACTION} Workout: 90% 1RM Remaining Times: 2 - 3 minutes between Bent Over Row sets 3 sets x 3 reps Tilt Type 3 Sets x 3 Reps Aerial Press 3 Sets x 3 Reps Floor Press (BB) 3 Sets x 3 Core Reps: Reverse Crunch 3 Sets x 20 Reps Day 4 (DOWN) {10 minutes WARM AND/OR MOBILITY ACTION} Workout: 90% 1RM Remaining Times: 2 - 3 minutes between sets Back Squats 3 sets x 3 reps Foot Type 3 sets x 3 reps Hack Squats (BB) 3 sets x 3 reps Gluto Bridge 3 sets x 3 core reps: Crunches 3 sets x 15 reps 51 weeks 7 - 8 NOTE : With the first three phases off course, you should start to feel stronger and more confident about your performance and fitness potential in the gym. This will mean that you will also need to recalculate your 1RM to make sure you are estimating the appropriate weight to begin with. This fourth phase is back to hypertrophy, but this time around you need to increase the load to 80% and change the workout breakdown. DAY 1 - CHEST & TRICEPS {10 minutes WARM-UP AND/OR MOBILE ACTION} Workout: 80% 1RM Rest Times: 60 - 90 seconds between Bench Press (BB) sets 4 sets x 8 iterations Lander Type 4 sets x 8 iterations Cables Ex 4 sets x 8 core fabrics: Roll Outs 3 sets x 20 reps DAY 2 - BACK & BICEPS {10 minutes WARM-UP AND/OR MOBILITY DRILLS} Workout: 80% 1RM Rest times: 60 - 90 seconds between sets Pull Down sets x 8 Rack fabrics Pulls 4 sets x 8 reps Single Arm DB Row 4 sets x 8 fabrics Barbell Curls 4 sets x 8 Alt reps. Hammer Curl 4 Sets x 8 Core Fabrics : Rear Ext. (weighted) 3 sets x 12 reps 52 phase 4 HYPERTROPHY Tip! Not sure how to do an exercise? See the single exercise tutorials playlist on youtube.com/buffdudesworkouts to find out how! DAY 3 - FEET {10 minutes WARM AND/OR MOBILITY ACTION} Workout: 80% 1RM Rest times: 60 - 90 seconds between Zercher Squat sets 4 sets x 8 reps KB Swings 4 sets x 8 reps Walking Lunges (BB) 4 sets x 8 steps (each way) Feet Press 4 sets x 8 reps Foot Curls 4 sets x 8 reps Permanent Calf Increase 4 sets x 10 reps DAY 4 - SHOULDERS {10 minutes WARM AND/OR MOBILITY DRILLS} Workout: 80% 1RM Rest times: 60 - 90 seconds between sets Seated (DB) Shoulder Type 4 sets x 12 reps Upright Series (DB) 4 sets x 12 reps TRI SET Lateral Increase 4 sets x 12 repetitions Bent over reverse fly front core increase: Roll Outs 3 sets x 20 reps DAY 4 - ARMS {10 minutes WARM AND/OR MOBILITY ACTION} Workout: 75% 1RM Remaining Times: 60 - 90 seconds between Cross Bench (weighted) Dips sets 3 sets x 12 reps Seated French Type 3 sets x 12 iterations Cable (reverse handle) Ext. 3 sets x 12 reps Chin Ups (weighted) 3 sets x 12 reps Preacher Bench Curls 3 sets x 12 reps Reverse (BB) Curls 3 sets x 12 reps Forearms : Finger Cur Curls 3 Sets x 12 Reps Continues on Next Page & 57 phase 6 weeks 11 - 12 DAY SERVICE 5 - FEET {10 minutes WARM AND/OR MOBILITY ACTION} Workout: 7 5% 1RM Rest Times: 60 - 90 seconds between sets Leg Type 4 sets x 12 reps Trap Bar Deadlift 4 sets x 12 reps Located Leg Curl 4 sets x 12 reps Leg Ext. 4 sets x 12 calf repetitions Increase 4 sets x 12 reps DAY 6 - BACK & CHEST {10 minutes WARM AND/OR MOBILITY ACTION} Workout: 75% 1RM Rest times: 60 - 90 seconds between bent over sets Row 4 sets x 12 reps Seated (v-handle) Series 4 sets x 12 reps Tilt Press (BB) 4 sets x 12 reps Floor Press (DB) 4 sets x 12 reps SUPERSET Sweater 4 sets x 12 Reps Core : Back Ext. 3 sets x 15 reps 58 YOU DID! We hope you enjoyed the 12-week bulking plan. Following the plan and mix the right food and rest you are now one big step closer to becoming a Buff Dude or Grrrl and you congratulate you on the hard work, consistency and determination to get better. Having a better understanding of Food & Fitness is not easy and if it were, everyone would. You are a rare breed and that's why we single spiceps greet you! Thank you, I hope you enjoyed the plan and most importantly. ... Stay! 59 59

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