



Workout Plan

Gym

Push/Pull Split
4 Days / Week

Welcome to Your Buff Body Training Plan



Thank you for choosing Buff Body and for making this commitment to a healthier life and becoming the best version of yourself.

Before you begin, here are some general explanations on how to use your workout plan and clarification of important terms.

a, b, c

Alternate through exercises marked with the same letter, resting no longer than 30 sec in between these exercises. Rest longer after you completed all exercises of this letter. Repeat the alternation for exercises marked with the same letter for the indicated number of sets, before performing subsequent exercises.

In the example below, do 12 reps of front squats, rest for max. 30 sec, then do 10 reps of TRX inverted row, and rest as long as you need to. Repeat 4 times.

	EXERCISE	Sets	Reps	Video
	1a: Front Squat	4	12	Video
	1b: TRX Inverted Row	4	10	Video

Finishers

Most training days you finish with one finisher exercise. This can be a

Drop-Set

Perform the indicated number of reps. You should hit failure on the last rep. Then – without rest – lower the weight a bit and perform the next indicated amount of reps. Repeat for all indicated rep ranges.

Rest-Pause System	Perform the indicated number of reps, make sure the last rep is damn hard to reach, rest 15 sec and perform the next number of reps. Repeat for all indicated rep ranges.
Slow Eccentrics	<p>The eccentric / negative part is where the muscle lengthens under tension. In a bicep curl for instance, this is the part of lowering the dumbbell back down after the lift.</p> <p>Go slow (3 sec) on the negative part of the exercise, extra slow (5 sec) on the last 3 reps and on the last rep, go for a maximum hold and do the negative as slow as you can.</p>
Death By	Perform 2 reps the first min, 4 reps the second minute, and keep on adding 2 reps every minute until you can't perform the amount of reps within the minute anymore.
Tabata	8 rounds of 20 seconds of work, alternating with 10 seconds of rest.
AMRAP	Perform as many repetitions as possible in a certain amount of time.

Warm-Up

Before starting the training, warm up and mobilize your joints, for instance with some shoulder pass overs, a hip-flow and some banded pulls.

Shoulder Pass Over

[Video](#)

Dynamic Hip Flow

[Video](#)

Banded Face Pull

[Video](#)

Banded A Pull

[Video](#)

Your Working Weight & Progression

The first week you will have to find your working weights. Build the weights up through the sets until you reach a weight that is challenging for the indicated number of reps. This is your working weight. Write this weight down for every exercise!

From week 2 and on you will use your first set of every exercise as a warmup set with less weight. From set 2 and on you work with your working weight. Stick to the prescribed number of reps. Weeks 3 and 4 you always add 1 or 2 reps to the indicated number of reps on the scheme in order to progress. In week 5, up your working weight so the originally indicated number of reps is challenging again and start the progression process over. Planks you hold 10 seconds longer every week.

Warm-Up for a Heavy Lift

The indicated number of sets only specifies the working sets, not your warm-up sets. When working with heavy weights, make sure to include 2-3 warm-up sets – building up to your working weight – before starting your working sets.

The Future You

Enough talking. Now grab your phone and take a picture of yourself so your future self can look back at it. Because you won't be seeing this person in the mirror much longer.

DAY 1

	EXERCISE	Sets	Reps	Video
	1a: Deadlift	4	8 / 8 / 8 / 8	Video
	1b: TRX Inverted Row	4	12 / 12 / 12 / 12	Video
	2a: One Leg Deadlift	3	10 / 10 / 10	Video
	2b: Renegade Row	3	15 / 15 / 15	Video
	3a: One Handed Kettlebell Swing with a Twist	3	15 / 15 / 15	Video
	3b: Hip Thrusts	3	15 / 15 / 15	Video
	3c: Side Plank with Reach Under (Elevated Feet)	3	10 / 10 / 10	Video
	FINISHER: Quadruped Kickback REST-PAUSE	1	15 / 10 / 6 / 4 on one leg, then same reps on other	Video

DAY 2

EXERCISE	Sets	Reps	Video
 1a: Goblet Squat	4	8 / 8 / 8 / 8	Video
 1b: Overhead Press (Machine)	4	12 / 12 / 12 / 12	Video
 2a: Bulgarian Split Squat	3	10 / 10 / 10	Video
 2b: Landmine Press	3	15 / 15 / 15	Video
 3a: Thruster	3	15 / 15 / 15	Video
 3b: Half Kneeling Pallof Press	3	15 / 15 / 15	Video
 3c: Plank with Reach Out	3	10 / 10 / 10	Video
 FINISHER: Side Resisted Hold	1	max time non-dominant side, equal dominant side	Video

SAMPLE

Just a sample: All workout plans are custom tailored for you!

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