

### **buff dudes pdf**

Buff Dudes 12 Week Plan - 3rd Edition (FREE CONDENSED VERSION) March 06, 2016 0 Comments. Click here to download the free edition of the Buff Dudes 12 Week Plan

### **Buff Dudes 12 Week Plan - 3rd Edition - Free Version**

This is the 96 page .PDF ONLY version of the 12 Week Plan. Book edition available here. The .PDF edition of our 12 Week Plan has been a passion project a year in the making and it's here to help you take a giant step into becoming a B.U.F.F. Dude or Grrr!! By grabbing a copy of our 12 Week Plan .PDF you'll have a resource and logbook for the home, gym or beyond.

### **| B.U.F.F. Dudes 12 Week Plan Book (.PDF VERSION) - Buff Dudes**

At 112 pages the CUTTING BOOK .PDF covers everything from best foods to get lean, over 15 of our favorite recipes, our personal meal plans, mistakes to avoid, how we cut, mobility, stretching, a lengthy F.A.Q. and of course the 12 Week Cutting Plan itself. The Buff Dudes Cutting Book .PDF contains sections on: What is a Cutting Plan?

### **| B.U.F.F. Dudes Cutting Book (.PDF VERSION) - Buff Dudes**

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### **Buff Dudes 12 Week Workout Program - Scribd**

Super Buff Dudes 2 - Legs Gym Workout Workout Routine: Squats: 1 Warmup Set, 25 Reps 4 Regular Sets, 15-12-10-8 Reps Leg Extensions: 4 Sets, 10 Reps

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