FREE

Buhat Starter



The first 4 weeks of Buhat 12. Free. At home or at the gym.

Buhat means "lift." This is the least training that still works: 3 sessions a week, about 30 to 35 minutes each. No jumping, no fancy gear, no confusing words.

In these 4 weeks you will:

- Learn 10 exercises and do them well.
- Train 3 days a week, every week.
- Find your starting numbers, so you can see them go up.

Pick your track.

HOME	GYM
A space about 2 m by 2 m. A backpack loaded with books or water bottles (1 litre = 1 kg). A sturdy chair. A thick towel. A mat. Dumbbells if you have them.	Any gym with machines and dumbbells. Budget gyms and ₱100 day-pass gyms are fine. No barbell needed.

Can't decide? Pick HOME. You can switch later.

> **Check with your doctor first if** you are pregnant, have heart trouble or high blood pressure, have diabetes, had surgery or a big injury in the last year, or get chest pain, dizziness or shortness of breath when you move.

How it works

Your week

Two workouts, **A** and **B**. Three sessions a week. You take turns.

	Mon	Wed	Fri
Weeks 1 and 3	A	B	A
Weeks 2 and 4	B	A	B

Any 3 days work. Rest a day between sessions if you can. Walk on the other days.

The one rule: always do the next letter. Last session was A? The next one is B, whatever day it is.

How hard to push

Stop each set with 2 good reps left in the tank.

When you finish the set, you could have done 2 more good reps. A good rep goes all the way down and all the way up, slow and in control. When your reps start to slow down, do 1 or 2 more, then stop.

Rest

1 to 2 minutes between sets. Ready when your breathing is back to normal.

Write it down

After each set, write your reps (and the weight, at the gym). A notebook or your phone's notes app works. Next time, try to beat one number.

Your 4 weeks

Week	Sets per exercise	Stop with	What this week is for
1	2	3 left	Learn the moves. Do the start test.
2	2	2 left	Beat last week by one rep somewhere.
3	3	2 left	Third set added.
4	2	3 left	**Easy week.** Your body catches up. Take it even if you feel great.

How to get better: add one rep or a little weight

1. Every exercise has a range, like 8 to 12 reps.
2. Each session, try to beat last time by one rep on any set.
3. Top number on every set, with 2 left in the tank? Make it harder next time.
    - **HOME:** move up a level, or add 1 to 2 kg to the backpack.
    - **GYM:** next pin down the stack, or the next dumbbell up.

Warmup: 5 minutes, every session

1. March in place (or walk or cycle at the gym), 1 minute.
2. Arm circles, 10 each way.
3. Hip Bends with no weight, 10.
4. Chair Squats, 10 slow.
5. Table Push-Ups, 5 easy.
6. One light set of your first exercise.

The start test (week 1, first session, after the warmup)

- **Chair stand:** arms crossed, stand up and sit down as many times as you can in 30 seconds.
- **Push-ups:** Table Push-Up or Push-Up, as many good reps as you can.
- **Plank:** hold a good plank as long as you can.
- **Steps:** your daily average for week 1, from your phone.

Write them down. Buhat 12 tests you again in week 12.

HOME sessions

Everyone starts at **Level 1**. Move up a level when you hit the top number on every set.

Day A

Move	Level 1	Level 2	Reps
Legs	Chair Squat	Squat	10 to 20
Push	Table Push-Up	Push-Up	6 to 15
Back	Towel Row	Backpack Row	8 to 15
Butt	Hip Lift	One-Leg Hip Lift	10 to 15 (one-leg: each side)
Belly	Plank		20 to 45 seconds

Day B

Move	Level 1	Level 2	Reps
Lunge	Split Squat	Step-Back Lunge	8 to 12 each side
Back of legs	Backpack Hip Bend	One-Leg Reach	10 to 15
Shoulders	Backpack Press	Tent Push-Up	6 to 12
Back	Towel Row	Backpack Row	8 to 15
Belly	Dead Bug		6 to 10 each side

Have dumbbells? Use them in place of the backpack.

Small condo? All of it fits on one mat. Nothing jumps, so the unit below won't hear you.

GYM sessions

Start light in week 1. Pick a weight where the top number feels easy. Weeks 1 to 3 are for finding your real weights.

Day A

Exercise	Reps
Leg Press	10 to 15
Chest Press Machine	8 to 12
Lat Pulldown	8 to 12
Dumbbell Hip Bend	8 to 12
Plank	20 to 45 seconds

Day B

Exercise	Reps
Goblet Squat	8 to 12
Seated Cable Row	8 to 12
Shoulder Press Machine	8 to 12
Leg Curl Machine	10 to 15
Dead Bug	6 to 10 each side

Only one free-weight exercise per day. The rest are machines and cables, which guide the movement for you.

First time at a gym? Ask the front desk to show you how to set the seat on each machine. Every gym does it.

Machine missing? Leg Press or Goblet Squat can swap for each other. No chest press? Push-Ups. No leg curl? One-Leg Hip Lift.

In week 3, write down your weight and reps on the Leg Press and the Lat Pulldown. Buhat 12 tests them again in week 12.

How to do them: HOME



Chair Squat. Feet shoulder-width, toes out a little. Sit back until your butt touches the chair; don't sit down fully. Push through your whole foot to stand. *Feel:* thighs and butt.



Table Push-Up. Hands on a sturdy table edge, a bit wider than your shoulders. Body one straight line, butt squeezed. Lower your chest to the edge and push away. *Feel:* chest, shoulders, arms.



Towel Row. Knot a thick towel. Put the knot on the far side of a door that **opens away from you**, by the hinges, at chest height. Close and lock it. **Never use a lever handle.** Lean back with straight arms, pull your chest to your hands, lower slowly. *Feel:* upper back.



Hip Lift. On your back, knees bent, heels near your butt. Push through your heels and lift until you're straight from knees to shoulders. Squeeze 1 second. *Feel:* butt, not lower back.



Split Squat. Big step forward, back heel up. Go straight down until your back knee almost touches the floor. Push up with the front foot. All reps one side, then switch. *Feel:* front thigh and butt.



Backpack Hip Bend. Hold a loaded bag in front of your thighs, knees soft. Push your hips back like closing a car door with your butt. Back flat. Squeeze your butt to stand. *Feel:* a stretch in the back of your thighs.



Backpack Press. Bag at your shoulders. Push it straight up until your arms are by your ears. Ribs down, don't lean back. *Feel:* shoulders.



Plank. Forearms down, elbows under shoulders, on your toes. One straight line. Butt tight, breathe. 30 good seconds beat 90 saggy ones. *Feel:* whole belly.



Dead Bug. On your back, arms up, knees bent over your hips, lower back pressed down. Lower one arm and the opposite leg slowly. Switch. *Feel:* deep belly.

Too hard? Chair Squat: a pillow on the chair. Table Push-Up: use a wall. Plank: knees down. Dead Bug: move only your legs.

How to do them: GYM



Leg Press. Back flat on the pad, feet in the middle of the plate. Lower until your knees are near your chest without your butt lifting. Push through your whole foot. *Feel:* thighs and butt.



Chest Press Machine. Seat set so the handles line up with the middle of your chest. Push until your arms are straight. Come back slowly. *Feel:* chest, shoulders, arms.



Lat Pulldown. Thighs locked under the pad, hands a bit wider than shoulders. Pull the bar to your upper chest, elbows down. Let it up slowly. *Feel:* sides of your back.



Dumbbell Hip Bend. Dumbbells in front of your thighs, knees soft. Push your hips back; the weights slide to just below your knees. Back flat. Squeeze your butt to stand. *Feel:* back of your thighs.



Goblet Squat. One dumbbell upright at your chest. Sit down between your heels, chest up, elbows inside your knees. Stand. *Feel:* thighs and butt.



Seated Cable Row. Sit tall, knees soft. Pull the handle to your belly button, squeeze your shoulder blades. Let it go forward slowly. Don't rock. *Feel:* middle of your back.



Shoulder Press Machine. Handles start at shoulder height. Push up until your arms are almost straight. Lower slowly, back on the pad. *Feel:* shoulders.



Leg Curl Machine. Pad just above your heels, knees lined up with the turning point. Curl your heels toward your butt. Let it back slowly. *Feel:* back of your thighs.

Plank and **Dead Bug:** see page 6.

When to stop

What you feel	What you do
Muscle burn, heavy breathing	Normal. Keep going until 2 are left.
Sharp pain, or pain in a joint	Stop that exercise. Use the easier version or skip it today.
Dizzy, chest pain, very hard to breathe	Stop right away. See a doctor before you train again.

Outside your sessions

Walk. Aim for 7,000 to 8,000 steps a day, built up slowly. Find your week 1 average, then add 1,000 steps a day every 2 weeks. Walk 10 minutes after lunch and dinner. Rainy or hot? Walk the mall.

Beat the heat. Train early morning or after sunset. Fan on. A glass of water before, sips between sets.

Eat. Protein at every meal: a palm of chicken, fish, pork or tokwa, or 2 to 3 eggs. Rice is fine.

Missed a session? Do the next letter. Don't double up. **Bad week?** Warmup plus the first 3 exercises, 2 sets each. 20 minutes. It counts. **Sick with fever, body aches or a chest cough?** Rest until you feel normal. Your first week back is an easy week.

After week 4

You have your starting numbers, 12 sessions done, and the moves learned.

Buhat 12 is the full plan. It picks up at week 5:

- Weeks 5 to 12, both tracks, with a Level 3 for the main HOME exercises.
- How-to cues for every exercise, with easier and harder versions and gym swaps.
- Weeks 9 to 11 add one more set on the first exercise of each day.
- The week 12 test, so you can put week 1 and week 12 side by side.
- What to do after week 12.

Not ready? Repeat weeks 3 and 4 as many times as you like. The rule still works: add one rep or a little weight.