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The BuFF Dudes are a workout duo uploading fitness videos on YouTube. It's formed by the brothers Brandon Myles White and Hudson White. They try to make entertaining clips injected with training advice. Since the Buff Dudes have big and ripped bodies, many wonder whether they are natural

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Brandon and Hudson White, known as the Buff Dudes, love to take on old school fitness challenges for their

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Buff Dudes (@buffdudes) Instagram photos and videos

The Dudes and ninjas grip one another's hands and lock eyes. But the wrestle was settled before it even began. The Buff Dudes' forearms held a royal flush; the ninjas had a pair of twos, an Uno card, and \$4 in

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Monopoly money. Ready for the struggle nonetheless, the ninjas let out a whisper: "Wake up, your alarm clock is going off."

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Brandon and Hudson White, better known on YouTube as the Buff Dudes, have posted plenty of workout videos from their well-equipped home gym. In this time-lapse...

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