

The *Travel Trainer*Finisher Series

Why are Finisher's so effective?

They're a great way to focus on ONE muscle group and it's development more than others.

It's such a great addition to the PowerHowse Challenge because it allows us to see gains faster in one area than others.

In the PHC, each phase is split into 3-week. And a finisher's focus should last 3 weeks. It's a perfect fit. And a perfect way to see gains faster.

What to do?

Below is a list of finishers for each muscle group we're going to be focusing on. All you're going to do is focus on *one* muscle group for each 3 week period of the PHC.

I'll make it easy on you by giving you an order to follow. But if you have weak points that you'd like to focus on more than others, feel free. But make sure you keep track though!

Schedule:

- 1. Shoulders
- 2. Back
- 3. Chest
- 4. Biceps
- 5. Triceps
- 6. Quads
- 7. Calves

Add the **shoulders finisher** to the end of 3 of the workouts each week in the first 3 weeks. Not 4... 3. Then **back**, **chest**, etc...

If you have any questions give me a shout: chad@chadhowsefitness.com

Some muscle groups have 2 finisher options. Rotate between the two for added variation.

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Triceps Finisher

If you're having trouble developing your triceps, add these finishers to your workout to burn out the muscle. They'll give you a completely different rep and set scheme, increase blood flow, and maximize muscle growth.

Warning: Don't do them after every workout. Over a 3-week period, focus on one muscle group, adding a finisher like this to your workout 1/2 to 3/4's of the days you're training.

Finisher 1

Cable Pushdown Burnout Set

Reps: 1 set of 50

Tempo: Fast on both the concentric and eccentric contractions.

Squeeze and hold for 1 second at the end of the exercise and use a very light weight. If you fail before 50, rest for 5 seconds and continue.

Finisher 2

Burnout SuperSet

A1. Dips - 25 reps

A2. Bodyweight Skull Crushers - 25 reps

Do each exercise at a fast cadence.

Biceps Finisher

Finisher 1

Alternating Barbell Curls

Using a partner, complete the following rep scheme, alternating with each set. Each partner completes every set and rests while the other guy is working.

- 1. 20 reps
- 2. 18 reps
- 3. 16 reps
- 4. 14 reps
- 5. 12 reps
- 6. 10 reps

Tips:

- a) Change up your grips to hit the muscle from different angles.
- b) If you don't have a partner, complete your set, then count to whatever the rep count is you just completed, and continue to the next set.
- c) Try a 45 lbs bar for your first go at it.
- d) Stick with the same weight throughout the set.

Finisher 2

Single Arm Dumbbel Curl Chinese Drop Set

5 sets of 5 reps.

No rest between sets.

Drop the weight by 5 lbs for each set.

Tip: If I'm starting with a 50 lbs dumbbell curl, I'll go 50, 45, 40, 35, 30 pounds with one arm, rest for 90 seconds, then do the other arm.

Chesticle Finishers

Finisher 1

Chinese Drop Set

Machine Bench Press. 5 sets of 5 reps to failure.

Tip: Use a machine for this one. Although I'm not a big fan of machines, it's easier to adjust the weights with cables that it is with actual plates.

All you're doing is hitting 5 reps to failure. Drop the weight by 5-10%. Hit 5 at failure again. And repeat 5 times. It's a great way to deplete the chesticles and get some serious gains.

Finisher 2

Pectoral Flys (Machine)

1 set of 30-50 reps

- a) Unlike other finishers where speed is ok, we're going to want to keep a slow, controlled cadence. If we start to swing and rely completely on momentum, the effectiveness of the exercise is lost.
- b) For extra tension, squeeze at the apex of the exercise and hold for 1 second.

Quad Finisher

Chinese Drop Sets:

Leg Press

Ideally, do this exercise with a partner so he can strip the weight. If you don't have them, use a machine that doesn't use plates, but instead uses cables so you can adjust the weight on your own.

Goal: Every 5 reps you should be maxing out.

5 reps

Drop by 10%

- a) The trick is in dropping the right amount of weight. Too much dropped and you lose the effectiveness of the workout, too little and you're not going to be able to complete the rep count.
- b) Don't drop complete plates. Load the leg press up with a couple 45 lbs plates, then 25 pound plates so the increments are smaller.
- c) If you drop too much weight, slow the exercise down and make it harder. Go slower on the eccentric AND concentric phases and try to max out at 5 reps.
- d) Drop the weight continuously. Don't rack the weight after each 5 reps max.

Calves Finisher

Calves are one of the toughest muscle groups to develop for many of us. Add this finisher to the end of a calves giant set, or a legs workout to burnout the muscle, increase blood flow, and maximize muscle growth.

Calf Finisher Giant Set

The following is a giant set that can be used at the end of a lower body workout. The finisher is the high rep exercise (A3).

A1. Seated Calf Raise 8-10 reps A2. Leg Press Calf Raise 10-15 reps Finisher: Bodyweight Calf Raise 25-30 reps

Repeat for 3 Sets Rest for 60 seconds after each set

- a) Complete a full range of motion, pausing for a 1-2 second count at the top of the raise.
- b) Stretch the muscle. Make sure you're also doing a full motion at the bottom of the exercise to stretch the muscle.
- c) Bend your knees to work the lower calf, and stand relatively straight legged to work the mid-upper part of the muscle.

Back Finisher

Variation for rep, set, and tempo is important in training any muscle, the back is no different. With the back, a focus on form and tempo is as important as lifting heavy weights.

The following finishers are to be done in a controlled cadence. 'Pinch' and hold for 1-2 seconds at the top of each lift. Also, use a lighter weight than you would normally in order to focus on proper form and tempo.

Back Chinese Drop Set

Seated Row Chinese Drop Set (can do the same set with a one arm bent-over row – do one arm at a time)

Goal: Every 5 reps you should be maxing out.

5 reps

Drop by 10%

- a) Complete a full range of motion, pausing for a 1-2 second count at the top.
- b) Alternate grips every time you do this finisher. Use a T-Bar, a wide grip, and even a close supinated grip.
- c) You can use the exact set-up for a lat pulldown to finish a back workout.

Shoulders Finisher

This is my favorite muscle to "finish on". Our deltoids can take a ton of punishment, yet still recover, due to the fact that they're a relatively smaller muscle group.

It's also one of the main muscle groups that accentuates our V shape torso.

Shoulder Burnout

You can do a shoulder burnout a few ways. You can do **seated lateral** raise, reverse pec deck flys, or a very light military press.

The goal is simple. BURNOUT THE MUSCLE. Fully deplete anything you had left and go at a fast, but controlled pace.

Rep choices (each will require different weights).

30 reps.

50 reps.

100 reps.

Perform 1 set. Then you're done. It's a great way to finish a workout!

Chinese Drop Set

One of the best muscle groups to do a Chinese drop set with because of the burn we get with our delts. For the drop set I'd focus on **seated military press** because of the ease at which we can do this set.

Simply line up the dumbbells and go.

Goal: Every 5 reps you should be maxing out.

5 reps

Drop by 10%

5 reps

Drop by 10%