

The background of the cover is a photograph of a man in a gym, shirtless and wearing black shorts, performing a seated exercise on a machine. A large, stylized white 'V' with a black outline is superimposed over the center of the image. The title 'FINISHERS' is written in a bold, red, blocky font with a white outline across the middle of the 'V'. Below it, the word 'SERIES' is written in a similar red font with a white outline, positioned to the right of the bottom part of the 'V'.

FINISHERS SERIES

by: CHAD HOWSE

Chad Howse's

V Finishers Series

When women look at a man, they see their shape. What they ideally *want* to see is a V (or an X if you include the lower body). More often than not, however, they see an H, O, or an 8.

Few, however, have a V Shape. It's a rare physical attribute amongst humans of the male sex.

Women *want* to see the V because it signifies strength and power and athleticism. *It's not too bulky that it can't be put to use. He's strong. He's athletic. He has power, endurance, and I can brag to my friends about my man* – is what the lady thinks when she sees a fellas with a V Shape.

So why do so few have this shape?

Well, balanced routines, for one.

Balanced routines are great, but they don't always build the body we want unless we're genetically more likely to see the development in the shoulders and lats that many programs don't offer.

And trust me, they're still GREAT programs. But they can be improved upon, especially when it comes to creating the ideal masculine aesthetic.

This, my friend, is why I've created the V Finishers Series.

We're going to focus *completely* on the muscles that make up the V – the lats and the delts. Let the program you're doing – which should be helping you to trim down your waist down, even if you're trying to build lean muscle.

A program I highly recommend: [The PowerHowse Challenge](#).

Pick that up if you haven't already.

Now, however, let's get into the finishers.

We're keeping things simple here. Simple plug *one* of the following finishers into the end of your workout to enhance your back or lat development and build that V Shape that you, and your lady (future or present) will love.

And, you should know by now, I don't see aesthetics as the be all end all. We *have to perform well*, looking good is just a bonus. These finishers will help you perform and *look* your best.

Train Hard.

Stay Focused.

Shoulders Finishers

All shoulders finishers are to be done for a single set at the end of a workout.

Lateral Raises

Finisher 1: 50 reps.

Use a light weight that you think you can perform 40–50 fast reps with. If you fail early. Pick up the same weight after a minimal rest, and keep going until you've hit 50 reps.

Note: do the same thing with 30 reps, and 100 reps. Alternate the rep count every time you use this finisher.

Finisher 2: Lateral Chinese Drop Set

The goal is to hit failure at 5 reps, in 5 consecutive sets. So use a heavy weight that will get you to fail at 5 reps, perform 5, drop to a lighter weight, fail at 5 again. Proceed until you've performed 5 sets of 5 reps.

3 Way Lateral

Pick up a light weight. Perform a front raise, then a lateral raise, then a bent over lateral raise. This is one total rep. You want to aim for failure at 10 total reps (30 little reps).

Note: this is a great exercise to build round, popping shoulders.

Military Chinese Drop Set

You can do a seated or a standing military press. Like all other Chinese Drop Sets, aim to fail 5 times in 5 sets. So lift to failure once, drop the weight, lift to failure in 5 reps again, and repeat for 5 total sets.

Reverse Pec Deck

This is a single set finisher like the first lateral raise finisher. You're going for either 30, 40, or 50 reps. For this exercise, since it's a machine, MAKE the rep count you're aiming for. Don't fail early. Push to get those final reps in.

Back Finishers

Mechanical Drop Set – Pull Ups

Perform wide grip pull ups to failure. Rest for 10 seconds. Perform a shoulder-width pull up to failure. Rest for 10 seconds. Perform a close grip (t-bar) pull-up to failure. Perform this set 3x.

Mechanical Drop Set – Inverted Row

Perform 3 sets of an inverted row to failure. Start with the hardest angle (bar lower to the floor with your feet on a bench), then make the set easier, raising the bar, and lowering your foot position. Perform this set 2x.

24's

Grab a somewhat light weight. You're not aiming for failure in any one of these sets. Perform 6 reps each of the following 4 exercises:

- Hang Clean
- Bent-over Row
- Upright Row
- Pull-up

Repeat for 2 sets.

Chinese Drop Set – Single Arm Bent Over Dumbbell Row

With one arm, grab a dumbbell and perform 5 reps of a bent-over row. You should fail at 5 reps. Drop the weight by 5–15 pounds, and move right into your second set. Perform 5 total sets with one arm. Rest for 60–90 seconds, then perform the second round of drop sets with your other arm.

Perform this exercise for 1 set of each arm.

The V Finishers Series

Finishers shouldn't *be* your workout. They should merely help you develop muscle groups that are lagging behind, or help you improve your conditioning.

Add these to the end of a workout. It doesn't matter if you add them to a back day or a shoulders day. Keep them to 2 workouts a week. Don't add them to every workout you do, and only use one finisher per workout.

These finishers are *tough*, but by adding them to your routine you're going to see some impressive development in your V.

Be Legendary.

A handwritten signature in cursive script that reads "Chad House". The signature is fluid and stylized, with a long horizontal line extending from the end of the name.