

CHAD HOWSE'S

D.U.P

SYSTEM



PHASE 2

Phase 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Day 1	Day 2	Day 3	Recovery	Day 4	Day 5
Recovery	Day 1	Day 2	Day 3	Recovery	Day 4	Day 5
Recovery	Day 1	Day 2	Day 3	Recovery	Day 4	Day 5
Recovery	Day 1	Day 2	Day 3	Recovery	Day 4	Day 5

Week 1

Day 1

Exercise	Intensity	Sets	Reps	Rest
Squat	80%	5	5	3 Minutes
Bench Press	80%	5	5	3 Minutes
Deadlift	80%	3	5	3 Minutes
Lunges		2	8	60-90 Sec.
Hamstring Curls		2	8	60-90 Sec.

Day 2

Exercise	Intensity	Sets	Reps	Rest
OHP	80%	5	5	3 Minutes
Pull Ups	BW	2	AMAP	1-2 Minutes
Lat Pulldowns		3	8	60-90 Sec.
Seated Rows		4	8	60-90 Sec.
Barbell Curls		4	8	45-60 Sec.

Day 3

Exercise	Intensity	Sets	Reps	Rest
Squat	85%	6	3	3 Minutes
Bench Press	85%	6	3	3 Minutes
Incline DB Press		2	8	60-90 Sec.
Chest Fly		2	8	60 Sec.
Pushdowns		4	8	45-60 Sec.

Day 4

Exercise	Intensity	Sets	Reps	Rest
Deadlift	85%	6	3	3 Minutes
OHP	85%	6	3	3 Minutes
Lateral Raises		3	8	60-90 Sec.
Face Pulls		3	8	60-90 Sec.
Barbell Shrugs		3	8	60-90 Sec.

Day 5

Exercise	Intensity	Sets	Reps	Rest
Squat	90%	10	1	1-2 Minutes
Bench Press	90%	10	1	1-2 Minutes
SLDL		2	8	60-90 Sec.
Leg Extensions		2	8	60-90 Sec.

*AMAP = As Many As Possible

Week 2

Day 1

Exercise	Intensity	Sets	Reps	Rest
Squat	80% +5	5	5	3 Minutes
Bench Press	80% +5	5	5	3 Minutes
Deadlift	80% +5	3	5	3 Minutes
Lunges		2	8	60-90 Sec.
Hamstring Curls		2	8	60-90 Sec.

Day 2

Exercise	Intensity	Sets	Reps	Rest
OHP	80% +5	5	5	3 Minutes
Pull Ups	BW	2	AMAP	1-2 Minutes
Lat Pulldowns		3	8	60-90 Sec.
Seated Rows		4	8	60-90 Sec.
Barbell Curls		4	8	45-60 Sec.

Day 3

Exercise	Intensity	Sets	Reps	Rest
Squat	85% +5	6	3	3 Minutes
Bench Press	85% +5	6	3	3 Minutes
Incline DB Press		2	8	60-90 Sec.
Chest Fly		2	8	60 Sec.
Pushdowns		4	8	45-60 Sec.

Day 4

Exercise	Intensity	Sets	Reps	Rest
Deadlift	85% +5	6	3	3 Minutes
OHP	85% +5	6	3	3 Minutes
Lateral Raises		3	8	60-90 Sec.
Face Pulls		3	8	60-90 Sec.
Barbell Shrugs		3	8	60-90 Sec.

Day 5

Exercise	Intensity	Sets	Reps	Rest
Squat	90% +5	10	1	1-2 Minutes
Bench Press	90% +5	10	1	1-2 Minutes
SLDL		2	8	60-90 Sec.
Leg Extensions		2	8	60-90 Sec.

*AMAP = As Many As Possible

Week 3

Day 1

Exercise	Intensity	Sets	Reps	Rest
Squat	80% +10	5	5	3 Minutes
Bench Press	80% +10	5	5	3 Minutes
Deadlift	80% +10	3	5	3 Minutes
Lunges		2	8	60-90 Sec.
Hamstring Curls		2	8	60-90 Sec.

Day 2

Exercise	Intensity	Sets	Reps	Rest
OHP	80% +10	5	5	3 Minutes
Pull Ups	BW	2	AMAP	1-2 Minutes
Lat Pulldowns		3	8	60-90 Sec.
Seated Rows		4	8	60-90 Sec.
Barbell Curls		4	8	45-60 Sec.

Day 3

Exercise	Intensity	Sets	Reps	Rest
Squat	85% +10	6	3	3 Minutes
Bench Press	85% +10	6	3	3 Minutes
Incline DB Press		2	8	60-90 Sec.
Chest Fly		2	8	60 Sec.
Pushdowns		4	8	45-60 Sec.

Day 4

Exercise	Intensity	Sets	Reps	Rest
Deadlift	85% +10	6	3	3 Minutes
OHP	85% +10	6	3	3 Minutes
Lateral Raises		3	8	60-90 Sec.
Face Pulls		3	8	60-90 Sec.
Barbell Shrugs		3	8	60-90 Sec.

Day 5

Exercise	Intensity	Sets	Reps	Rest
Squat	90% +10	10	1	1-2 Minutes
Bench Press	90% +10	10	1	1-2 Minutes
SLDL		2	8	60-90 Sec.
Leg Extensions		2	8	60-90 Sec.

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Week 4

Day 1

Exercise	Intensity	Sets	Reps	Rest
Squat	80% +15	5	5	3 Minutes
Bench Press	80% +15	5	5	3 Minutes
Deadlift	80% +15	3	5	3 Minutes
Lunges		2	8	60-90 Sec.
Hamstring Curls		2	8	60-90 Sec.

Day 2

Exercise	Intensity	Sets	Reps	Rest
OHP	80% +15	5	5	3 Minutes
Pull Ups	BW	2	AMAP	1-2 Minutes
Lat Pulldowns		3	8	60-90 Sec.
Seated Rows		4	8	60-90 Sec.
Barbell Curls		4	8	45-60 Sec.

Day 3

Exercise	Intensity	Sets	Reps	Rest
Squat	85% +15	6	3	3 Minutes
Bench Press	85% +15	6	3	3 Minutes
Incline DB Press		2	8	60-90 Sec.
Chest Fly		2	8	60 Sec.
Pushdowns		4	8	45-60 Sec.

Day 4

Exercise	Intensity	Sets	Reps	Rest
Deadlift	85% +15	6	3	3 Minutes
OHP	85% +15	6	3	3 Minutes
Lateral Raises		3	8	60-90 Sec.
Face Pulls		3	8	60-90 Sec.
Barbell Shrugs		3	8	60-90 Sec.

Day 5

Exercise	Intensity	Sets	Reps	Rest
Squat	90% +15	10	1	1-2 Minutes
Bench Press	90% +15	10	1	1-2 Minutes
SLDL		2	8	60-90 Sec.
Leg Extensions		2	8	60-90 Sec.

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