

CHAD HOWSE'S

# D.U.P

**SYSTEM**



**PHASE 3**

# Phase 3

| 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           | 65%       | 3    | 15   | 1-2 Minutes |
| Bench Press     | 65%       | 3    | 15   | 1-2 Minutes |
| Deadlift        | 70%       | 3    | 10   | 1-2 Minutes |
| Lunges          |           | 2    | 20   | 60-90 Sec.  |
| Hamstring Curls |           | 2    | 20   | 60-90 Sec.  |

## Day 2

| Exercise      | Intensity | Sets | Reps | Rest        |
|---------------|-----------|------|------|-------------|
| OHP           | 65%       | 3    | 15   | 1-2 Minutes |
| Pull Ups      | BW        | 2    | AMAP | 1-2 Minutes |
| Lat Pulldowns |           | 2    | 15   | 60-90 Sec.  |
| Seated Rows   |           | 2    | 20   | 60-90 Sec.  |
| Barbell Curls |           | 3    | 15   | 45-60 Sec.  |

## Day 3

| Exercise         | Intensity | Sets | Reps | Rest       |
|------------------|-----------|------|------|------------|
| Squat            | 70%       | 4    | 12   | 2 Minutes  |
| Bench Press      | 70%       | 4    | 12   | 2 Minutes  |
| Incline DB Press |           | 2    | 12   | 60-90 Sec. |
| Chest Fly        |           | 2    | 12   | 60 Sec.    |
| Pushdowns        |           | 3    | 12   | 45-60 Sec. |

## Day 4

| Exercise       | Intensity | Sets | Reps | Rest       |
|----------------|-----------|------|------|------------|
| Deadlift       | 70%       | 4    | 12   | 2 Minutes  |
| OHP            | 70%       | 4    | 12   | 2 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          | 75%       | 5    | 8    | 2 Minutes  |
| Bench Press    | 75%       | 5    | 8    | 2 Minutes  |
| SLDL           |           | 2    | 12   | 60-90 Sec. |
| Leg Extensions |           | 2    | 12   | 60-90 Sec. |

\*AMAP = As Many As Possible

# Week 2

## Day 1

| Exercise        | Intensity | Sets | Reps | Rest        |
|-----------------|-----------|------|------|-------------|
| Squat           | 65% +5    | 3    | 15   | 1-2 Minutes |
| Bench Press     | 65% +5    | 3    | 15   | 1-2 Minutes |
| Deadlift        | 70% +5    | 3    | 10   | 1-2 Minutes |
| Lunges          |           | 2    | 20   | 60-90 Sec.  |
| Hamstring Curls |           | 2    | 20   | 60-90 Sec.  |

## Day 2

| Exercise      | Intensity | Sets | Reps | Rest        |
|---------------|-----------|------|------|-------------|
| OHP           | 65% +5    | 3    | 15   | 1-2 Minutes |
| Pull Ups      | BW        | 2    | AMAP | 1-2 Minutes |
| Lat Pulldowns |           | 2    | 15   | 60-90 Sec.  |
| Seated Rows   |           | 2    | 20   | 60-90 Sec.  |
| Barbell Curls |           | 3    | 15   | 45-60 Sec.  |

## Day 3

| Exercise         | Intensity | Sets | Reps | Rest       |
|------------------|-----------|------|------|------------|
| Squat            | 70% +5    | 4    | 12   | 2 Minutes  |
| Bench Press      | 70% +5    | 4    | 12   | 2 Minutes  |
| Incline DB Press |           | 2    | 12   | 60-90 Sec. |
| Chest Fly        |           | 2    | 12   | 60 Sec.    |
| Pushdowns        |           | 3    | 12   | 45-60 Sec. |

## Day 4

| Exercise       | Intensity | Sets | Reps | Rest       |
|----------------|-----------|------|------|------------|
| Deadlift       | 70% +5    | 4    | 12   | 2 Minutes  |
| OHP            | 70% +5    | 4    | 12   | 2 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          | 75% +5    | 5    | 8    | 2 Minutes  |
| Bench Press    | 75% +5    | 5    | 8    | 2 Minutes  |
| SLDL           |           | 2    | 12   | 60-90 Sec. |
| Leg Extensions |           | 2    | 12   | 60-90 Sec. |

\*AMAP = As Many As Possible

# Week 3

## Day 1

| Exercise        | Intensity | Sets | Reps | Rest        |
|-----------------|-----------|------|------|-------------|
| Squat           | 65% +10   | 3    | 15   | 1-2 Minutes |
| Bench Press     | 65% +10   | 3    | 15   | 1-2 Minutes |
| Deadlift        | 70% +10   | 3    | 10   | 1-2 Minutes |
| Lunges          |           | 2    | 20   | 60-90 Sec.  |
| Hamstring Curls |           | 2    | 20   | 60-90 Sec.  |

## Day 2

| Exercise      | Intensity | Sets | Reps | Rest        |
|---------------|-----------|------|------|-------------|
| OHP           | 65% +10   | 3    | 15   | 1-2 Minutes |
| Pull Ups      | BW        | 2    | AMAP | 1-2 Minutes |
| Lat Pulldowns |           | 2    | 15   | 60-90 Sec.  |
| Seated Rows   |           | 2    | 20   | 60-90 Sec.  |
| Barbell Curls |           | 3    | 15   | 45-60 Sec.  |

## Day 3

| Exercise         | Intensity | Sets | Reps | Rest       |
|------------------|-----------|------|------|------------|
| Squat            | 70% +10   | 4    | 12   | 2 Minutes  |
| Bench Press      | 70% +10   | 4    | 12   | 2 Minutes  |
| Incline DB Press |           | 2    | 12   | 60-90 Sec. |
| Chest Fly        |           | 2    | 12   | 60 Sec.    |
| Pushdowns        |           | 3    | 12   | 45-60 Sec. |

## Day 4

| Exercise       | Intensity | Sets | Reps | Rest       |
|----------------|-----------|------|------|------------|
| Deadlift       | 70% +10   | 4    | 12   | 2 Minutes  |
| OHP            | 70% +10   | 4    | 12   | 2 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          | 75% +10   | 5    | 8    | 2 Minutes  |
| Bench Press    | 75% +10   | 5    | 8    | 2 Minutes  |
| SLDL           |           | 2    | 12   | 60-90 Sec. |
| Leg Extensions |           | 2    | 12   | 60-90 Sec. |

\*AMAP = As Many As Possible



# Week 4

## Day 1

| Exercise        | Intensity | Sets | Reps | Rest        |
|-----------------|-----------|------|------|-------------|
| Squat           | 65% +15   | 3    | 15   | 1-2 Minutes |
| Bench Press     | 65% +15   | 3    | 15   | 1-2 Minutes |
| Deadlift        | 70% +15   | 3    | 10   | 1-2 Minutes |
| Lunges          |           | 2    | 20   | 60-90 Sec.  |
| Hamstring Curls |           | 2    | 20   | 60-90 Sec.  |

## Day 2

| Exercise      | Intensity | Sets | Reps | Rest        |
|---------------|-----------|------|------|-------------|
| OHP           | 65% +15   | 3    | 15   | 1-2 Minutes |
| Pull Ups      | BW        | 2    | AMAP | 1-2 Minutes |
| Lat Pulldowns |           | 2    | 15   | 60-90 Sec.  |
| Seated Rows   |           | 2    | 20   | 60-90 Sec.  |
| Barbell Curls |           | 3    | 15   | 45-60 Sec.  |

## Day 3

| Exercise         | Intensity | Sets | Reps | Rest       |
|------------------|-----------|------|------|------------|
| Squat            | 70% +15   | 4    | 12   | 2 Minutes  |
| Bench Press      | 70% +15   | 4    | 12   | 2 Minutes  |
| Incline DB Press |           | 2    | 12   | 60-90 Sec. |
| Chest Fly        |           | 2    | 12   | 60 Sec.    |
| Pushdowns        |           | 3    | 12   | 45-60 Sec. |

## Day 4

| Exercise       | Intensity | Sets | Reps | Rest       |
|----------------|-----------|------|------|------------|
| Deadlift       | 70% +15   | 4    | 12   | 2 Minutes  |
| OHP            | 70% +15   | 4    | 12   | 2 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          | 75% +15   | 5    | 8    | 2 Minutes  |
| Bench Press    | 75% +15   | 5    | 8    | 2 Minutes  |
| SLDL           |           | 2    | 12   | 60-90 Sec. |
| Leg Extensions |           | 2    | 12   | 60-90 Sec. |

\*AMAP = As Many As Possible

# Bonus Week– The Taper

## What is a Taper?

It is a planned reduction in volume and/or intensity, usually for one cycle of your training split, whose purpose is to allow the body to dissipate accumulated fatigue, allow a full recovery, and prepare you for further gains.

## Why Taper?

- In order to repair ligament, tendons, joints, and tissues.
- To allow your CNS (Central Nervous System) to recover.
- To reduce the risk of overtraining.
- To give your mind and body a mental break from high intensity training.
- To prepare for more muscle gains.

## What if I don't taper?

For those trainees who feel that they want to (try) go 100% at the gym, all the time, they will soon realize that this is not possible. Not implementing a taper into your training is, in my opinion, the main reason why intermediate lifters find it so hard to increase performance in the gym. This is why most trainees at the intermediate level are probably fluctuating between 10-20 pounds (up and down) with any given lift. And if they do happen to lift heavier than that 20 lbs threshold, they don't sustain it consistently and thus it becomes worthless.

## When to de-load?

- You feel tired and not primed to train.
- Your lifts are not increasing (or even decreasing).
- Your tendons, joints, or ligaments are achy.
- Your training frequency is high for an extended amount of time.

**Note:** A regularly scheduled taper should come before you start to experience any of these symptoms.

# Week 5 - Taper

## Day 1

| Exercise    | Intensity | Sets | Reps | Rest        |
|-------------|-----------|------|------|-------------|
| Squat       | 70%       | 2    | 8    | 1-2 Minutes |
| Bench Press | 70%       | 2    | 8    | 1-2 Minutes |
| Deadlift    | 70%       | 1    | 6    | 2-3 Minutes |

## Day 2

| Exercise  | Intensity | Sets | Reps | Rest        |
|-----------|-----------|------|------|-------------|
| OHP       | 70%       | 2    | 8    | 1-2 Minutes |
| Pull Ups  | BW        | 1    | AMAP | 1-2 Minutes |
| Bent Rows |           | 3    | 10   | 60-90 Sec.  |
| DB Curls  |           | 2    | 12   | 45-60 Sec.  |

## Day 3

| Exercise         | Intensity | Sets | Reps | Rest        |
|------------------|-----------|------|------|-------------|
| Squat            | 75%       | 3    | 6    | 1-2 Minutes |
| Bench Press      | 75%       | 3    | 6    | 1-2 Minutes |
| Incline DB Press |           | 2    | 8    | 60-90 Sec.  |
| Skull Crushers   |           | 2    | 10   | 45-60 Sec.  |

## Day 4

| Exercise       | Intensity | Sets | Reps | Rest        |
|----------------|-----------|------|------|-------------|
| Deadlift       | 75%       | 2    | 4    | 2-3 Minutes |
| OHP            | 75%       | 3    | 6    | 1-2 Minutes |
| Lateral Raises |           | 2    | 10   | 60-90 Sec.  |
| Face Pulls     |           | 2    | 12   | 60-90 Sec.  |

## Day 5

| Exercise       | Intensity | Sets | Reps | Rest       |
|----------------|-----------|------|------|------------|
| Squat          | 80%       | 3    | 4    | ALAN       |
| Bench Press    | 80%       | 3    | 4    | ALAN       |
| SLDL           |           | 2    | 8    | 60-90 Sec. |
| Leg Extensions |           | 2    | 10   | 60-90 Sec. |

\*ALAN = As Long As Needed

\*AMAP = As Many As Possible