

Chad Howse's

FIX YOUR FAT LOSS HORMONES

TRAINING PHASE 2:
ACCUMULATION



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THE BARBELL COMPLEX

Barbell Complex: A series of barbell exercises performed back to back with as little rest in between exercises as possible.

When to use: Use the barbell complex on off days with a light-moderate weight in order to work on cardiovascular conditioning, GPP, and recovery.

How to Perform a Barbell Complex

Start by performing the first exercise in the complex for the prescribed number of reps.

Once completed, rest as little as possible and jump right into the next exercise in the complex.

Repeat this until you have completed all (6) exercises. This is considered 1 round.

Perform the barbell complex for a total of 6 rounds.

Progression: The aim is to complete each barbell complex (6 rounds) in less time than you did previously.

Barbell Complex
<p>Outcome: Increased conditioning, GPP, and Recovery</p> <p>Tempo: All reps must be controlled but fast and explosive.</p> <p>Rest: As little as possible.</p> <p>Aim: Complete each barbell complex (6 rounds) in less time than you did previously.</p>

TRAINING PRINCIPLES

Metabolic Stress

Outcome: Increase lactate threshold + Cell swelling

Tempo: All reps must be controlled with no isometric pauses.

Rest: See prescribed rest times.

Aim: Increase muscle tension by moving a relatively heavy weight through space for a prolonged number of repetitions.

Volume

Outcome: Hypertrophy

Tempo: All reps must be slow and controlled with an emphasis on a strong contraction.

Rest: See prescribed rest times.

Aim: Increase tension by adding weight (5 lbs) to each lift without sacrificing tempo.

Speed

Outcome: Power

Tempo: All reps must be controlled. Move the weight as fast as possible.

Rest: Rest as little as needed in accordance to prescribed rest time.

Aim: Increase density by aiming to perform the same workload in less time.

PHASE 2

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
	Upper-Body (a) (Volume) HIIT (15 min.)	Lower-Body (a) (Volume)	Barbell Complex (a)	Upper-Body (b) (Metabolic)	Lower-Body (b) (Metabolic)	Recovery
Recovery	Upper-Body (b) (Volume)	Lower-Body (b) (Volume)	HIIT (15 min.)	Upper-Body (a) (Speed) HIIT (15 min.)	Lower-Body (a) (Speed)	Recovery
Recovery	Upper-Body (a) (Volume) HIIT (15 min.)	Lower-Body (a) (Volume)	Barbell Complex (b)	Upper-Body (a) (Metabolic)	Lower-Body (b) (Metabolic)	Recovery
Recovery	Upper-Body (b) (Volume)	Lower-Body (b) (Volume)	HIIT (15 min.)	Upper-Body (b) (Speed) HIIT (15 min.)	Lower-Body (b) (Speed)	Recovery

A - Workout Index (Volume)

Upper-Body (a) – Volume

Exercise	Sets	Reps	Rest	Tempo
Bench Press	3	12	1-2 Minutes	1:0:3:1
Overhead Press	3	10	1-2 Minutes	1:0:3:1
Incline DB Press	2	10	45-90 Seconds	2:0:2:0
Lateral Raises	2	12	45 Seconds	1:0:3:1
Triceps Pushdown	2	12	45-90 Seconds	2:1:2:0
Lat Pulldown	2	8	45-90 Seconds	1:0:3:1
Seated Rows	2	10	45-90 Seconds	1:0:3:1
DB Biceps Curls	2	10	45-90 Seconds	2:1:2:1
Barbell Shrugs	2	12	45-90 Seconds	1:1:3:1

RED = 70% 1RM

Lower-Body (a) - Volume

Exercise	Sets	Reps	Rest	Tempo
Squat	3	10	3 Minutes	1:0:3:0
SLDL	3	10	2 Minutes	2:0:3:0
Hip Thrust	2	12	60 Seconds	2:1:2:1
Lying Ham Curls	2	10	60 Seconds	1:0:3:1
Standing Calf Raises	4	8	45 Seconds	2:1:3:1

RED = 70% 1RM

A - Workout Index (Metabolic Stress)

Upper-Body (a) – Metabolic Stress

Exercise	Sets	Reps	Rest	Tempo
Incline Bench Press	2	15	45-60 Seconds	1:0:1:0
DB Shoulder Press	2	15	45-60 Seconds	1:0:1:0
Flat DB Press	2	20	45 Seconds	1:0:1:0
BW Bench Dips	2	20	30 Seconds	1:0:1:0
Lat Pulldown	2	15	45 Seconds	1:0:1:0
Seated Rows	2	15	45 Seconds	1:0:1:0
DB Shrugs	2	20	45 Seconds	1:0:1:0

RED = 50% 1RM

Lower-Body (a) – Metabolic Stress

Exercise	Sets	Reps	Rest	Tempo
Squat	2	15	45-60 Seconds	1:0:1:0
Romanian Deadlift	2	15	45-60 Seconds	1:0:1:0
BW Hip Thrust	3	20	45 Seconds	1:0:1:0
Standing Calf Raises	4	15	45 Seconds	1:1:1:1

RED = 50% 1RM

A - Workout Index (Speed)

Upper-Body (a) - Speed

Exercise	Sets	Reps	Rest	Tempo
Bench Press	6	3	1-2 Minutes	1:0:1:0
Overhead Press	4	3	1-2 Minutes	1:0:1:0
Incline DB Press	2	6	60-90 Seconds	1:0:1:0
Triceps Pushdown	2	8	60-90 Seconds	1:0:2:0
Lat Pulldown	2	6	60-90 Seconds	1:0:3:0
Seated Rows	2	6	60-90 Seconds	1:0:2:0
Barbell Shrugs	2	6	60-90 Seconds	1:0:2:0

RED = 80% 1RM

Lower-Body (a) - Speed

Exercise	Sets	Reps	Rest	Tempo
Squat	6	3	1-2 Minutes	1:0:1:0
SLDL	4	3	60-90 Seconds	1:0:1:0
Hamstring Curls	4	8	60-90 Seconds	1:0:2:0
Standing Calf Raises	4	8	45-60 Seconds	2:1:3:1

RED = 80% 1RM

B - Workout Index (Volume)

Upper-Body (b) - Volume

Exercise	Sets	Reps	Rest	Tempo
Bent Over Rows	3	12	90 Seconds	1:0:3:1
Pull Ups	2	AMAP	45-60 Seconds	1:0:3:1
Barbell Curls	2	10	45-60 Seconds	2:0:2:0
Face Pulls	2	8	45-60 Seconds	1:0:3:1
Flat DB Chest Press	2	8	2 Minutes	2:1:2:0
DB Chest Fly	2	10	60 Seconds	1:0:3:1
DB Shoulder Press	2	8	60 Seconds	1:0:3:1
Rear Delt Raises	2	12	45-60 Seconds	2:1:2:1
OH Triceps Ext.	2	12	45-60 Seconds	1:1:3:1

RED = 70% 1RM

Lower-Body (b) - Volume

Exercise	Sets	Reps	Rest	Tempo
Deadlift	2	8	3 Minutes	1:0:2:0
Hamstring Curls	2	10	45-60 Seconds	2:0:3:0
Front Squat	3	8	60-90 Seconds	1:0:2:0
DB Lunges	2	12	45-60 Seconds	1:0:1:0
Standing Calf Raises	4	8	45 Seconds	2:1:3:1

RED = 70% 1RM

B – Workout Index (Metabolic Stress)

Upper-Body (b) – Metabolic Stress

Exercise	Sets	Reps	Rest	Tempo
T-Bar Rows	2	15	45-60 Seconds	1:0:1:0
DB Rows	2	15	45-60 Seconds	1:0:1:0
Face Pulls	2	20	45 Seconds	1:0:1:0
Push Ups	2	20	45-60 Seconds	1:0:1:0
DB Chest Fly	2	15	60 Seconds	1:0:1:0
Lateral Raises	2	20	45 Seconds	1:0:1:0
Rear Delt Raises	2	20	45 Seconds	1:0:1:0

RED = 50% 1RM

Lower-Body (b) - Metabolic

Exercise	Sets	Reps	Rest	Tempo
Sumo Deadlift	2	15	45-60 Seconds	1:0:1:0
Hamstring Curls	2	20	45-60 Seconds	1:0:1:0
Leg Press	3	15	45-60 Seconds	1:0:1:0
Standing Calf Raises	4	15	45 Seconds	1:1:1:1

RED = 50% 1RM

B - Workout Index (Speed)

Upper-Body (b) - Speed

Exercise	Sets	Reps	Rest	Tempo
Bent Over Rows	6	3	1-2 Minutes	1:0:1:0
Weighted Pull Ups	4	3	1-2 Minutes	1:0:1:0
Face Pulls	3	8	45-60 Seconds	2:0:2:0
Flat DB Chest Press	3	5	1-2 Minutes	2:0:2:0
DB Chest Fly	2	8	45-60 Seconds	1:0:3:0
DB Shoulder Press	3	5	60-90 Seconds	1:0:2:0
Rear Delt Raises	2	8	45-60 Seconds	1:0:2:0

RED = 80% 1RM

Lower-Body (b) - Speed

Exercise	Sets	Reps	Rest	Tempo
Deadlift	6	3	1-2 Minutes	1:0:1:0
Hamstring Curls	2	6	45-60 Seconds	2:0:2:0
Front Squat	4	5	2-3 Minutes	1:0:2:0
Standing Calf Raises	4	8	45-60 Seconds	2:1:3:1

RED = 80% 1RM

Barbell Complex – (a)

Exercise	Reps	Rest
Push Press	10	0-15 Seconds
Hang Clean	8	0-15 Seconds
Front Squat	10	0-15 Seconds
SLDL	10	0-15 Seconds
Strict Press	10	0-15 Seconds
Squat & Press	8	0-15 Seconds

Barbell Complex – (b)

Exercise	Reps	Rest
Deadlift	8	0-15 Seconds
Push Press	10	0-15 Seconds
Bent Over Row	15	0-15 Seconds
Squat & Press	8	0-15 Seconds
Upright Rows	15	0-15 Seconds
Back Squat	10	0-15 Seconds