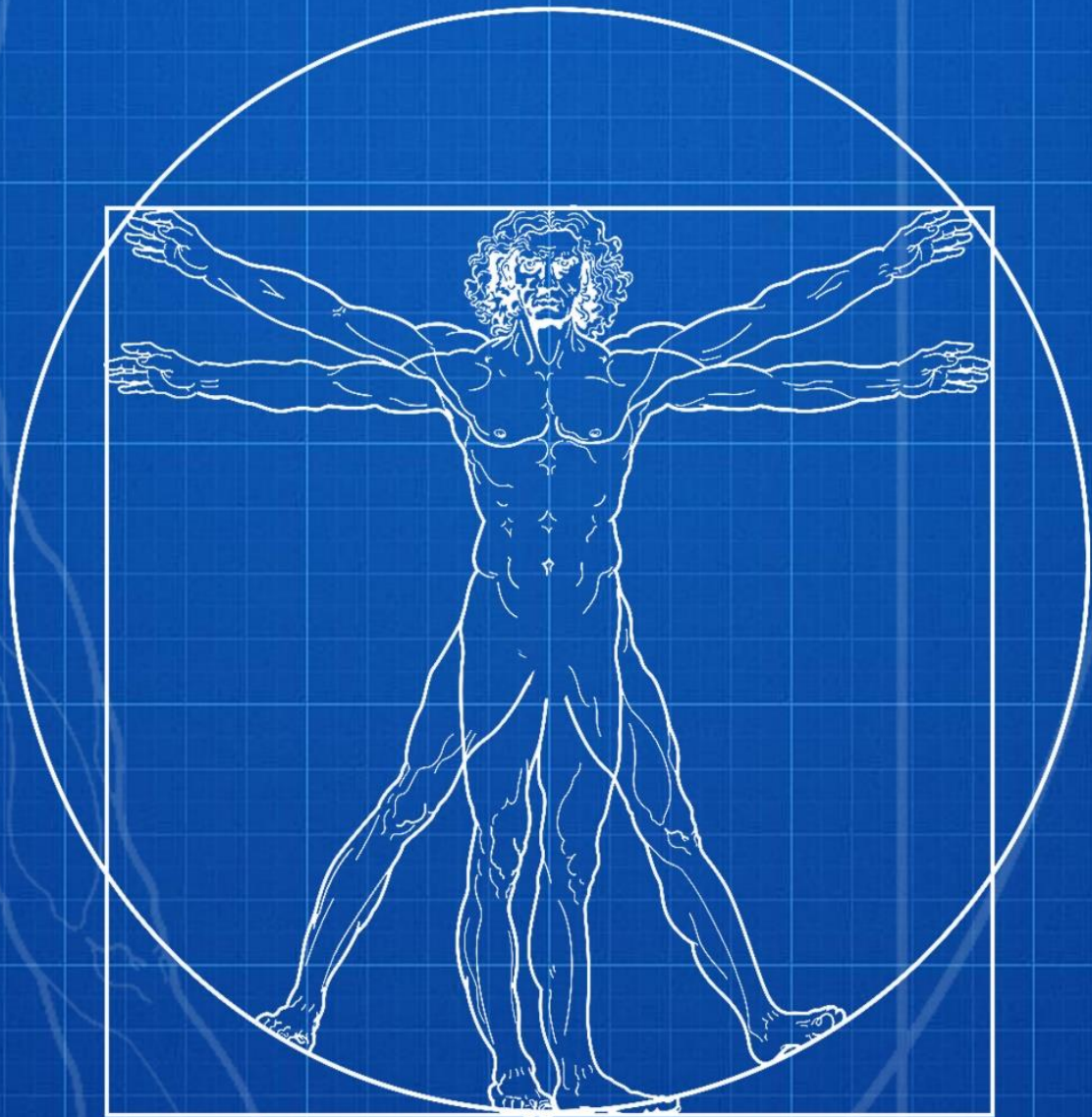


CHAD HOWSE'S **THE PERFECT BODY BLUEPRINT**



ABS

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ABS SPECIALIZATION

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest	Strength (a)	Maint. (a)	Hyper (a)	Maint. (b)	M.S. (a)	Rest
Rest	Strength (b)	(a)	Hyper (b)	Maint. (b)	M.S. (b)	Rest
Rest	Strength (a)	Maint. (a)	Hyper (a)	Maint. (b)	M.S. (a)	Rest
Rest	Strength (b)	Maint. (a)	Hyper (b)	Maint. (b)	M.S. (b)	Rest

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest	Strength (a)	Maint. (a)	Hyper (a)	Maint. (b)	M.S. (a)	Rest
Rest	Strength (b)	(a)	Hyper (b)	Maint. (b)	M.S. (b)	Rest

Monday – Abs Strength: (a)

Exercise	Sets	Reps	Rest	Tempo
Cable Crunches	5	5	2-3 Minutes	1:0:2:0
Hanging Leg Raises	4	6-8	2 Minutes	1:0:2:0

Wednesday – Abs Hypertrophy: (a)

Exercise	Sets	Reps	Rest	Tempo
Decline Crunches	4	8-10	1-2 Minutes	1:1:2:0
Hanging Knee Raises	4	10-12	1-2 Minutes	1:1:2:0

Friday – Abs Metabolic Stress: (a)

Exercise	Sets	Reps	Rest	Tempo
Air Bike Crunches	3	15	45 Seconds	1:0:1:0
Plank	3	60 Seconds	45 Seconds	

Monday – Abs Strength: (b)

Exercise	Sets	Reps	Rest	Tempo
Weighted Decline Crunches	5	5	2-3 Minutes	1:0:2:0
Weighted Leg Tucks	4	6-8	2 Minutes	1:0:2:0

Wednesday – Abs Hypertrophy: (b)

Exercise	Sets	Reps	Rest	Tempo
Cable Crunches	4	8-10	1-2 Minutes	1:1:2:0
Barbell Roll Out	4	10-12	1-2 Minutes	1:1:2:0

Friday – Abs Metabolic Stress: (b)

Exercise	Sets	Reps	Rest	Tempo
Jackknife Sit Ups	3	15	45 Seconds	1:0:1:0
Side Plank	3	60 Seconds	45 Seconds	

Full-Body Maintenance: (a)

Exercise	Sets	Reps	Rest	Tempo
Squats	4	8	1-2 Minutes	1:0:2:0
Bench Press	4	8	1-2 Minutes	1:0:2:0
Bent Over Rows	3	10	1-2 Minutes	1:0:2:0
Barbell Shrugs	3	10	1-2 Minutes	1:1:2:0
Triceps Pushdown	2	10	45-60 Seconds	2:0:2:0
Barbell Curls	2	10	45-60 Seconds	2:0:2:0
Cable Crunches	3	10-12	60 Seconds	2:0:2:0

Red = Skip This Exercise

Full-Body Maintenance: (b)

Exercise	Sets	Reps	Rest	Tempo
Deadlift	4	8	1-2 Minutes	1:0:2:0
Overhead Press	4	8	1-2 Minutes	1:0:2:0
Lat Pulldown	3	10	1-2 Minutes	1:0:2:0
Barbell Shrugs	3	10	1-2 Minutes	1:1:2:0
OH Triceps Extensions	2	10	45-60 Seconds	2:0:2:0
Incline DB Curls	2	10	45-60 Seconds	2:0:2:0
Cable Crunches	3	10-12	60 Seconds	2:0:2:0

Red = Skip This Exercise