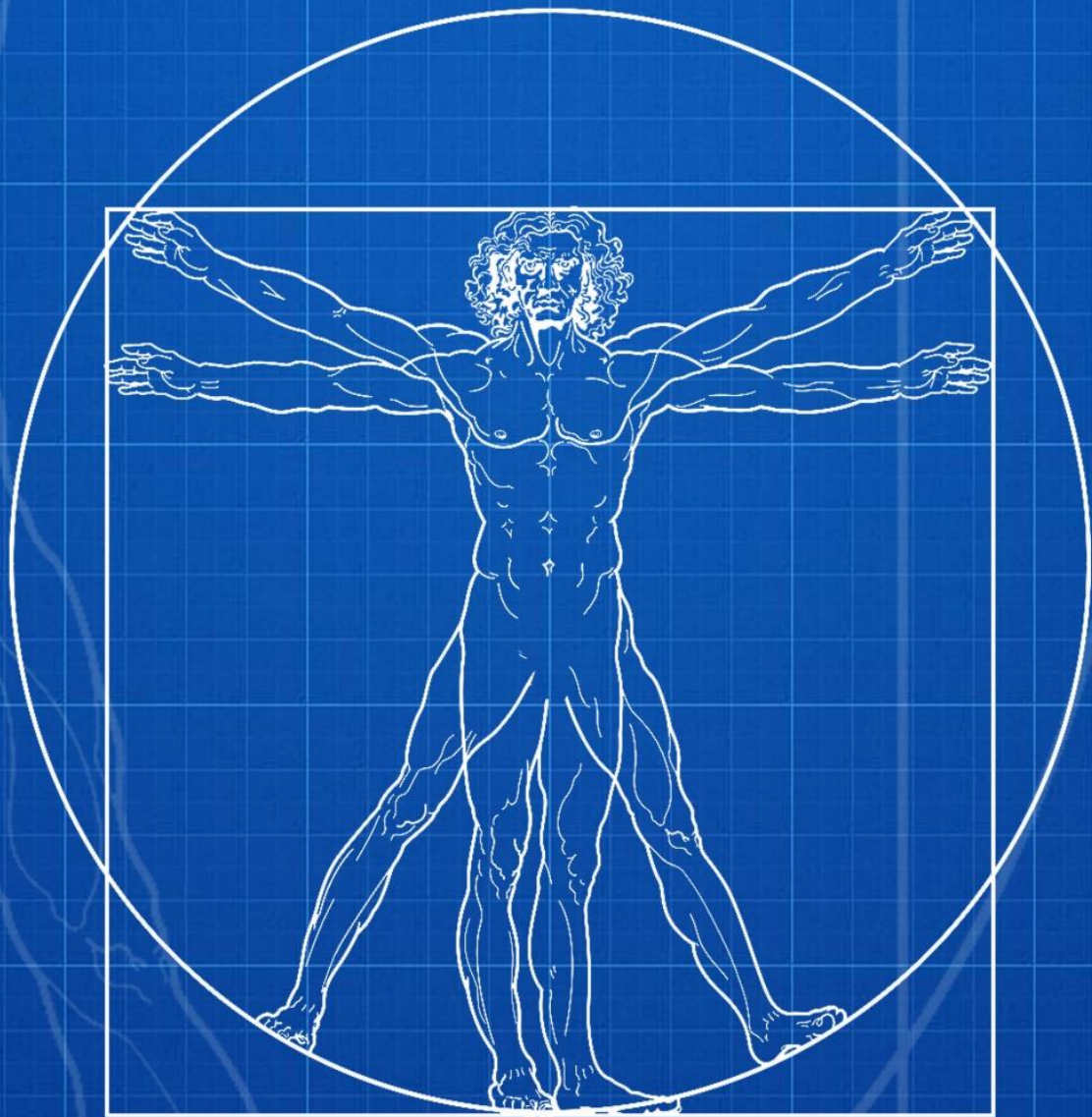


CHAD HOWSE'S
**THE PERFECT BODY
BLUEPRINT**



BACK

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BACK 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 – Back Strength: (a)

Exercise	Sets	Reps	Rest	Tempo
Pendlay Row	5	5	2-3 Minutes	1:0:2:0
Wide-Grip Lat Pulldown	4	6	2 Minutes	1:0:2:0

Wednesday – Back Hypertrophy: (a)

Exercise	Sets	Reps	Rest	Tempo
Bent Over Rows	4	8-10	1-2 Minutes	1:1:2:0
Straight Arm Lat Pulls	4	8-10	1-2 Minutes	1:1:2:0
Reverse Flyes	4	10-12	1-2 Minutes	1:1:2:0

Friday – Back Metabolic Stress: (a)

Exercise	Sets	Reps	Rest	Tempo
Incline DB Rows	3	15	45-60 Seconds	1:0:1:0
Pull Ups	3	AMRAP	60 Seconds	1:0:1:0

Monday – Back Strength: (b)

Exercise	Sets	Reps	Rest	Tempo
Rack Pulls	5	5	2-3 Minutes	1:0:2:0
Weighted Pull Ups	4	6	2 Minutes	1:0:2:0

Wednesday – Back Hypertrophy: (b)

Exercise	Sets	Reps	Rest	Tempo
T-Bar Rows	4	8-10	1-2 Minutes	1:1:2:0
Seated Rows	4	8-10	1-2 Minutes	1:1:2:0
Lat Pulldown	4	10-12	1-2 Minutes	1:1:2:0

Friday – Back Metabolic Stress: (b)

Exercise	Sets	Reps	Rest	Tempo
Chinups	3	AMRAP	60 Seconds	1:0:1:0
Inverted BW Rows	3	15	45-60 Seconds	1:0:2:0

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