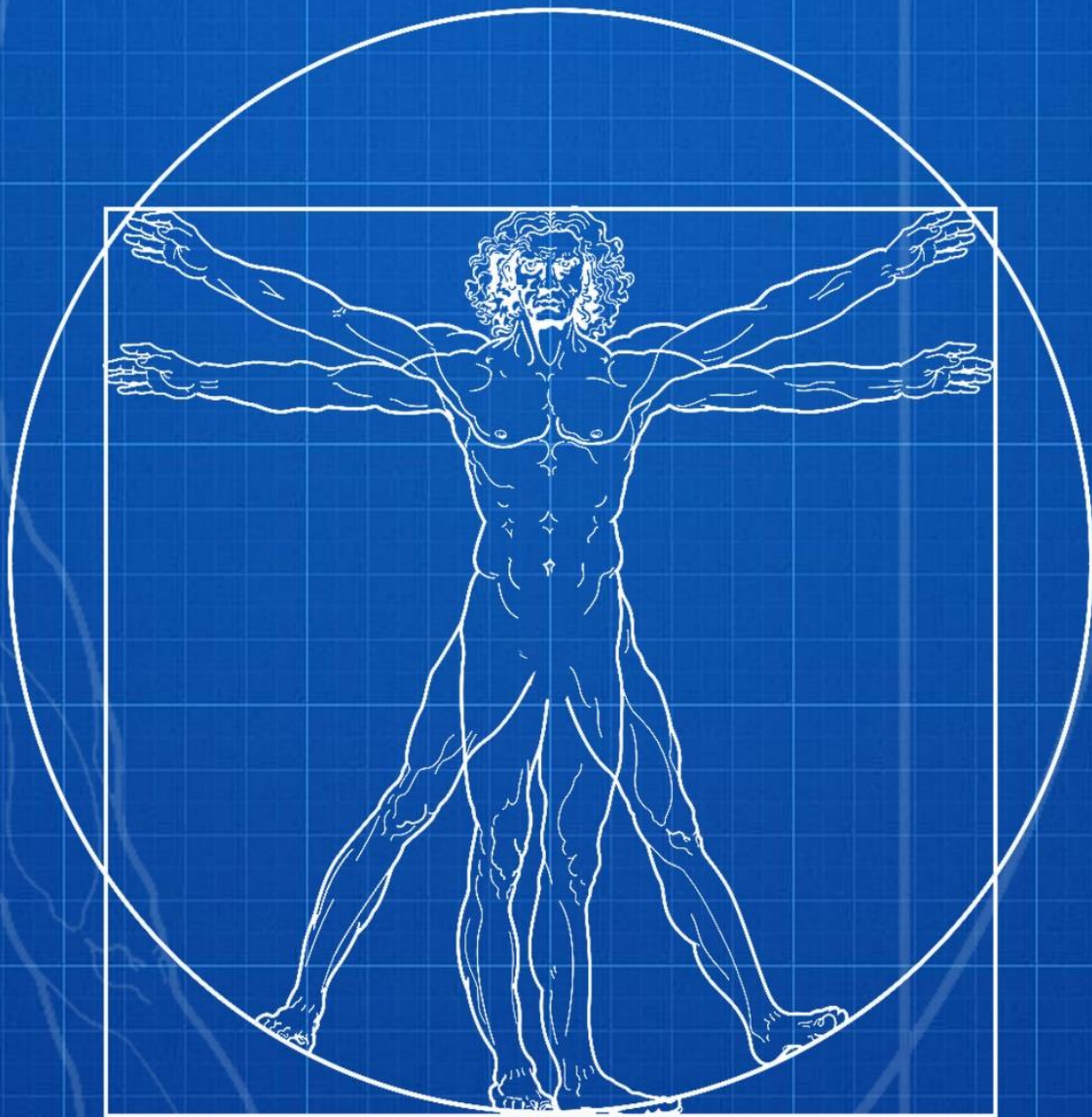


CHAD HOWSE'S
**THE PERFECT BODY
BLUEPRINT**



BICEPS

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BICEPS 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 – Biceps Strength: (a)

Exercise	Sets	Reps	Rest	Tempo
Weighted Chinups	5	5	2-3 Minutes	1:0:2:0
Barbell Curls	4	6-8	2 Minutes	1:0:2:0

Wednesday – Biceps Hypertrophy: (a)

Exercise	Sets	Reps	Rest	Tempo
Incline DB Curls	4	8-10	1-2 Minutes	1:1:2:0
Barbell Curls	4	10-12	1-2 Minutes	1:1:2:0

Friday – Biceps Metabolic Stress: (a)

Exercise	Sets	Reps	Rest	Tempo
Cable Curls	3	15	45-60 Seconds	2:0:2:0
Chinups	3	AMRAP	45-60 Seconds	2:0:2:0

Monday – Biceps Strength: (b)

Exercise	Sets	Reps	Rest	Tempo
Weighted Chinups	5	5	2-3 Minutes	1:0:2:0
Reverse Barbell Curls	4	6-8	2 Minutes	1:0:2:0

Wednesday – Biceps Hypertrophy: (b)

Exercise	Sets	Reps	Rest	Tempo
Preacher Curls	4	8-10	1-2 Minutes	1:1:2:0
DB Hammer Curls	4	10-12	1-2 Minutes	1:1:2:0

Friday – Biceps Metabolic Stress: (b)

Exercise	Sets	Reps	Rest	Tempo
Chinups	3	AMRAP	45-60 Seconds	2:0:2:0
BTB Cable Curls	3	15	45-60 Seconds	2:0:2:0

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