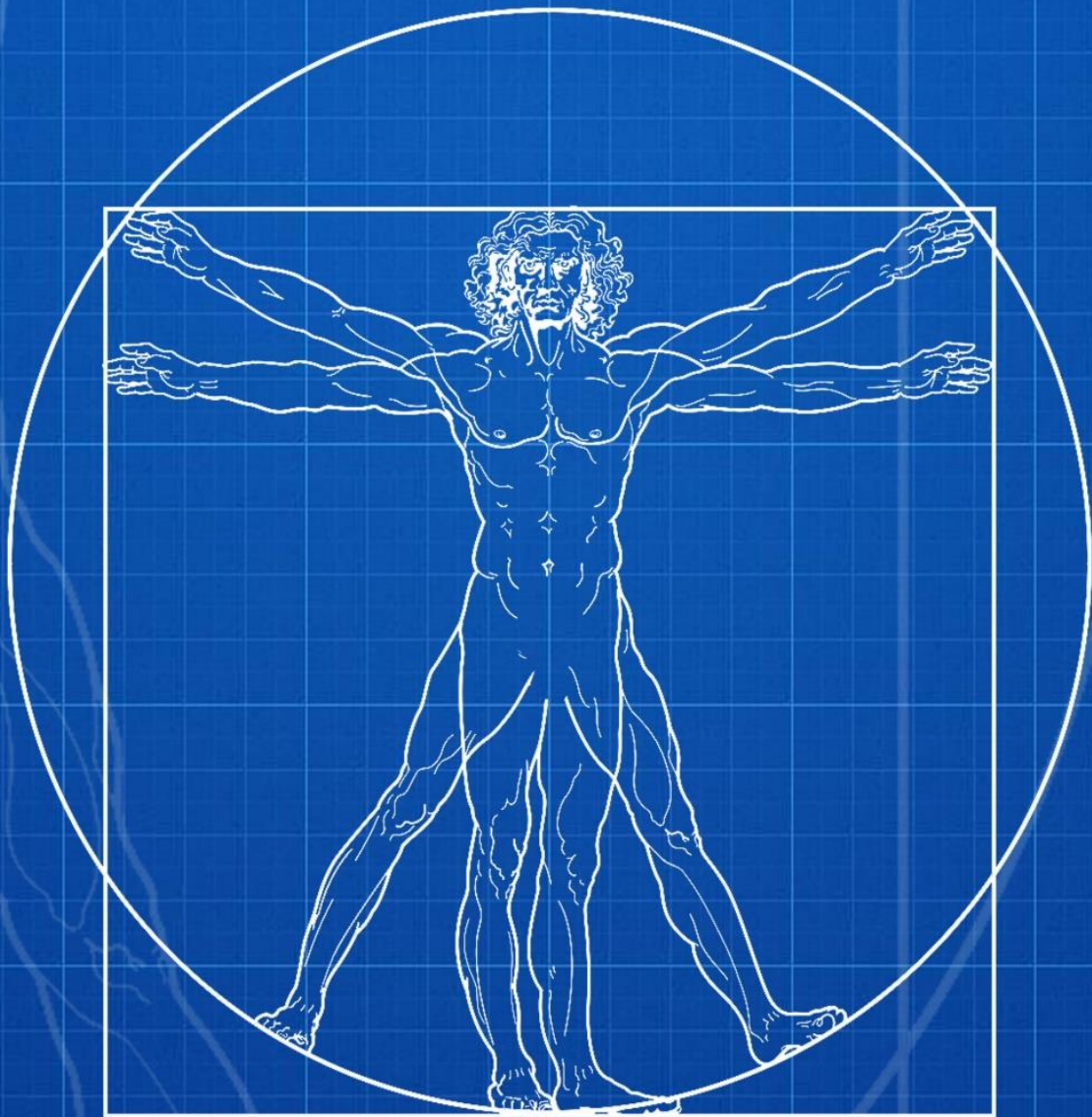


CHAD HOWSE'S **THE PERFECT BODY BLUEPRINT**



CHEST

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CHEST 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 – Chest Strength: (a)

Exercise	Sets	Reps	Rest	Tempo
Bench Press	5	5	2-3 Minutes	1:0:2:0
Incline DB Press	4	6	2 Minutes	1:0:2:0

Wednesday – Chest Hypertrophy: (a)

Exercise	Sets	Reps	Rest	Tempo
DB Chest Press	4	8-10	1-2 Minutes	1:0:2:0
Cable Crossover (Low to High)	4	8-10	1-2 Minutes	1:0:2:0
DB Chest Flyes	4	10-12	1-2 Minutes	1:0:2:0

Friday – Chest Metabolic Stress: (a)

Exercise	Sets	Reps	Rest	Tempo
Decline DB Press	3	15	45-60 Seconds	1:0:1:0
Push Ups	3	AMRAP	60 Seconds	1:0:1:0

Monday – Chest Strength: (b)

Exercise	Sets	Reps	Rest	Tempo
Incline Bench Press	5	5	2-3 Minutes	1:0:2:0
DB Chest Press	4	6	2 Minutes	1:0:2:0

Wednesday – Chest Hypertrophy: (b)

Exercise	Sets	Reps	Rest	Tempo
Incline DB Press	4	8-10	1-2 Minutes	1:0:2:0
Cable Crossover (High to Low)	4	8-10	1-2 Minutes	1:0:2:0
Machine Flyes	4	10-12	1-2 Minutes	1:0:2:0

Friday – Chest Metabolic Stress: (b)

Exercise	Sets	Reps	Rest	Tempo
Push Ups	3	AMRAP	60 Seconds	1:0:1:0
DB Chest Press	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