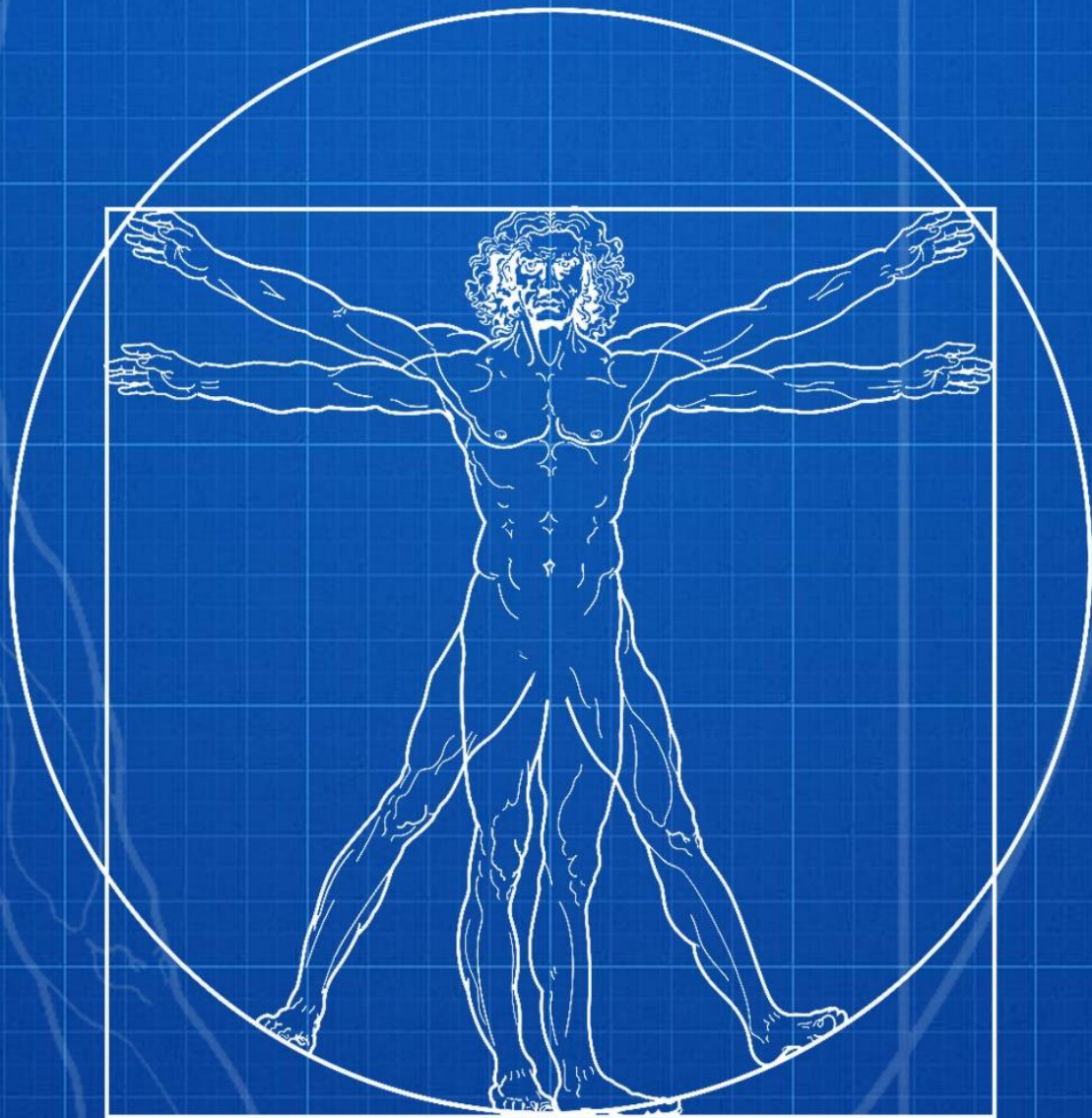


CHAD HOWSE'S
**THE PERFECT BODY
BLUEPRINT**



HAMSTRINGS

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HAMSTRINGS 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 – Hams Strength: (a)

Exercise	Sets	Reps	Rest	Tempo
Cleans	5	5	2-3 Minutes	1:0:2:0
RDL	5	6	2 Minutes	1:0:2:0

Wednesday – Hams Hypertrophy: (a)

Exercise	Sets	Reps	Rest	Tempo
Good Morning	4	8-10	1-2 Minutes	1:0:2:0
Lying Ham Curl	4	10-12	1-2 Minutes	1:0:2:0

Friday – Hams Metabolic Stress: (a)

Exercise	Sets	Reps	Rest	Tempo
DB Single Leg RDL	3	15	45-60 Seconds	2:0:2:0
Glute Bridges	3	AMRAP	45-60 Seconds	2:0:2:0

Monday – Hams Strength: (b)

Exercise	Sets	Reps	Rest	Tempo
Sump Deadlift	5	5	2-3 Minutes	1:0:2:0
Weighted Hip Thrust	5	6-8	2 Minutes	1:0:2:0

Wednesday – Hams Hypertrophy: (b)

Exercise	Sets	Reps	Rest	Tempo
RDL	4	8-10	1-2 Minutes	1:0:2:0
Seated Leg Curls	4	10-12	1-2 Minutes	1:0:2:0

Friday – Hams Metabolic Stress: (b)

Exercise	Sets	Reps	Rest	Tempo
RDL Lunge	3	15	45-60 Seconds	1:0:1:0
PPT Hip Thrust	3	AMRAP	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