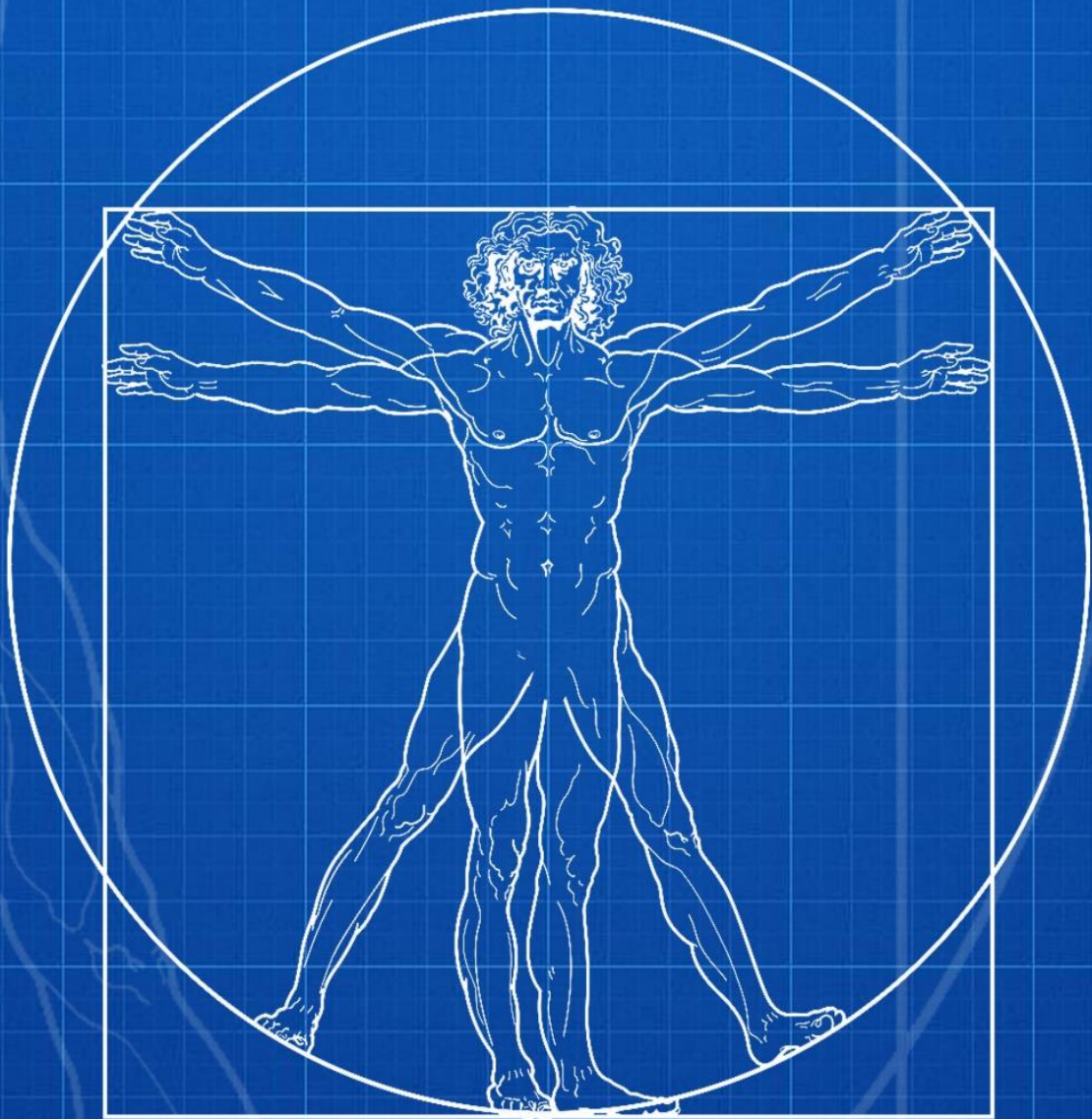


CHAD HOWSE'S
**THE PERFECT BODY
BLUEPRINT**



QUADRICEPS

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QUADS 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 – Quads Strength: (a)

Exercise	Sets	Reps	Rest	Tempo
Front Squats	5	5	2-3 Minutes	1:0:2:0
Barbell Lunges	5	6	2 Minutes	1:0:2:0

Wednesday – Quads Hypertrophy: (a)

Exercise	Sets	Reps	Rest	Tempo
Leg Press	4	8-10	1-2 Minutes	1:0:2:0
Single-Leg Leg Extension	4	10-12	1-2 Minutes	1:0:2:0

Friday – Quads Metabolic Stress: (a)

Exercise	Sets	Reps	Rest	Tempo
DB Lunges	3	15	45-60 Seconds	2:0:2:0
BW Split Squats	3	AMRAP	45-60 Seconds	2:0:2:0

Monday – Quads Strength: (b)

Exercise	Sets	Reps	Rest	Tempo
High Bar Squats	5	5	2-3 Minutes	1:0:2:0
Box Squats	5	6	2 Minutes	1:0:2:0

Wednesday – Quads Hypertrophy: (b)

Exercise	Sets	Reps	Rest	Tempo
Hack Squats	4	8-10	1-2 Minutes	1:0:2:0
DB Lunges	4	10-12	1-2 Minutes	1:0:2:0

Friday – Quads Metabolic Stress: (b)

Exercise	Sets	Reps	Rest	Tempo
DB Split Squats	3	15	45-60 Seconds	1:0:1:0
Sissy Squat (Or Box Jumps)	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