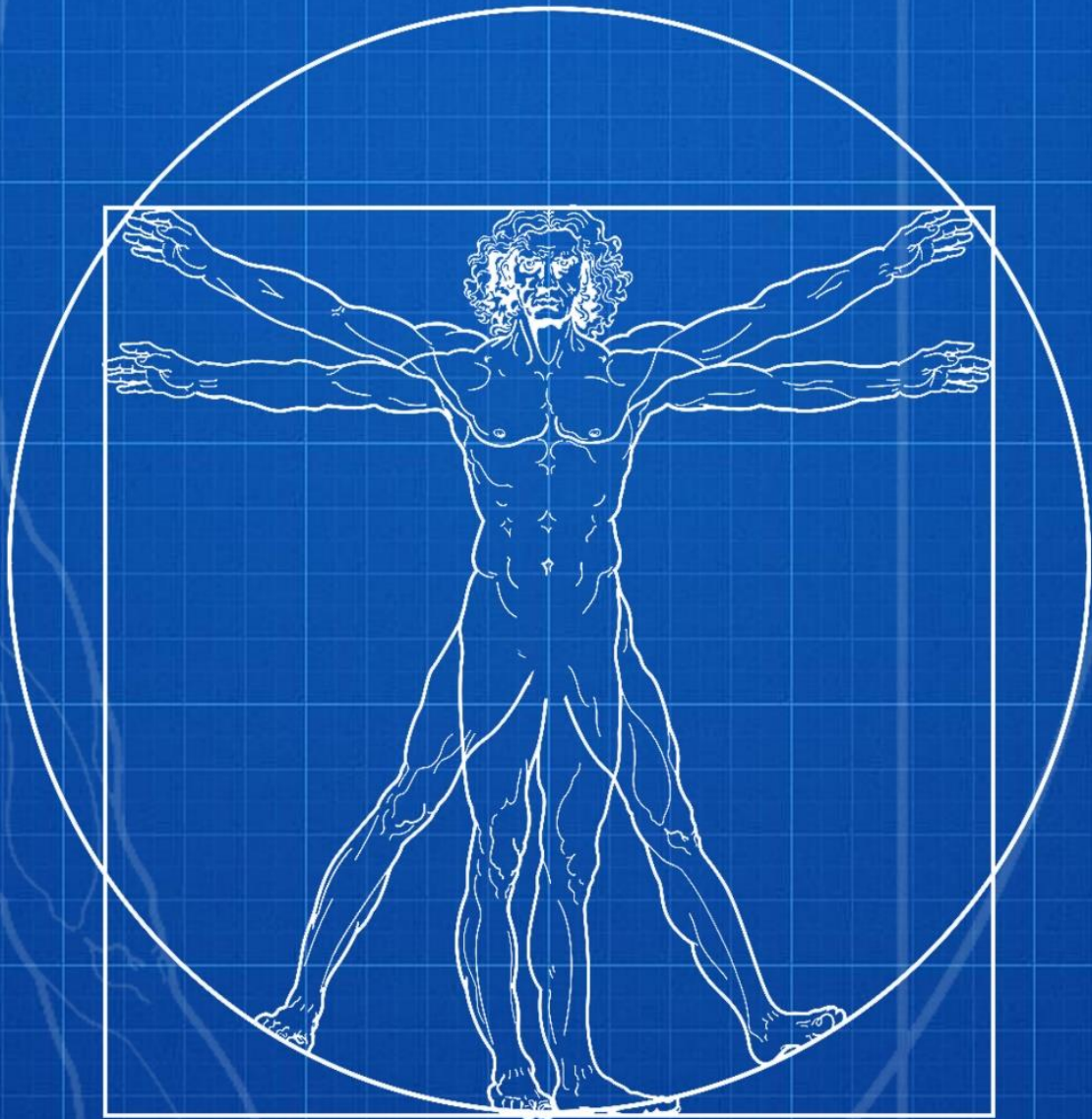


CHAD HOWSE'S  
**THE PERFECT BODY  
BLUEPRINT**



**SHOULDERS**

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### SHOULDERS 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 – Shoulders Strength: (a)

Exercise	Sets	Reps	Rest	Tempo
OHP	5	5	2-3 Minutes	1:0:2:0
Poliquin Raise	4	6	2 Minutes	1:0:2:0
Face Pulls	4	6-8	2 Minutes	1:0:2:0

### Wednesday – Shoulders Hypertrophy: (a)

Exercise	Sets	Reps	Rest	Tempo
DB Press	2	8-10	1-2 Minutes	1:0:2:0
DB Lateral Raise	4	8-10	1-2 Minutes	1:0:2:0
Rear Delt Raise	4	10-12	1-2 Minutes	1:0:2:0

### Friday – Shoulders Metabolic Stress: (a)

Exercise	Sets	Reps	Rest	Tempo
Cables: Rear Delt Raise + Lateral Raise (Super-Set)	3	15	45-60 Seconds	1:0:1:0

### Monday – Shoulders Strength: (b)

Exercise	Sets	Reps	Rest	Tempo
Lumberjack Press	5	5	2-3 Minutes	1:0:2:0
Upright Rows	4	6	2 Minutes	1:0:2:0
Face Pulls	4	6-8	2 Minutes	1:0:2:0

### Wednesday – Shoulders Hypertrophy: (b)

Exercise	Sets	Reps	Rest	Tempo
DB Press	4	8-10	1-2 Minutes	1:0:2:0
Upright Rows	4	8-10	1-2 Minutes	1:0:2:0
Cable Rear Delt Raise	4	10-12	1-2 Minutes	1:0:2:0

### Friday – Shoulders Metabolic Stress: (b)

Exercise	Sets	Reps	Rest	Tempo
DB: Rear Delt Raise + Lateral Raise (Super-Set)	3	15	45-60 Seconds	1:0:1:0



### 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