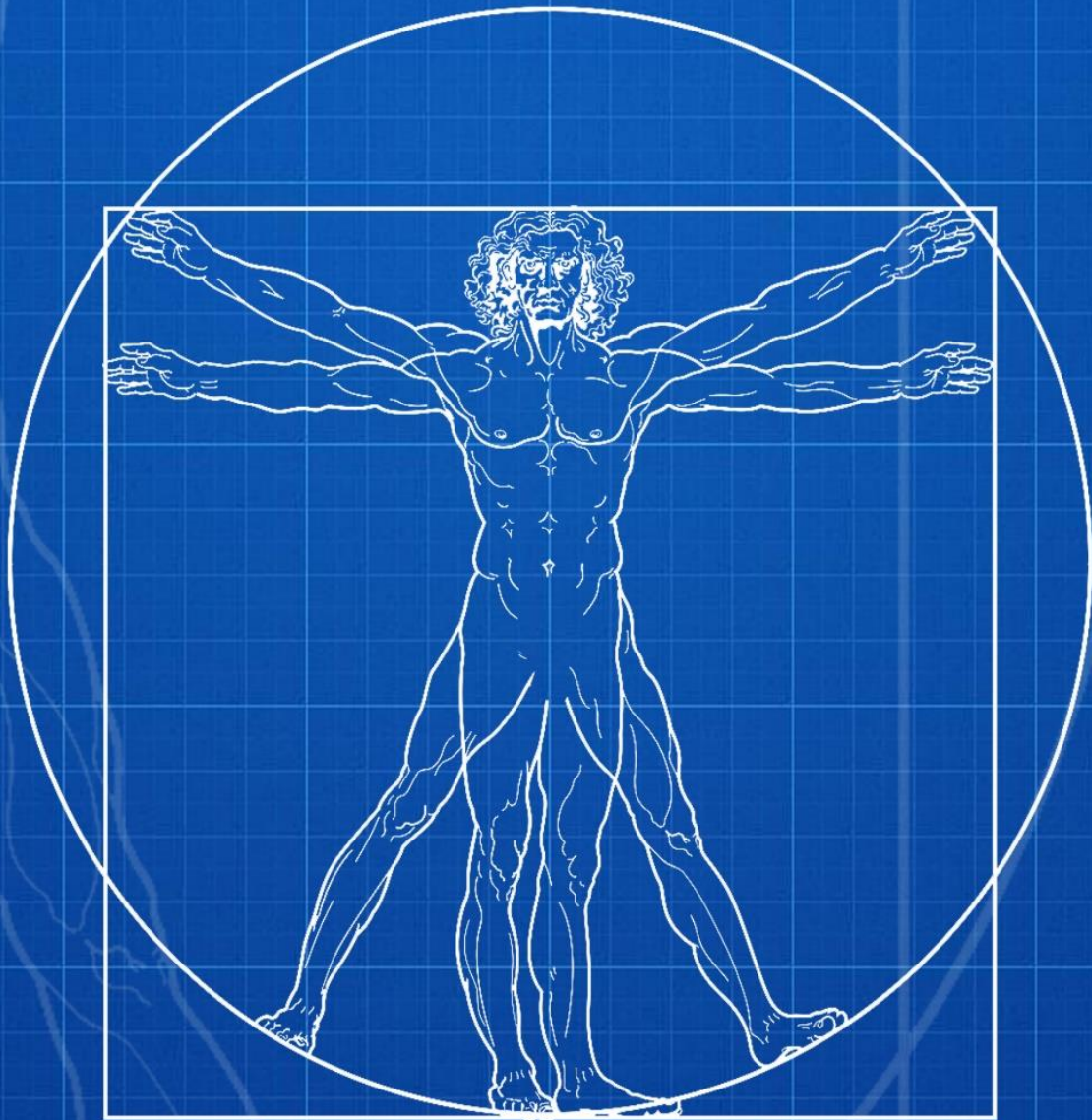


CHAD HOWSE'S
**THE PERFECT BODY
BLUEPRINT**



TRICEPS

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TRICEPS 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 – Triceps Strength: (a)

Exercise	Sets	Reps	Rest	Tempo
Weighted Dips	5	5	2-3 Minutes	1:0:2:0
Rope Pushdowns	4	6-8	2 Minutes	1:0:2:0

Wednesday – Triceps Hypertrophy: (a)

Exercise	Sets	Reps	Rest	Tempo
Skull Crushers	4	8-10	1-2 Minutes	1:1:2:0
Straight Bar Pushdowns	4	10-12	1-2 Minutes	1:1:2:0

Friday – Triceps Metabolic Stress: (a)

Exercise	Sets	Reps	Rest	Tempo
V-Bar Pushdowns	3	15	45-60 Seconds	2:0:2:0
Close-Grip Push Ups	3	AMRAP	45-60 Seconds	2:0:2:0

Monday – Triceps Strength: (b)

Exercise	Sets	Reps	Rest	Tempo
Close-Grip Bench Press	5	5	2-3 Minutes	1:0:2:0
Rope Pushdowns	4	6-8	2 Minutes	1:0:2:0

Wednesday – Triceps Hypertrophy: (b)

Exercise	Sets	Reps	Rest	Tempo
OH Triceps Extensions	4	8-10	1-2 Minutes	1:1:2:0
Straight bar Pushdowns	4	10-12	1-2 Minutes	1:1:2:0

Friday – Triceps Metabolic Stress: (b)

Exercise	Sets	Reps	Rest	Tempo
Close-Grip Push Ups	3	AMRAP	45-60 Seconds	2:0:2:0
Single Arm Cable Extensions	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