



CHAD HOWSE'S
**THE DELTOID
DESTROYER**

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Introduction

The concept is simple, if we have a muscle group that we want to develop more than others, we have to find ways to add unique sets to overload that muscle group and shock it into growth.

Shoulders are the perfect muscle group to employ this method on.

The premise:

Adding two extra days to a program can be a lot. It can break your body down beyond what you're used to, so by doing the Deltoid Destroyer (DD) you *have to* ensure you're allowing for proper recovery time. Get your 7–8 hours of sleep – nap if you can't. Eat right, but most importantly train hard.

Add these two training days to whatever program you're doing right now to build round, bursting, bowling–ball deltoids.

If you're searching for a program to help you build lean, powerful muscle, check out this video: www.thepowerhowsechallenge.com

And now, let's begin...



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The Set-up

The shoulder is made up of 3 'heads'. With the anterior head of the deltoid (the front) being the biggest, we're going to focus on this aspect of the muscle in the first day with heavier loads and an extreme amount of variation.

There will, however, be lateral and posterior exercises within the first day, then heavily in the second.

Cadence

Changes in the cadence of the eccentric contraction – the way down on a military press, lateral raise – is where we'll break through plateaus. Thus, in the DD we're going to have an extreme amount of cadence variation.

Cadence will be shown as follows:

The first digit will be the eccentric contraction.

The second digit will be the concentric contraction.

The third digit will be the pause at the top of the lift.

So 3,1,1 means you're taking 3 seconds to go down on a military press, with the press being at full speed, pause for a second, the continue.

Incorporating with Your Other Program

The DD is an intense, two-day split focusing only on shoulders. See how you feel, but I'd suggest taking all other deltoid training out of your other programs – replacing them with back exercises, or arm exercises – to account for the added load.

If you're on a 4-day split, structure your workout like this (using the PowerHowse Challenge - PHC - as an example):

Monday - PHC
Tuesday - PHC
Wed - Rest
Thursday - PHC
Friday - DD
Saturday - PHC
Sunday - DD

The *best* split to incorporate the DD into your training is a 3 day split - 4 is a bit too much. So think about cutting out one day of the PHC and replacing it with the DD so it looks like this:

Monday - PHC
Tuesday - PHC
Wed - Rest
Thursday - PHC
Friday - DD
Saturday - Rest
Sunday - DD

The Program

Day 1: Focus, the Anterior Deltoid.

A1. Seated Dumbbell Military Press

Reps: 8,6,4,4,10,12

A2. Dumbbell Lateral Raise

Reps: 10,12,14,10

Rest: 60 sec

Cadence: 3,1,1

B1. Dumbbell Front Raise (alternating)

B2. Lumberjack Press

Reps: 12,10,8,6,12

Rest: 60 sec

Cadence: 2,1,1

C1. 3-way Seated Raise

(front raise, lateral raise, bent-over lateral raise)

Reps: 3x10 – go to failure.

C2. Barbell Military Press

3x15 reps

Rest: 60 seconds

Day 2: Focus, Lateral and Posterior Deltoid

A1. Bent-arm Lateral Raise

Reps: 4x4-8 reps

Cadence: 4,1,1

A2. Face Down on Inclined Bench – Rear Delt Raise

Reps: 4x20-25 reps

Cadence: 1,1,1

A3. Army's

Reps: 4x10-12

Cadence: 3,1,1

Rest: 60 seconds

B1. Single Arm Cable Lateral Raise

B2. Bent-over Single Arm Cable Lateral Raise

Reps: 3x10-12 (each arm)

Cadence: 3,1,1

Rest: 45 seconds

C1. Chinese Drop Set: Single Arm Lateral Raise

Reps: 5,5,5,5,5

*After every set, drop by 10%, and proceed. You should be failing at 5 reps with each set. Example: 40lbs,35,30,25,20

Rest: 45 seconds between arms

D1. Burnout Rear Delt Peck Fly

2x50 reps

Cadence: 1,1,1