

The Chad Dad Program

What it is:

A 5 day per week program specifically designed to maximize your aesthetics, burn body fat, build muscle, gain strength, and rid yourself of the “Dad Bod” permanently.

The “Chad Dad” Bod is a much better look... :)

Required equipment:

Full gym access recommended; can make due with barbells and dumbbells with appropriate substitutions.

Progression Model:

Basic linear progression.

You are given a number of sets and a rep range to aim for in each set. Try to get all your sets in the rep range given. If you meet the minimum rep requirements for all the sets you perform, move up in weight the next day.

If you do not meet the minimum rep requirement for all sets, do not move down in weight. Keep the weight the same until the next session and attempt to get all of your reps in the desired range again. Once you do, increase the weight for the next session.

Time Commitment:

45 minutes, 5 days per week.

Nutritional Recommendations:

This training program can be used when “cutting” (dieting to lose fat) or “bulking” (dieting to gain muscle).

For both goals, aim for 1 gram of protein per pound of your “dream weight”. (Aka - whatever your “goal weight” is, eat that many grams of protein per day).

Multiply your bodyweight x 10 and eat that many calories per day if you are dieting for fat loss. (May need to adjust if your weight isn’t dropping week to week.)

Multiply your bodyweight x 15 and eat that many calories per day if you are dieting to gain muscle. (May need to adjust if your weight isn’t increasing week to week.)

The Chad Dad Program:

Monday:

- Incline Barbell Bench Press - 3 sets of 10-12 reps (3 minutes rest between sets)
- Parallel Grip Pulldown - 3 sets of 8-10 reps (3 minutes rest between sets)
 - Substitution: Barbell Bent Over Row
- Machine Seated Chest Fly - 3 sets of 12-15 reps (2 minutes rest between sets)
 - Substitution: Flat Bench Dumbbell Chest Fly
- The Chad Dad Superset (3 rounds):
 - EZ Curl Bar Bicep Curls - 12-15 reps (no rest)
 - EZ Curl Bar Skull Crushers - 12-15 reps (no rest)
 - Dumbbell Lateral Raises - 12-15 reps (no rest)
 - Bodyweight Calf Raises - 20 reps; slow tempo (90 seconds rest until next round)

Tuesday:

- Bent Over One Arm Dumbbell Rows - 3 sets of 8-10 reps/arm (3 minutes rest between sets)
- Bodyweight Dips - 3 sets to failure (3 minutes rest between sets)
- Cable Face Pull - 3 sets of 18-20 reps (2 minutes rest between sets)
- The Chad Dad Superset (3 rounds):
 - Dumbbell Incline Bicep Curls - 12-15 reps per set (no rest)
 - Dumbbell Overhead Incline Tricep Extensions - 12-15 reps per set (no rest)
 - Dumbbell Lateral Raise - 12-15 reps per set (no rest)
 - Bodyweight Calf Raises - 20 reps; slow tempo (90 seconds rest until next round)

Wednesday:

- Bodyweight Split Squat - 3 sets of 20 reps per leg (2 minutes rest between sets)
- Dumbbell Goblet Squats - 10 sets of 8 reps (30 seconds rest between sets)
- Superset of Barbell Romanian Deadlifts + Bodyweight Calf Raises (3 rounds):
 - Barbell Romanian Deadlifts - 8-10 reps (no rest)
 - Bodyweight Calf Raises - 20 reps; slow tempo (3 minutes rest until next round)

Thursday:

- Dumbbell Shoulder Presses - 3 sets of 10-12 reps (3 minutes rest between sets)
- Wide Grip Lat Pulldowns - 3 sets of 10-12 reps (3 minutes rest between sets)
- The Shoulder Bomb Superset (3 rounds):
 - Bent Over Lateral Flys - 12-15 reps (no rest)
 - Dumbbell Lateral Raise - 12-15 reps (no rest)
 - Dumbbell Front Raise - 12-15 reps (no rest)
 - Dumbbell Arnold Presses - Take to failure (3 minutes rest until next round)
- Bicep/Tricep/Calf Raise Superset:
 - Cable Bicep Curl - 12-15 reps (no rest)
 - Cable Tricep Extension - 12-15 reps (no rest)
 - Bodyweight Calf Raises - 20 reps; slow tempo (90 seconds rest until next round)

Friday:

- Parallel Grip Pull Up - 3 sets to failure (3 minutes rest between sets)
- Incline Dumbbell Bench Press - 3 sets of 10-12 reps (3 minutes rest between sets)
- Dumbbell Shrugs - 3 sets of 12-15 reps (2 minutes rest between sets)
- The Chad Dad Superset (3 rounds):
 - Cable Single Arm Bicep Curl - 12-15 reps per arm (no rest)
 - Cable Single Arm Tricep Extension - 12-15 reps per arm (no rest)
 - Cable Single Arm Lateral Raise - 12-15 reps per arm (no rest)
 - Bodyweight Calf Raises - 20 reps; slow tempo (90 seconds rest until next round)

The Chad Dad Program is just one of our full training programs available for you in Full Access: Anyman Fitness. [Learn more by tapping this link.](#)

Best,
Jason Helmes
Anyman Fitness