

MONDAY

WEEK	SQUAT	BENCH PRESS	WEIGHTED PULLUPS	UPRIGHT ROW
Date				
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				

WEDNESDAY

WEEK	SQUAT	OVERHEAD PRESS	DEAD LIFT	WEIGHTED DIPS
Date				
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				

FRIDAY

WEEK	SQUAT	BENCH PRESS	BARBELL ROWS	LUNGES
Date				
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				

12 WEEK STRENGTH, SIZE AND CONDITIONING WORKOUT PLAN

5X5

THE FIVE BY FIVE WORKOUT

EVERY LIFT IS A COMPOUND MOVEMENT





TRACK YOUR PROGRESS.

IF YOU COMPLETE 5 SETS OF 5, ADD 5LBS OF WEIGHT THE FOLLOWING WEEK.





FULLY RECOVER BETWEEN SETS

YOUR GOAL IS TO COMPLETE THE EXERCISE AT THE HEAVIEST WEIGHT POSSIBLE.



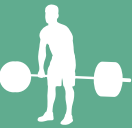

MONDAY

			
SQUATS 5 SETS OF 5 REPS	BENCH PRESS 5 SETS OF 5 REPS	PULL UPS 5 SETS OF 5 REPS	UPRIGHT ROW 5 SETS OF 5 REPS

WEDNESDAY

			
SQUATS 5 SETS OF 5 REPS	OVERHEAD PRESS 5 SETS OF 5 REPS	DEAD LIFT 5 SETS OF 5 REPS	WEIGHTED DIPS 5 SETS OF 5 REPS

FRIDAY

			
SQUATS 5 SETS OF 5 REPS	BENCH PRESS 5 SETS OF 5 REPS	BARBELL ROWS 5 SETS OF 5 REPS	LUNGES 5 SETS OF 5 REPS