8/5/3

A Simple Strength Training Solution

Version: 1.0

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# Preface

I want this program to be the worlds first open-source strength training template. My background is in engineering and software development, that’s where I got this idea from. There are many people out there smarter than me. If you think there’s a tweak to be made in the program or a new way to structure the template, you can create a branch from my GitHub and then create a pull request. Additionally, I’m building a full stack self improvement site called self++ (programmers will get the little joke in there). Feel free to contribute to that site as well if you feel so inclined.

The 8/5/3 progression system was **NOT** invented by me. Let me repeat that again, **I DID NOT** invent the 8/5/3 progression system. I was first exposed to this method from my friend Bryden. After some more digging online the trainer Faz Lifts as well as the YouTube channel Stand Strength also recommended the 8/5/3 progression scheme for lifters. I am stupid. But I’m smart enough to list to strong, big, and yoked lifters. I’d rather listen to a jacked Chad about how to get yoked than a skinny little twink or fat fuck giving me their opinion about what’s “Biomechanically Optimal” or how eating red meat is going to give me cancer. Don’t take advice about health and fitness from people who aren’t healthy and don’t exercise. Measure a lifter’s worth by his performance, his size, and his strength.

# Programming Philosophy

The main driver of progression is the revolving rep range of 8/5/3. There are two methods to the progression. One is faster and best for bulking lifts. The other is slower and best implemented for those aiming to lose weight.

For someone who is bulking, gaining weight, a quicker version of the progressive overload is implemented. Each session in the gym your strength work will focus around three sets of eight, five or three reps. Pushing for a new PR on each rep range. Either buy doing more sets at a certain weight or hitting a new top set. For example, this is what progression may look like for the bench press:

* Session 1 Top Sets: 175x8, 175x8, and 170x8
* Session 2 Top Sets: 190x5, 185x5, and 180x5
* Session 3 Top Sets: 205x3, 205x2, and 195x3
* Session 3 Top Sets: 175x8, 175x8, and 175x8
* Session 4 Top Sets: 190x5, 190x5, and 180x5
* Session 5 Top Sets: 205x3, 205x3, and 200x3
* Session 6 Top Sets: 180x8, 180x8, and 170x8
* Session 7 Top Sets: 195x5, 175x5, and 170x5
* Session 8 Top Sets: 210x3, 210x2, and 200x3
* Session 9 Top Sets: 185x8, 185x8, and 185x8
* Session 10 Top Sets: 205x5, 190x5, and 190x5
* Session 11 Top Sets: 215x3, 210x3, and 200x3

For someone who is cutting, losing weight, a slower version of this progressive overload is implemented. You do a block of 8s then a block of 5s and finally a block of 3s. You progress on that rep range until you cannot hit a new top set in that rep range. For example, once again looking at bench press:

* Session 1 Top Sets: 175x8, 175x8, and 175x8
* Session 2 Top Sets: 180x8, and 180x8
* Session 3 Top Sets: 185x8
* Session 3 Top Sets: 190x7
* Session 4 Top Sets: 190x5, 190x5, and 190x5
* Session 5 Top Sets: 195x5 and 195x5
* Session 6 Top Sets: 200x4
* Session 7 Top Sets: 200x3 and 200x3
* Session 8 Top Sets: 205x3
* Session 9 Top Sets: 210x2, deload and/or, restart back at 175 for sets of 8

If Progression falters, address your diet, sleep or fatigue, it could be time for a deload. Do your strength work with 50% of your last top set for a week. Then go back 9-12 weeks and start on a working weight you feel is appropriate. Progression doesn’t always mean hitting a new PR on your top set. Progression can also be hitting your previous topset across all three sets or hitting the same weight again with better form completing the reps easier. Additionally, I find high rep deadlifts are extremely taxing on my low back. You know yourself better than I do so you can stick with the 8/5/3 or do 5/3/1 on deadlifts.

# Mobility and Stretching

Tight hips, ankles, lower back stiffness, and shoulder impingements have all reared their ugly head at one time or another. The shoulder impingements from BJJ and then lower back pain from sitting programming.

# Nutrition

Diet is case specific. Different styles of eating suit different people. Some people feel great being vegan other people feel awful. Going vegan has been shown to help lower high cholesterol. The carnivore diet has helped people resolve auto immune disorders like arthritis. Fasting 16 hours a day was shown to increase the life span of mammals. All diets have their place. Just because you’re on a diet it doesn’t mean your healthy and going to lose weight. If I’m vegan but stuff my face with French fries and Oreos, that’s not exactly healthy. Be honest with your eating habits as ultimately what matters total caloric intake and if you can stick with it.

If you eat more calories than you burn you will gain weight. If you want to lose weight you, need to track calories. If you want to gain weight healthy, you need to track calories. You need to understand how much food your body needs. Not stuffing yourself and overeating. I also recommend weighing yourself every day at the same time and taking the average of the week to assess how you’re progressing. In term of macro nutrients, you generally want to aim for 0.8 to 1.5 grams of protein per pound of body weight. It’s a range, some days you’re going to eat more some days you’ll eat less. The rest can be carbs or fats.

# Supplementation

All you really need is creatine and some powder to make getting adequate protein easier. If you don’t want to take creatine that’s fine but it will increase your performance. Use protein powder as a tool to hit your protein goals. I take Vitamin D, magnesium, and fish oil as additionally supplements.

# Programs

The best program is one you enjoy and can stick too. There are a variety of templates available for 8/5/3. Below, the structure of each template us laid out as well as a sample week with exercises chosen. SS1 and SS2 refer to a super set for a body part. You can see a list of examples in the super set chapter of this section. Based on your goals or weaknesses select a superset to fit.

## Full Body

The full body template is ideally done 2-3 times a week. The core of the template is structured around three movement patterns, pushing, pulling, and lower body movement. That is then followed by a super set and any additional volume. Out of the core pushing pulling and lower body movements. Choose one for strength work and super set the other two for hypertrophy.

### Full Body Template:

|  |  |  |
| --- | --- | --- |
| **Movement Pattern** | **Exercise** | **Sets x Reps** |
| Strength Work – Push | Compound like Bench Press, Dips,  OHP, Incline Bench Press | 8/5/3 progression scheme.  **Optional:** two backoff sets |
| **Super Set:** | | |
| Pulling Movement | Sample pulling exercises include barbell rows, dumbbell rows, inverted rows, pull ups, and many more | 3-5 sets of 8-12 |
| Lower Body Movement | Squats, deadlifts, unilateral leg work | 3 x 8-15 |
| **Volume:** | | |
| SS1 | Pick a superset from the superset section to address your weaknesses | 3 sets of 8-12 |
| **Optional:** | | |
| SS2 – See Below | Arms, Back, Chest, Shoulders, Legs | 3 x 8-15 |

### Sample Week of Training with 2 Days, Squat and Dips as the main exercise:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Day 7** |
| **Strength Work** |  | **Lower Body Movement** - Squat |  |  | **Pushing Movement** - Dips |  |  |
| **Super Set: Remaining two of the three core movement patterns** | | | | | | | |
| **Remainder 1** |  | **Push:** Incline Bench or Push Ups |  |  | **Lower Body:** Romanian Deadlift or Goblet Squats |  |  |
| **Remainder 2** |  | **Pull:** Pull Ups or Row |  |  | **Pull:** Pull Ups or Row |  |  |
| **SS1:** |  | Arms |  |  | Leg |  |  |
| **Optional SS2 or additional volume:** | | | | | | | |
|  |  | Optional |  |  | Optional |  |  |

### Sample Week of Training with 3 Days, Squat Bench and Deadlift as the main exercises:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Day 7** |
| **Strength Work** |  | **Lower Body Movement** - Squat |  | **Pushing Movement** - Dips |  | **Lower Body Movement** – Deadlift |  |
| **Super Set: Remaining two of the three core movement patterns** | | | | | | | |
| **Remainder 1** |  | **Push:** Incline Bench or Push Ups |  | **Lower Body:** Romanian Deadlift or Goblet Squats |  | **Push:** Incline Bench or Push Ups |  |
| **Remainder 2** |  | **Pull:** Pull Ups or Row |  | **Pull:** Pull Ups or Row |  | **Pull:** Pull Ups or Row |  |
| **SS1:** |  | Arms |  | Leg |  | Chest n Back |  |
| **Optional SS2 or additional volume:** | | | | | | | |
|  |  | Optional |  | Optional |  | Optional |  |

## Upper Lower

Upper Lower is my favourite lifting template. I find that 4 days a week gives me plenty of recovery and enough flexibility in terms of my schedule. Additionally on non lifting days I can choose to focus on other athletic endeavors like Brazilian Ju-jitsu, Maui Thai or Running. In the sample below detail the structure. Generally, for upper lower programs there are two main upper body movements and two main lower body movements. However, you will progress slower across all 4 lifts. Alternative you can pick one main upper lift and one main lower lift. A sample of each is provided below.

### Upper template:

|  |  |  |
| --- | --- | --- |
| **Movement Pattern** | **Exercise** | **Sets x Reps** |
| Main Exercise | Press | 8/5/3 plus two backoff sets |
| Antagonist Exercise | Pull | 3-5 sets of 8-12 |
| SS1 – See Below | Arms, Back, Chest, Shoulders | 3 x 8-15 |
| **Optional:** Any additional volume | | |
| SS2 – See Below | Arms, Back, Chest, Shoulders | 3 x 8-15 |

### Lower template:

|  |  |  |
| --- | --- | --- |
| **Movement Pattern** | **Exercise** | **Sets x Reps** |
| Main Exercise | Squat or Deadlift | 8/5/3 plus two backoff sets |
| Antagonist Exercise | Romanian Deadlift, Front Squat, Box Squat | 3-5 sets of 8-12 |
| SS1 – See Below | Legs | 3 x 8-15 |
| **Optional:** Any additional volume | | |
| SS2 – See Below | Legs | 3 x 8-15 |

### Sample Week of Training with 2 main upper and lower exercises:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Day 7** |
| **Upper or Lower** | **Upper** | **Lower** |  |  | **Upper** | **Lower** |  |
| **Main (Strength Work)** | Bench | Squat |  |  | OHP | Deadlift |  |
| **Antagonist** | Barbell Row | RDL |  |  | Pull Ups | Goblet Squats |  |
| **SS1** | Arms | Legs |  |  | Chest and Back | Legs |  |
| **Optional:** SS2 or any additional volume | | | | | | | |
| **SS2** | Shoulders |  |  |  | Arms |  |  |

### Sample Week of Training with 1 main upper and lower exercises:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Day 7** |
| **Day** | **Upper** | **Lower** |  |  | **Upper** | **Lower** |  |
| **Main (Strength Work)** | Bench | Squat |  |  | Bench | Squat |  |
| **Antagonist** | Barbell Row | RDL, Front Squats, Leg Press |  |  | Pull Ups | Goblet Squats, RDL, Rack Pulls |  |
| **SS1** | Arms | Legs |  |  | Chest and Back | Legs |  |
| **Optional:** SS2 or any additional volume | | | | | | | |
| **SS2** | Shoulders |  |  |  | Arms |  |  |

## Push Pull Legs

For the push pull legs program I generally like focusing on only two compound lifts for a time being. For example, bench and squat, deadlift and dips, front squat and overhead press. This allows you to one just two lifts and work harder. I personally had a lot of success doing this focus on JUST squat and bench press. Additionally, I like to switch the days depending on my focus. If I care about my bench more than my squat, I would do Push Legs Pull and the rest. If I wanted a bigger squat or deadlift instead of a bigger bench or squat, I would do Legs, Push, Pull. I generally put pull on the last day as I don’t want to fatigue my back for benching, deadlifting, or squatting.

### Legs Template:

|  |  |  |
| --- | --- | --- |
| **Movement Pattern** | **Exercise** | **Sets x Reps** |
| Strength Movement | Squat or Deadlift | Strength work 8/5/3 plus two back off sets |
| Antagonist Movement | RDL or Front Squat | 3-5 sets of 8-12 |
| **Volume Work** | | |
| **Movement Pair One:** | | |
| Hamstring/Quad/Glute Movement | Goblet squat, hamstring curl, leg extension, glute thrust | 3 sets of 8-12 |
| Calf, Abs or Back Extension | Calf Raise, Crunch, Back Extension | 3 sets of 8-12 |
| **Optional Movement Pair Two:** | | |
| Hamstring/Quad/Glute Movement | Goblet squat, hamstring curl, leg extension, glute thrust | 3 sets of 8-12 |
| Calf, Abs or Back Extension | Calf Raise, Crunch, Back Extension | 3 sets of 8-12 |
| **Note** instead of movement pair One and Two you can do the Legs Giant set listed below or the Legs drop set followed by one movement pair | | |

### Push Template:

|  |  |  |
| --- | --- | --- |
| **Movement Pattern** | **Exercise** | **Sets x Reps** |
| Strength Movement | Bench or OHP | Strength work 8/5/3 plus two back off sets |
| **Volume Work:** | | |
| Chest Acc | Incline Press | 4 sets of 8-12 reps |
| Chest Acc | Chest Fly | 4 sets of 8-12 reps |
| Triceps | Skull Crushers | 4 sets of 8-12 reps |
| Triceps | Triceps Extensions | 4 sets of 8-12 reps |
| Front Delt | Front Raises, Plate Raises | 4 sets of 8-12 reps |

### Pull Template:

|  |  |  |
| --- | --- | --- |
| **Movement Pattern** | **Exercise** | **Sets x Reps** |
| Strength Work | Pull Ups or Pendley Row | Strength work 8/5/3 plus two back off sets |
| **Volume Work:** | | |
| Pull | Barbell Row, Dumbbell Row, Cable Row, Meadows Row, Lat Pulldown, DB Pullover | 4 sets of 8-12 reps |
| Pull | Barbell Row, Dumbbell Row, Cable Row, Meadows Row, Lat Pulldown, DB Pullover | 4 sets of 8-12 reps |
| Curl | Barbell Curl, Cable Curl | 4 sets of 8-12 reps |
| Curl | Barbell Curl, Cable Curl | 4 sets of 8-12 reps |
| Lateral Raise | Lateral Raise, Machine Lateral Raise | 4 sets of 8-12 reps |
| Rear Delt | Rear Delt Fly | 4 sets of 8-12 reps |

### Sample Week of Training Push Pull Legs

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Day 7** | **Day 8** |
| **Day** | **Legs** | **Push** | **Pull** | **REST** | **Legs** | **Push** | **Pull** | **Rest** |
| **Strength Movement** | Squat | Bench | Row |  | Squat | Bench | Row |  |
| **Antagonist** | RDL |  |  |  | RDL |  |  |  |
| **Volume:** | | | | | | | | |
|  | Movement pair 1 | Chest Volume | Back Volume |  | Movement pair 1 | Chest Volume | Back Volume |  |
|  | Movement pair 2 | Triceps Volume | Biceps Volume |  | Movement pair 2 | Triceps Volume | Biceps Volume |  |
|  |  | Anterior Delt | Rear and Lateral Delt |  |  | Anterior Delt | Rear and Lateral Delt |  |

## Arnold Split

Small arms? What to focus on building your arms and shoulders? This is the split for you. After doing 5x5 for 6 months and turning into a torso dominate monster with tiny arms. I turned to this template for a solution. Also, an arm and shoulder day is so much fun. Similar to the Push Pull Legs template, pick one lower and one upper compound movement and move the days around to bring focus to whichever you care about more. For a lower compound focused program, it would be Legs, Chest and Back, then Arms and Shoulders. For an upper compound focused program Chest and Back, Arms and Shoulders, Legs.

### Legs Template:

|  |  |  |
| --- | --- | --- |
| **Movement Pattern** | **Exercise** | **Sets x Reps** |
| Strength Movement | Squat or Deadlift | Strength work 8/5/3 plus two back off sets |
| Antagonist Lift | RDL or Front Squat | 3-5 sets of 8-12 reps |
| **Movement Pair One:** | | |
| Quad Exercise, Hamstring Exercise, Glute Exercise | Leg Extension, Lunges, Hamstring Curl, Glute Thrusts | 3 sets of 8-12 reps |
| Calf Exercise or Abs/Back Extensions | Crunches, Back Extensions, Planks, Calf Raises | 3 sets of 8-12 reps |
| **Optional Movement Pair Two:** | | |
| Quad Exercise or Hamstring | Leg Extension, Lunges, Hamstring Curl, Glute Thrusts | 3 sets of 8-12 reps |
| Quad Exercise, Hamstring Exercise, Glute Exercise | Crunches, Back Extensions, Planks, Calf Raises | 3 sets of 8-12 reps |
| **Note** instead of movement pair one and two you can do the legs giant set listed below or the Legs drop set followed by one movement pair | | |

### Chest and Back Template:

|  |  |  |
| --- | --- | --- |
| **Movement Pattern** | **Exercise** | **Sets x Reps** |
| Strength Movement | Bench, Incline Press, OHP, Barbell Row, Pendley Row | Strength work 8/5/3 plus two backoff sets |
| **Movement Pair One:** | | |
| Horizontal Pull | Barbell Row, Dumbbell Row, Inverted Row, Meadows Row | 4 sets 8-12 |
| Horizontal Press | Push ups, Incline Press, Chest Fly’s | 4 sets 8-12 |
| **Movement Pair Two:** | | |
| Horizontal Pull | Barbell Row, Dumbbell Row, Inverted Row, Meadows Row | 4 sets 8-12 |
| Horizontal Press | Push ups, Incline Press, Chest Fly’s | 4 sets 8-12 |
| **Movement Pair Two:** | | |
| Horizontal Pull or Back movement | Dumbbell Pull Overs or Cable Pull Overs | 3 sets 8-12 |
| Horizontal Upper Back or Neck work | Shrugs or Neck Work | 3 sets 8-12 |

### Arms and Shoulders Template:

|  |  |  |
| --- | --- | --- |
| **Movement Pattern** | **Exercise** | **Sets x Reps** |
| Compound Bicep Exercise | Pull Ups or Chin Ups | 8/5/3 or 3x5 |
| Compound Triceps Exercise | Dips or Close Grip Bench Press | 8/5/3 or 3x5 |
| **Shoulder Super Set (View Super Set Section Shoulders):** | | |
| Main Shoulder Exercise | DB OHP or Upright Row | 4 x 8-12 |
| Lateral Delt Exercise | Lateral Raises or Lateral Raise Machine | 4 x 8-12 |
| Rear Delt Exercise | Rear Delt Fly’s | 4 x 8-12 |
| **Arm Super Set (View Super Set Section Arms):** | | |
| Triceps Exercise | French Press, Skull Crusher, Triceps Extension | 3 x 8-12 |
| Bicep Exercise | Curl, Hammer curl, cable curl, barbell curls | 3 x 8-12 |
| Forearm and Grip Work | Wrist curl, plate pinches | 3 x 8-12 |

### Sample Week of Training Arnold Split

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Day 7** | **Day 8** |
| **Day** | **Legs** | **Chest n Back** | **Arms n Shoulders** | **REST** | **Legs** | **Chest n Back** | **Arms n Shoulders** | **Rest** |
| **Strength Movement** | Squat | Bench | Chins and Dips |  | Squat | Bench | Chins and Dips |  |
| **Antagonist** | RDL |  |  |  | RDL |  |  |  |
| **Volume:** | | | | | | | | |
|  | Movement pair 1 | Movement pair 1 | Shoulder SS |  | Movement pair 1 | Movement pair 1 | Shoulder SS |  |
|  | Movement pair 2 | Movement pair 2 | Arm SS |  | Movement pair 2 | Movement pair 2 | Arm SS |  |
|  |  | Movement pair 3 |  |  |  | Movement pair 3 |  |  |

## Body Weight or Minimal Equipment

When starting to strength train the limiting factor can often be getting into the gym. I am a big fan of home gyms which make training much more accessible. However, they are expensive so starting small purchasing equipment slowly is a great way to start. For this program we don’t immediately implement the 8/5/3 progressing scheme. You instead move through the variations until you can do the most difficult. Certain bodyweight exercises lend themselves better to 8/5/3 like dips and pull ups. While others should be done with a rep goal (achieve a set number of reps in a workout) like body weight squats. The equipment required at minimum is a table, or something to do inverted rows on. From there get a pull up bar, gymnastic rings, and then dumbbells.

The general structure of the template is:

|  |  |  |
| --- | --- | --- |
| **Movement Pattern** | **Exercises** | **Rep Goal** |
| Push | * Knee Push Ups * Push Ups * Dips | * 50 – 100 Reps, * Once you advance to dips implement 8/5/3 followed by 2-3 backoff sets |
| Pull | * Dumbbell Row (if you have dumbbell and can’t do inverted rows) * Inverted Row * Pull Ups | * 50 – 100 Reps, * Once you advance to pull ups implement 8/5/3 followed by 2-3 backoff sets |
| Legs | * Body Weight Squat * Pistol Squat * Goblet Squats * Unilateral Leg work | * 50 – 100 Reps, * Once you advance to pistol squats look into getting a weighted vest. * Alternatively, you can do a mix of goblet and Bulgarian split squats. |
| Core | * Hollow Body/Superman * Knee Raises or Crunch * L-Sit | * 50 – 100 Reps if you choose knee raises of crunches * 2 – 3 minutes of holds, look to increase total time, or hit total time within fewer sets |
| **Optional:** | | |
| SS1 or any additional Volume | | |

### Sample Week of Training Body Weight

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Day 7** |
| **Push** | Push Ups |  | Push Ups |  | Push Ups |  |  |
| **Pull** | Inverted Row |  | Inverted Row |  | Inverted Row |  |  |
| **Legs** | Body Weight Squats |  | Body Weight Squats |  | Body Weight Squats |  |  |
| **Core** | Crunches |  | Crunches |  | Crunches |  |  |
| **Optional:** SS1 or any additional volume | | | | | | | |
| **SS1** | Shoulders or arms |  | Back or legs |  | Arms or legs |  |  |

## The Murph

This is a fun goal. If you can do a set of 10 pull ups, you can complete a Murph. The program is as follows:

* + Run 1 Mile
  + 100 Pull Ups
  + 200 Push Ups
  + 300 Bodyweight Squats
  + Run 1 Mile

Instead, you can do 20 sets of 5 pull ups, 10 push ups, and 15 bodyweight squats. Like I said if you can do 10 pull ups you can complete this workout. It’s a mental test more than a physical one. If its easy for you wear a weighted vest.

## Super Sets

In the template of some programs a super set was denoted as SS1 or SS2. Depending on your weak point or a particular muscle group you are trying to bring up select super sets to fit your goals. For a super set you do all the exercises listed, then you take a break. For example, triceps exercise, followed by biceps exercise, followed by grip/forearm work, then rest. Do three rounds of eight to fifteen reps.

**Chest:**

* Chest Movement 1
* Chest Movement 2
* Additional Accessory – Triceps Exercise, Bicep Exercise, Ab Exercise, Back Exercise
* Sample:
  + Incline Press
  + Chest Fly
  + Bicep Curls

**Back:**

* Horizontal Pull Movement
* Vertical Pull or Pullover
* Additional Accessory – Shrugs/Trap Exercise, Rear Delt Fly’s, Neck Exercise
* Sample:
  + Dumbbell Row
  + Lat Pull Down
  + Shrugs

**Chest and Back:**

* Push Movement
* Pull Movement
* Additional Accessory – Triceps Exercise, Biceps Exercise, Neck Work, Abs
* Sample:
  + Push-Ups
  + Barbell Row
  + Plank

**Shoulders:**

* Compound Shoulder Exercise
* Rear Delt Exercise
* Additional Accessory – Lateral Raise or Neck/ Trap Exercise
* Sample:
  + Upright Row
  + Rear Delt Fly’s
  + Neck Extension

**Arms:**

* Triceps Exercise
* Bicep Exercise
* Additional Accessory – Forearm/Wrist Curls or Grip Strength Training
* Sample:
  + Cable Triceps Extension
  + Barbell Curls
  + Plate Pinches

**Legs:**

* Unilateral Leg work, Hamstring Exercise, Quad Exercise
* Additional Accessory – Calf’s, Abs, Back Extensions, Neck Work
* Additional Accessory – Calf’s, Abs, Back Extensions, Neck Work
* Sample:
  + Lunges
  + Crunches
  + Calf Raises

**Leg Press or Hack Squat Drop Set:**

* Workup to a top set of 10-15 on leg press or hack squat machine
* From top set, strip plates until leg press in empty or 1 plate.
* EG – Top set of 4 plates, then 3 plates, 2 plates 1 plate, take each set to failure 30 seconds rest while training partner strips weight.

**Leg Giant Set:**

* Quad or Hamstring or Unilateral Leg Exercise
* Abs
* Calf
* Neck or Back Extensions
* Sample:
  + Bulgarian Split Squat
  + Crunches
  + Back Extensions
  + Calf Raises

**Neglected Parts:**

* Three exercises to target lacking muscle groups
* Sample:
  + Lunges
  + Neck Work
  + Abs

# Goals

Short term and log term goals are important. Achieving short term goals provides motivation allowing you to reach your long-term goals. These are random goals I think are great for the long term. Depending on your current condition and physical abilities some long-term goals I listed may be achieved and some short-term goals may take you longer to achieve. The point is making a list of goals will give you a finish line, a target to shoot for.

## Short Term Goals:

* New top set on an exercise for 8s 5s or 3s
* Lose 2 pounds this month
* 3 seconds fast on a mile time
* Set of 10 pull ups
* Set of 20 push ups

## Long Term Goals:

* 135lbs OHP
* 225lbs Bench
* 315lbs Squat
* 405lbs Deadlift
* 1000lbs total (Total of your 1 rep max on Squat Bench and Deadlift)
* Sub 6-minute mile
* 60s Dead Hand
* Bodyweight farmers walk for 100m, ie. If 200lbs, 100 in each hand

# References

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