



5 Months strenght-oriented program

Date	2023-07-16	MaxWeight	123.4-124.0 kg (current bodyfat)
Weight	200 lbs	FFMI	16.9
Height	200 cm	Bench	115.0 lbs
Age	25 yo	Squat	230.0 lbs
Bodyfat	20 %	Deadlift	345.0 lbs

	Monday - Squat		Wednesday - Bench		Friday - Deadlift	
Weeks	Warm-up	Sets	Warm-up	Sets	Warm-up	Sets
Week 1	92x5-115x5-138x3	149x5-172x5-195x5+	46x5-57x5-69x3	74x5-86x5-97x5+	138x5-172x5-207x3	224x5-258x5-293x5+
Week 2	92x5-115x5-138x3	161x3-184x3-208x3+	46x5-57x5-69x3	80x3-92x3-104x3+	138x5-173x5-208x3	242x3-277x3-312x3+
Week 3	92x5-116x5-139x3	174x5-197x3-220x1+	46x5-58x5-69x3	87x5-98x3-110x1+	139x5-174x5-209x3	261x5-296x3-331x1+
Week 4	93x5-116x5-140x5		46x5-58x5-70x5		140x5-175x5-210x5	
Week 5	93x5-117x5-140x3	152x5-175x5-199x5+	46x5-58x5-70x3	76x5-87x5-99x5+	140x5-175x5-211x3	228x5-263x5-299x5+
Week 6	94x5-117x5-141x3	165x3-188x3-212x3+	47x5-58x5-70x3	82x3-94x3-106x3+	141x5-176x5-212x3	247x3-282x3-318x3+
Week 7	94x5-118x5-142x3	177x5-201x3-225x1+	47x5-59x5-71x3	88x5-100x3-112x1+	142x5-177x5-213x3	266x5-302x3-337x1+
Week 8	95x5-119x5-142x5		47x5-59x5-71x5		142x5-178x5-214x5	
Week 9	95x5-119x5-143x3	155x5-179x5-203x5+	47x5-59x5-71x3	77x5-89x5-101x5+	143x5-179x5-215x3	233x5-269x5-304x5+
Week 10	96x5-120x5-144x3	168x3-192x3-216x3+	48x5-60x5-72x3	84x3-96x3-108x3+	144x5-180x5-216x3	252x3-288x3-324x3+
Week 11	96x5-120x5-144x3	181x5-205x3-229x1+	48x5-60x5-72x3	90x5-102x3-114x1+	144x5-181x5-217x3	271x5-307x3-344x1+
Week 12	97x5-121x5-145x5		48x5-60x5-72x5		145x5-181x5-218x5	
Week 13	97x5-121x5-146x3	158x5-182x5-207x5+	48x5-60x5-73x3	79x5-91x5-103x5+	146x5-182x5-219x3	237x5-274x5-310x5+
Week 14	97x5-122x5-146x3	171x3-195x3-220x3+	48x5-61x5-73x3	85x3-97x3-110x3+	146x5-183x5-220x3	257x3-293x3-330x3+
Week 15	98x5-123x5-147x3	184x5-209x3-233x1+	49x5-61x5-73x3	92x5-104x3-116x1+	147x5-184x5-221x3	276x5-313x3-350x1+
Week 16	98x5-123x5-148x5		49x5-61x5-74x5		148x5-185x5-222x5	
Week 17	99x5-124x5-149x3	161x5-186x5-211x5+	49x5-62x5-74x3	80x5-93x5-105x5+	149x5-186x5-223x3	242x5-279x5-316x5+
Week 18	99x5-124x5-149x3	174x3-199x3-224x3+	49x5-62x5-74x3	87x3-99x3-112x3+	149x5-187x5-224x3	262x3-299x3-336x3+
Week 19	100x5-125x5-150x3	188x5-213x3-238x1+	50x5-62x5-75x3	94x5-106x3-119x1+	150x5-188x5-225x3	282x5-319x3-357x1+
Week 20	100x5-125x5-151x5		50x5-62x5-75x5		151x5-188x5-226x5	