

Modified 5x5 Weightlifting Program

For 5x5 the main idea is adding weight every workout. You're not going to be completely wiped after every workout: the point is progression over time and leaving enough energy in the tank to recover for the next workout and maximize weekly workload. When you start off, you're going to want to start off with a weight lighter than your 5 rep max. So for me when I started I did 155 for 5x5 bench and I could do 155 for like 8-10 reps. The idea is for the first week you groove the motor pattern and slowly add weight. Let's say at the time my 5 rep max was 175. By adding 5 lbs every week, after the end of two weeks I'd be hitting my old 5 rep max for 5x5. Two weeks later, I'd be doing 195 for 5x5. So although the initial workouts for the first week or two will seem easy, in the long run you'll be making better strength gains because of it.

Upper:

1. Flat Barbell Bench Press: 5x5
2. Strict Bent Over Row/Pendlay Rows: 5x5
3. Barbell Overhead Press: 5x5
4. Chinups (weighted): 4x8

Notes:

- Do Pendlay Rows if form starts to break down
- I've always done this program with bent over rows and chinups. You could do supinated bent over rows and pullups instead, just make sure you choose one and stick to it. The idea of this program is progression of weights, not switching it up to "confuse" the muscle.
- For chinups, the progression is going to be a little slower. For example, do weighted chinups with 15 lbs and added a rep each workout from 4x8 to 4x12 before going to 4x8 with 20 lbs.
- For the bench, row, and press, add 5 lbs each workout. As progression slows after a few months alternate between adding a rep at the same weight (5x6) and then adding 5 lbs for 5x5, or doing 5x5, 4x6, 5x6, 5x5@+5 lbs.
- Start light, progression requires good form, good form requires practice with light weight. More beneficial in the long run.

Lower:

1. Barbell Back Squat: 5x5
2. Choice A: Deadlift 3x3
Choice B: Front Squat 4x8
3. Single Legged Lunge: 4x7

Notes:

- 5x5 squat is a workout on its own. This might look easy but it's not.
- Highbar squat is preferable in that it's more applicable to athletic movements
- Add 10 lbs to the back squat and deadlift per workout, and 5 lbs to the lunges and front squats.

Modified 5x5

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