

5x5 Stronglifts Split:

Workout Day 1:

- Squats: 5 sets of 5 reps
- Bench Press: 5 sets of 5 reps
- Barbell Rows: 5 sets of 5 reps

Workout Day 2:

- Squats: 5 sets of 5 reps
- Overhead Press: 5 sets of 5 reps
- Deadlifts: 1 set of 5 reps