



# **5X5 WORKOUT PROGRAM PDF**

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	Exercise	Equipment Options	Set 1	Set 2	Set 3	Set 4	Set 5
Day 1: Chest	Chest Press	Smith Machine, Chest Press Machine, Barbell, Dumbbells	5	5	5	5	5
	High Incline Press	Smith Machine, Chest Press Machine, Barbell, Dumbbells	5	5	5	5	5
	Side Lateral Raise	Cables (cuffs preferred), Dumbbells, Side Lateral Machine	6-8	6-8	6-8	6-8	6-8
	Triceps Pushdowns	Seated Triceps Machine, Cable Machine (straight, EZ Curl, or V Bar)	6-8	6-8	6-8	6-8	6-8
Day 2	REST						
Day 3: Back	Deadlift or Row	Barbell, Trap Bar, Seated Row Machine	5	5	5	5	5
	Pulldowns	Cables (shoulder width or wider), Pulldown Machine	6-8	6-8	6-8	6-8	6-8
	Kelso Shrugs	Smith Machine, T-Bar Row Machine	6-8	6-8	6-8	6-8	6-8
	Upright Row	Cable Machine, Barbell, Dumbbells	6-8	6-8	6-8	6-8	6-8
Day 4	REST						
Day 5: Legs	Squat Variation or Leg Press	Barbell, Leg Press Machine (Pendulum, Belt Squat, Hack, Leg Sled)	5	5	5	5	5
	Leg Extension	Leg Extension Machine	6-8	6-8	6-8	6-8	6-8
	Leg Curl	Leg Curl Machine (seated preferred)	6-8	6-8	6-8	6-8	6-8
	Hip Adduction	Hip Adduction Machine, Cables with Ankle Cuff	6-8	6-8	6-8	6-8	6-8
Day 6	REST						
Day 7: Auxiliary	Wide Stance Squat or Sumo Deadlift	Belt Squat, Barbell, Leg Press (assumes wide-enough platform)	5	5	5	5	5
	Close-Grip Bench	Smith Machine, Chest Press Machine (that has narrow grip option), Barbell	5	5	5	5	5
	Alternative Row Variation	T-Bar Row Machine, Seated Row Machine (with chest support), Pulldowns (see above)	5	5	5	5	5
	Posterior Delt Fly	Cable Machine (unilateral or both arms, cuffs recommended), Posterior Fly Machine	6-8	6-8	6-8	6-8	6-8
	Hammer Curl	Cable Machine (rope attachment), Dumbbells	6-8	6-8	6-8	6-8	6-8
	Triceps Pushdowns	Seated Triceps Machine, Cable Machine (attachment of choice)	6-8	6-8	6-8	6-8	6-8

## Program Guidelines

- **Progressive Overload.** Your goal should be increasing the weight each week, although that's not always realistic. Lifting more each week is very achievable for beginners due to the newbie gains phenomenon. The more experienced you are, the slower the gains
- **Reps in Reserve.** Leave several reps "in the tank" for your first 2 sets. These are considered warm-up sets. The last set or two should be to failure or almost. The last rep or two of the last set will be moving very slowly no matter how hard you're working.
- **Rest periods.** Rest 1 to 2 minutes between your warm-up sets. Rest 3 to 5 minutes between your 2 heavy sets where you'll lift your target weight for that session.
- **Warm up smart.** Warm up for sure. Just don't waste energy unnecessarily that you'll need for your focus lifts. The first 3 sets of each focus lift are intended as a stair step to your 2 working sets. Use them wisely.
- **Stay hydrated.** Drink plenty of water prior to your workout. How will you know? Urine will be almost completely clear.
- **Sleep.** If you're getting into the gym a lot you'll need to stay in bed a lot too. 8 hours minimum nightly of good quality sleep.

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**Disclaimer:** This document is provided for general informational and educational purposes only and is not a substitute for professional medical advice or treatment. The 5x5 workout program is designed to increase strength through a regimen of compound exercises, but it may not be suitable for everyone, particularly those new to strength training or those with pre-existing health conditions. Prior to starting this or any exercise program, it is crucial to consult with a healthcare professional to determine if it is appropriate for your specific health needs and physical capabilities. Exercise within your limits and be mindful of your body's responses to the workouts. If you experience any pain, discomfort, or other adverse symptoms, cease the exercises immediately and seek medical advice. Always prioritize safety and proper technique to prevent injuries and ensure the effectiveness of your workout regimen.