

5x5 Training Program for Massive Gains

During these sets you want to be using weights that challenge you and test your limits to the point of failure. Traditionally you would perform the first two sets at the lower end (65% & 75%) of your weight range, and perform your last 3 sets at the higher end (85%) of your maximum weight range. In this way you're preparing the body with progressively heavier lifts versus risking injury by jumping right into the heaviest weight.

NOTE: 90 seconds rest between sets, and 3 minutes between exercises.

The following are two sample 5x5 training programs.

Sample 1 is for beginner to intermediate lifters, while Sample 2 is for more advanced lifters.

Supplements:

- **Pre-Workout** – 1 Scoop HVOL
- **Intra-Workout** – 1 Scoop AMINOCORE + 1 Scoop CARBION+
- **Post-Workout** – 1 Scoop ISOFLEX + GLUTAMINE (5 g) + CREATINE (5 g)

Sample Training Plan 1:

Monday

- Flat Bench Press – 5x5
- Bent-Over Barbell Rows –5x5
- Standing Military Press –5x5

Wednesday

- Deadlifts –5x5
- Weighted Chin-Ups –5x5
- Barbell Squats – 5x5

Friday

- Standing Military Press –5x5
- Dumbbell Rows –5x5
- Incline Dumbbell Bench Press –5x5

Sample Training Plan 2:

This is a more advanced 5×5 split that incorporates more volume and frequency. As such, the trainee will require adequate rest on off days (try and get at least 8 – 10 hours sleep per night) as well as excellent nutrition to help your body heal.

Please ensure that you have at least 1 year of training experience, and were able to successfully complete Sample Training Program 1 for at least 4 weeks in a row with no problem.

Monday & Thursday

- Squats – 5 x5
- Bent-Over Rows –3×6
- Standing Military Press –5×5
- Barbell Curls – 3×6
- Calves (Trainees Choice, 10 – 12 rep range)

Wednesday & Friday

- Flat Bench Barbell Press –5×5
- Deadlifts –3×6
- Overhead Dumbbell Press –5×5
- Single Arm Dumbbell Rows –3×6
- Triceps Pushdowns/Skull Crushers –3 x failure (10 – 12 rep range)