

5X5 WORKOUT

The classic 5x5 program is primarily used for building strength, especially in compound lifts. The exercise selection blends both compound (multi-joint) and isolation (single-joint) exercises, making it ideal for hypertrophy and strength.

Structured as a 3-day split, performed on non-consecutive days (e.g., Mon/Wed/Fri), alternating between Workout A and Workout B each week.

WORKOUT A

> FOCUS: Chest, Back, Biceps...

1. BENCH PRESS [Sets = 5] [Reps = 5] [Rest 2-3 mins]
 - Start heavy, focus on form...
2. CHIN-UPS [Sets = 5] [Reps = 5] [Rest 2-3 mins]
 - Use assistance band if needed...
3. DUMBBELL FLIES [Sets = 5] [Reps = 5] [Rest 60-90 sec]
 - Stretch and squeeze, moderate weight...
4. BARBELL BICEP CURLS [Sets = 5] [Reps = 5] [Rest 60-90 sec]
 - Keep strict form, no swinging...
5. PLANK [Sets = 3] [Duration = 60s] [Rest 60 sec]
 - Core stability...

WORKOUT B

> FOCUS: Chest, Upper Chest, Biceps (again), Back...

1. INCLINE BENCH PRESS [Sets = 5] [Reps = 5] [Rest 2-3 mins]
 - Slight incline (30-45°), go heavy...
2. CHIN-UPS [Sets = 5] [Reps = 5] [Rest 2-3 mins]
 - Emphasize biceps...
3. INCLINE DUMBBELL FLIES [Sets = 5] [Reps = 5] [Rest 60-90 sec]
 - Deep stretch, squeeze at top...
4. ALTERNATING DUMBBELL CURLS [Sets = 5] [Reps = 5 per/arm] [Rest 60-90 sec] -
Control the eccentric portion (lowering)...
5. HANGING LEG RAISES [Sets = 3] [Reps = 10-15] [Rest 60 sec]
 - For core; strict form...

PROGRESSIVE OVERLOAD STRATEGY

- Start with manageable weight: Pick a weight you can complete all 5 sets of 5 reps with.
- Add weight weekly: Add 2.5–5 lbs per session if all 5x5 sets are completed cleanly.
- Deload if necessary: If you stall on a lift for more than 2–3 sessions, drop 10% and rebuild.