

Week 1	Week 2	Week 3	Week 4
Warmup Sets (required)	Warmup Sets (required)	Warmup Sets (required)	
5 × 40%	5 × 40%	5 × 40%	
5 × 50%	5 × 50%	5 × 50%	
3 × 60%	3 × 60%	3 × 60%	
Main Lifts (required)	Main Lifts (required)	Main Lifts (required)	Main Lifts (required)
5 × 65%	3 × 70%	5 × 75%	5 × 40%
5 × 75%	3 × 80%	3 × 85%	5 × 50%
5+ × 85%	3+ × 90%	1+ × 95%	5 × 60%
Joker Sets (optional)	Joker Sets (optional)	Joker Sets (optional)	
5 reps	3 reps	singles	
Down Sets (optional)	Down Sets (optional)	Down Sets (optional)	
(see below)	(see below)	(see below)	
Boring But Big Sets (optional)	Boring But Big Sets (optional)	Boring But Big Sets (optional)	
5 × 10 × 50%	5 × 10 × 50%	5 × 10 × 50%	
Notation is <i>reps × Training Max</i> , or <i>sets × reps × Training Max</i> .	Notation is <i>reps × Training Max</i> , or <i>sets × reps × Training Max</i> .	Notation is <i>reps × Training Max</i> , or <i>sets × reps × Training Max</i> .	Notation is <i>reps × Training Max</i> , or <i>sets × reps × Training Max</i> .

Down Sets variations

5/3/1 Pyramid

First Set Last (1 × max)

First Set Last (3-5 × 5-8)

Notation is *sets × reps*.



By Artem Rodygin (arodygin)
cheatography.com/arodygin/

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