

Stage 1

Day A		Day B	
1. Squat	3×5	1. Squat	3×5
2. Bench Press	3×5	2. Overhead Press	3×5
3. Deadlift	1×5	3. Deadlift	1×5

Notation is *sets × reps*.

Description

Initiated at the beginning of training. Progress to Stage 2 as deadlift weight surpasses squat weight or recovery limitations (usually 1-3 weeks).

Weights increased every workout. The recommended changes are 5.0 kg for deadlift and 2.5 kg for all other lifts.

Days A and B are alternated every workout, for example:

Week 1: Mon – A, Wed – B, Fri – A

Week 2: Mon – B, Wed – A, Fri – B

Stage 2

Day A		Day B	
1. Squat	3×5	1. Squat	3×5
2. Bench Press	3×5	2. Overhead Press	3×5
3. Deadlift	1×5	3. Power Clean	5×3

Notation is *sets × reps*.

Description

Initiated after the first 2-3 weeks of Stage 1, when deadlift strength has progressed well ahead of the squat. Usually progress to Stage 3 after 2-4 weeks.

Weights increased every workout. The recommended changes are 2.5-5.0 kg for deadlift and 2.5 kg for all other lifts.

Days A and B are alternated every workout, for example:

Week 1: Mon – A, Wed – B, Fri – A

Week 2: Mon – B, Wed – A, Fri – B



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Stage 3

Day A		Day B	
1. Squat	3×5	1. Squat	3×5
2. Bench Press	3×5	2. Overhead Press	3×5
3. Deadlift	1×5	3. Back Extension	3×8
		4. Chin Up	3×8

Day C		Day D	
1. Squat	3×5	1. Squat	3×5
2. Bench Press	3×5	2. Overhead Press	3×5
3. Power Clean	5×3	3. Back Extension	3×8
		4. Chin Up	3×8

Notation is *sets × reps*.

Description

Initiated after 2-4 weeks of progress on Stage 2.

Weights increased every workout. The recommended change is 2.5 kg for all lifts.

When progress on Stage 3 stalls, light squats can be introduced. A light squad is performed in the middle of a week (e.g. on Wednesdays) with intensity decreased to 80-95%.

Once progress is in stagnation, consider to move to some intermediate program (e.g. Texas Method).

All four days are alternated every workout, so the final schedule could look like the following:

Week 1: Mon – A, Wed – B, Fri – C

Week 2: Mon – D, Wed – A, Fri – B

Week 3: Mon – C, Wed – D, Fri – A

Week 4: Mon – B, Wed – C, Fri – D