

### 1. Volume Day

- |                |     |                         |
|----------------|-----|-------------------------|
| 1. Squat       | 5×5 | 85-90% of Intensity Day |
| 2. Bench Press | 5×5 | 85-90% of Intensity Day |
| 3. Deadlift    | 1×5 | 85-90% of Intensity Day |

Notation is *sets* × *reps*.

### 2. Recovery Day

- |                |     |                        |
|----------------|-----|------------------------|
| 1. Squat       | 2×5 | 80-90% of Volume Day   |
| 2. Bench Press | 3×5 | 80-90% of Volume Day   |
| 3. Chin Up     | 3×8 | can be Work In A Range |

Notation is *sets* × *reps*.

### 3. Intensity Day

- |                |     |                           |
|----------------|-----|---------------------------|
| 1. Squat       | 1×5 | 100% of the target weight |
| 2. Bench Press | 1×5 | 100% of the target weight |
| 3. Deadlift    | 1×5 | 100% of the target weight |

Notation is *sets* × *reps*.

### Notes

The target weight increased by 2.5 kg weekly.

Assistance exercises go to Intensity Day.

On stagnation try to increase volume on Day 1.

On regression try to decrease volume on Day 1.

### Work In A Range

Do 4 sets of 4-6 reps and increase weight when:

- at least one set is performed for 6 reps, and

- no set is performed below 4 reps.



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