

Core Lifts And Set/Rep Scheme

Overhead Press 3x5

Deadlift 1x5

Squat 3x5

Bench Press 3x5

Weight Progression

Squats, Overhead Press, Bench Press: 5lbs every workout

Deadlift: 10lbs every workout

Phase 1 Novice Program

Workout A

Workout B

Squat 3x5

Squat 3x5

Overhead Press 3x5

Bench Press 3x5

Deadlift 1x5

Deadlift 1x5



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