

### 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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