

This is the First 191 pages from the Original ALL Pro Beginners thread. It covers a three year period.

It's only the questions All Pro answered himself. Not all of his responses are here because some were redundant. You will find repetitive answers here for the only reason I was too lazy to delete them. Some even have variations in his responses.

I use this to quickly find the "Why" and "How" in this program.

I've also kept his lifting/non-lifting "pearls of wisdom" which were interesting.

Please note, as you know people misspell quite often and this is the original text (cut and Paste), so when you search the document, keep that in mind.

The Dark bar is the date and time and post # of the original question.

The Yellow Highlighted words are the responses given by All Pro.

08-17-2007, 02:51 PM#3

Originally Posted by **BOLT.**

I like it except if I were to follow it I'd lower the rep ranges a lot. I'd probably start at 4-5 then work up from there.

You could start with any thing you wanted to and end it anywhere you wanted to. I just chose to keep it in a range that would split the difference between size and strength for the majority. And be appropriate for ALL of the exercises. I don't think 3 rep calve press's would be very productive or 20 rep bench press's.

08-18-2007, 05:34 AM#7

Originally Posted by **LoganX**

you just described my workout

squat 2x8
db sldl 2x8- I hate sldl but I like these
bench 2x8
row 2x8
db mp 2x8
db curl 2x8

I lift mon/wed/fri

My rep progression isn't like how you described though. I'll do a set of say bench press and if I found I could get 10-12 I'll add 5lbs the next day. If on the other hand for example with the rows I know I can add 5 more but feel I would be kidding myself I wait till I can get in a few more.

I wrote the rep progression the way that I did to stop people from doing exactly what you're doing. With my programing you have no choice but to push yourself. It has nothing to do with how you 'feel'.

08-19-2007, 03:06 AM#9

Originally Posted by **LoganX**

uh what?

I think what I'm doing is quite simple and logical. I get 2-3 reps over I add weight, I don't get reps I don't add weight. If I get weight but felt that I was kidding myself on that last rep I'll keep it and add weight when I think I've managed to get in the reps in a controlled manner.

there is a fine line between pushing yourself and actually getting in the reps properly. There's tons of guys in the gym that push themselves but have sloppy form and are risking injury. Wouldn't you want to make sure that you can actually get in 12 reps of say a 100lbs before going on to 105. Or would you rather kid yourself with the reps and risk injury and look like a fool for just for the sake of getting in 5lbs more?

Rep cycling or weight cycling forces you to challenge yourself. The idea is to avoid training to failure most of the time but to use it as a test. If you maintain proper form then you won't get injured even if you can't get all of the reps. The result is that you start the next cycle with the same weight. In that case the first week or 2 of the next cycle would serve as a deload. My point is that there are many people who will be using the same weight and reps a year from now because they never push themselves and the result is that they will look the same a year from now.

08-19-2007, 09:49 AM#17

Originally Posted by **In Flames**

do you keep the same weight for each exercise each week? basically just upping each set by 1 more rep each week? like when you first start the 4x8, you probably could get 4x10, but you just do 8, because your going to keep upping the reps each week? and if you make all prescribed reps/sets on the fifth week, add 5-10lbs to the bar and repeat the process?

Use the same weight each week until you can get 2x12. If on the 5th week you can't get it just start the cycle again with the same weight for 2x8. Once you get 2x12 increasing the weight by 10% should put you at around a 10 rep max. You should get the 2x8 on the first week with out to much trouble. It's a built in deload.

05-07-2008, 12:09 PM#30

Originally Posted by **Cronos1247**

Also, I've been lifting for roughly 2 years, but I would say only with a steady/solid routine for 5-8 months. Right now I'm doing this as an example for upper body days..

DB Bench (reps: 12/10/8/6/12 and superset with 1x12 Flys)
DB Shoulder press (reps: 12/10/8/6/12 and superset with 1x12 DB side lats)
Wide grip pull down (reps: 12/10/8/6/12 and superset with 1x12 DB rows)
Tricep Pushdown (12/10/8/6/12 and superset with 1x12 Overhead DB press)
Alternating DB curls (12/10/8/6/12 and superset with 1x12 hammer curls)

For lower body days..

Leg Press (12/10/8/6/12 and superset with 1x12 leg extensions)
Stiff legged dead lift (12/10/8/6/12 and superset with 1x12 laying leg curls)
Calf Raises (12/10/8/6/12 and superset with 1x12 seated calf raises)
Crunches (12/10/8/6/12 and superset with 1x12 decline crunches)

With the routine you posted, would it be good to put in some wide grip pull downs? Is this an effective back exercise, maybe subbed for the DB rows?

Also, I've never worked with barbells, for squats would it be ok to use the squat machine or is there a benefit to using free form?

Free weight squats are the king. If you've got enough energy left to add pull downs then go for it. I wouldn't suggest changing anything else. I could have put the program together as a circuit to save work out time but I didn't think that most people would have enough equipment to do it that way. The people using this program, ie beginners **DON'T NEED SUPER SETS**. They just need something simple and basic to get started with.

05-07-2008, 12:10 PM#31

Originally Posted by **Cronos1247**

This routine should take roughly half an hour to forty minutes to complete?

There are only 2 work sets per exercise with a minute and a half rest interval. You shouldn't need more than 30 seconds to 1 minute in between the warm up sets.

05-13-2008, 02:18 AM#40

Originally Posted by **noobNick**

cool workout...i wanna try it

slightly concerned though about doing BP and overhead press on the same day, 3 times a week. seems like alot of strain on shoulders.

also, how come there is an iso move for biceps and not for triceps? i feel like my bis get worked harder with back than my tris do with chest and shoulders.

Bi's and tri's are balanced at 4 sets each. Rows and curls, over head press and bench press. If not working triceps directly **PROVES** to be a problem then add a triceps press. Your shoulders will be fine. It's only 4 sets.

05-19-2008, 11:40 AM#45

Originally Posted by **Achay**

Hi again,

I have a few questions. For the squat is it Full Squat or just to parallel? And the site I use to check out new exercises I cannot find Over Head Press, is this similar to Military Press?

Over head press or military press is fine. For squats don't stop going down until your hips are lower than your knees.

05-25-2008, 10:30 AM#47

Originally Posted by **jgood**

Looks good for a hypertrophy workout .. but I agree with an earlier comment about lowering the rep ranges. Correct me if I'm wrong but wouldn't those rep ranges just promote growth? I guess thats good if that was your goal but usually as a beginner you would want to increase strength until you hit a wall or so and then maybe to growth then to strength or whatever you want at that point.

For a beginner it wont make much of a difference. Rippetoe's Starting Strength will produce more strength gains. This program will split the gains between size and strength. A beginner **WILL** gain strength with this program.

07-18-2008, 12:36 PM#64

Originally Posted by **MattT84**

Alright Im a beginner, and just tried this routine in today's trip to gym(2nd time ever).

I like the workout, and feel I am working the muscles I want to build, however the workouts werent as intense(I used 10% below my max.lift weights), when I was all done in 30 minutes, I still felt like I had

alot of energy leftover, so I spent the next half hour working out using other machines until my body felt depleted.

Most likely a noob mistake on my part, but I was always taught "no pain, No gain". I plan to go to the gym every other day giving me 48 hours to replenish glycogen, I do plan to follow the workout until I can find my own routine where I work out specific muscles for a specific day of the week.

But if you followed the instructions you only did 8 reps. Stop back in 2 weeks and let me know how the 10s felt. And 5 weeks from now let me know how the 12s felt. It's going to get A LOT harder. I gave you a break to start with and built a deload into it so that it wouldn't stall after 6 weeks of usage.

09-06-2008, 10:20 AM#95

Originally Posted by **ani007**

Was looking for a begg. workout and looks like I found it. Quick questions:

1) So for each exercise you pick a starting weight lets say 100 pounds and for the first two warm up sets you do 1/4 of 100 then 1/2 of 100 pounds. Then you do two sets of the same weight of 100 pounds??

2) Also, if 100 is what you started on Monday for lets say exercise A, then on Wednesday you would be doing 80 pounds for the work sets (20% less)???

3) After each week does the weight of 100 pounds stay the same only increasing reps by 2?

4) Last Question, I am not finished reading the Rippetoe Workout but how does this differ? Size versus strength was discussed but I am still confused. I am primarily cutting and controlling my diet and all pro's system seems like a great workout schedule to accompany this.

I think I understand but I just want to confirm the above. Thanks in advance!!!

1-3 you've pretty much got it. You use the same weight for 5 weeks. If you get all 12 reps on week 5 increase the weight by 10% and start again.

#4 Rippetoe's program will increase speed, power and strength at a faster rate. This program will increase size and endurance at a faster rate. That would be the single biggest difference between the 2 programs if diet was the same for both.

09-07-2008, 01:13 PM#98

Originally Posted by **ello**

Somewhat of a newbie here--how many reps constitute a warm up exactly and, as I understand it, you suggest two work sets with half of our max weight prior to the actual work sets? Just making sure I'm not misunderstanding...

Do the same number of reps for the 2 warm up sets that you are suppose to do for the work sets. Use 1/4 of the work sets weight for the first warm up. Use 1/2 of the work set weight for the second warm up.

09-07-2008, 02:04 PM#107

Originally Posted by **LiftHeavyKid**

where the fuk are the deadlifts? i mean regular ones

I can see it's going to be one of those days.

If you had to choose between squats and dead lifts, squats are the better choice. Dead lifts

are an excellent exercise but they aren't required. I had to make a choice and I chose to go with the exercise that provided the most bang for the buck. SQUATS are KING!

09-09-2008, 01:39 PM#120

Originally Posted by **PILGOR-THE-GOAT**

I'm planning on starting this program next week... I am a college student who works construction 3 times a week. Will recovery be an issue for me? Farley? All Pro?

I wasn't going to get into how to take this to the next level BUT.....

1) drop the middle work out and do TWO HEAVY work outs per week if and when recovery becomes an issue.

2) At that point you might want to do THREE work sets for the compound exercises.

But because the basic program is set up with a heavy, light, medium schedule it 'shouldn't' be an issue.

09-13-2008, 01:29 AM#132

Originally Posted by **vsvs**

what do you think about subbing DB curls for barbell curl?

It will be harder to increase the weight in small amounts unless you have micro plates.

09-17-2008, 06:19 AM#143

Originally Posted by **carl1174**

Yeh, sorry I meant a weight where you can just complete 2x10 reps - not easily, but not to complete failure if you know what I mean - (you can take up to 1 1/2 minutes rest, but I wouldn't go longer than that) with good form. Don't substitute good form for getting an extra rep - if you can't get it with good form then you can't get it !!!

Good luck tho (IMO this programe rocks)

Originally Posted by **Chris__**

You're not following the program if you're doing 2x10 on your first week. Your first week you should be doing 2x8 using your 10 rep max weight on your heavy day. By the time you hit week 3 and are actually doing 2x10, you'll likely have built enough endurance to hit both sets.

Chris has the right idea. You've started out a bit under your rep maxs. You will be gaining strength from the first week. The take away lesson here is that you don't have to go to failure to gain strength but at some point you'll have to do it to test strength. If you started out with a 10 rep max and gained NOTHING then on week 3 you would complete the first set of 10, rest a minute and a half and fail at about 7 or 8 reps on the second set. Unless you've really screwed up your diet, sleep, rest and have a lot of outside stressors, that won't happen. But the stronger you get the tougher it will be to keep doing this. That's why I have a slightly more advanced version of this program. If you have to repeat the same weight more than 3 times to get all of the reps that's when it's time to switch to the more advanced version.

09-21-2008, 12:14 PM#158

Originally Posted by **Matt42**

Is there any way one could work normal deads into this? I assume they are left out because of overtraining fears with this frequency as well as overdoing leg work, but they are IMO an essential exercise. Maybe if SLDL were cut out and they were just done for 1 work set or only every other workout?

If you really, really want to do them then replace squats on the middle work out with dead lifts BUT do the LITE squats on the third work out. That's to avoid over training. Follow the same rep progression, 8-9-10-11-12.

09-24-2008, 01:39 PM#163

Originally Posted by **jimsumpter**

Still struggling with the routine, i'm not quite sure how to explain it but when i'm reaching the end of my sets i have to stop because I am physically drained and can't do any more reps, but not because of the pain in the muscles I am using.

At the same time I don't really feel the "burn" afterwards or pain the following day, it feels like I must be doing something wrong.

I'm thinking it's maybe something to do with my diet and current lifestyle (staying up late and getting up late!) which i'm trying to fix!

Gonna keep going anyway

Diet and sleep are more important than the routine. Not everyone experiences DOMS or a lactic acid burn. What week are you on?

10-02-2008, 01:44 PM#174

Originally Posted by **mpi**

I know not to mess with a program too much since they're usually tried and true, but, is dumbbell supplementing on a few exercises okay? Like dumbbell curls, bench press and overhead pressing instead of the barbell versions? Really feels like db's give me a better workout sometimes and it's just a nice change up from SS which has brought along some great strength gains.

If you can use dumb bells that only go up in 5 pound increments you might be able to do it for the 3 lifts you mentioned.

10-02-2008, 01:46 PM#175

Originally Posted by **corksacker**

im gonna get off rippetoes at the end of the week and give this program a try, since im more into the size gains.

im absolutely in love with straight deadlifts so im gonna do your suggestion for those, but is there anyway to work some weighted chins/pullups into the program? maybe replace the rows with them?

word on the street is sld's can be very dangerous for a beginner because of the dreaded rounded back of doom, thats why i prefer regular deadlifts. if I followed your suggestion for deadlift subbing squats on medium days, could the stiff legs be taken out?

When doing SLDLs don't lock your knees. If you want to add chins and pull ups, add them to the third work out for 1 set each and follow the same rep progression scheme.

10-11-2008, 06:08 AM#181

Originally Posted by **Diev**

Hi Allpro

Thanks for taking the time to post this and answer all the questions so far.

I have decided to try this workout for a few months as my "coming back from not training for 6 months" routine. I would call myself at best an intermediate lifter.

I know you must be so sick of people wanting to mess with the routine and understand your frustration.

At the risk of causing you more frustration I wanted to do this routine with only 1 small modification, I would rather do the Bench press with DB's simply because I have always preferred them for safety reasons and for better recruitment of stabilisers etc (or is that a myth?), everything else would be the same, the sets reps etc will be exactly as you have suggested.

Would you see this being a problem?

If you have adjustable dumb bells, so that you aren't way over or way under the weight, then it would be fine.

10-11-2008, 12:24 PM#183

Originally Posted by **Jonson**

All Pro,

This thread is titled 'A simple Beginners routine'

Would this routine work well for an intermediate lifter who can lift some half decent weights?

Or would you recommend a different variation for an intermediate lifter?

Thanks Jonson

You can try it as is but you'd probably find that reducing it to twice per week, using 2 different set rep scheme would work better for an intermediate to advanced lifter.

10-15-2008, 03:29 PM#197

Originally Posted by **PILGOR-THE-GOAT**

Thanks, makes sense. What about the week off between cycles?

If you need it, take it.

11-03-2008, 11:50 AM#209

Originally Posted by **esabet**

I am going to get this routine a shot after being absent from the scene for nearly 4 months.

Couple of questions:

(1) What is the best way to determine my 10 Max Rep weight for any given exercise?

(2) As for Calf Raises, what kind, seated or standing?

To test your rep max choose a weight you 'think' is about right. Do a lite warm up then load your test weight and rep until form failure. There are lots of calculators you can use to estimate your 10 rep max or just post your results here or PM them to me and I'll estimate them for you.

Oh and for calve raises I would do them standing.

11-03-2008, 11:53 AM#210

Originally Posted by **jwdjrs**

Hey all pro, I think I saw earlier in this thread, that you had a intermediate(sp) program kinda like this ?? Have you posted it before ?? was wondering what it looks likeTHANKS

I have a lot of other programs posted but they are all performance based. They're good for mass, speed, strength and power.

<http://www.strengthcats.com/classicfootball11.htm> Bill Starr beginner 5x5

<http://forum.bodybuilding.com/showthread.php?t=809027> My 5x5 thread
<http://forum.bodybuilding.com/showthread.php?t=2058391> the New York Method
http://www.geocities.com/elitemadcow...Linear_5x5.htm Glenn Pendlly's version of Bill Starr's 5x5

11-03-2008, 12:39 PM#212

Originally Posted by **esabet**

Thanks. I will post my results.

As for the standing Calf raises, since we don't have a Standing Calf machine at the Gym, how about using a smith machine by putting something (like steps) underneath my feet with the bar on my shoulder?

The smith machine will work for calve raises. DON'T use it for squats.

11-04-2008, 11:54 AM#215

Originally Posted by **esabet**

Yesterday was my very first day after 4 month of lapse and I am trying to determine my 10 RM weights. (I will PM you my results and would appreciate it if you could help me out with that.)

In the interium i have come across a question about the program. Lets assume I place 40 lb. on either side of the barbell. Assuming that the bar is 45lb itself then we have a total weight of (45+40+40) 125lb. For the first warmup your instruction calls for using 1/4 of the weight. 1/4 of 125 lb is 31.25 lb.. That is less than the weight of the bar? How is that giong to work?

Originally Posted by **esabet**

Sorry I forgot to add the following questions to my last post.

- (1) As for Cardio, how you feel about HIT (High Interval) cardio?
- (2) Does it really make a big difference if you do Cardio in the evening as oppose to first thing in the morning?
- (3) Does it matter if you do cardio first then ABs or the other way around?

If the bar weighs more than your warm up weight...don't worry about it. Use the empty bar even if it's for the first 2 sets. HIIT cardio is better than standard cardio unless you have a lot of weight to loose. Standard cardio can impede strength gains. Cardio in the morning 'seems' to be more effective for loosing weight. Other than that I don't think there's any difference.

11-13-2008, 12:37 PM#217

Originally Posted by **cmhc**

How important is reducing the weight by 10 and 20% ?

For a few reasons it'd be a lot easier for me to stick to the same setup for all three workouts.

Thanks for the thread and patient answers all pro.

Reducing the weight for the other 2 work outs does 2 things, first it reduces the chance of over training and secondly when you begin failing to get all of the reps on the heavy work out you will at least complete them all for the next 2 work outs.

11-21-2008, 10:24 AM#221

Originally Posted by **esabet**

I am on the second week of my first cycle (each cycle consisting of the 5 consecutive weeks).

Since the title refers to "Beginner's Routine", after how many cycles would you recommend a more advanced routine?

There are a few ways to determine when it's time for a change. The program becomes boring, or you aren't making progress in size or strength. With this type of program that will probably happen after 3-4 cycles. Even if it's still working you'll probably get tired of it.

11-23-2008, 09:27 AM#228

Originally Posted by **thekrown**

I don't understand why having squats allows for the replacement of deadlifts by stiff leg deadlifts.

Squats put more non stop stress on your body because the bar is sitting on your shoulders. There is nothing wrong with dead lifts BUT beginners DON'T need them. There isn't anything that dead lifts work that aren't being worked.

11-24-2008, 12:29 PM#233

Originally Posted by **thekrown**

That's good to know, so what does a stiff leg deadlift work more* than a regular deadlift?

I've completed rippetoes and currently do bill starr 5x5 intermediate but I was thinking of trying yours out. It could be a nice refreshment considering I've been on a rather monotone program for almost a year.

Low back and ham strings primarily but differently because they are the prime movers for SLDLs but they are the stabilizers in a dead lift.

12-03-2008, 03:53 PM#240

Originally Posted by **vsvs**

im on my 4th cycle and was wondering if it would work if the reps were changed to from 4-8 for strength instead of size?

NOW you're getting the idea! I would change the primary compounds, squats, bench, shoulder press and rows to the lower rep scheme and leave the other lifts on the higher rep scheme. That's called mixed qualities. A lifter that has progressed from a beginner can take advantage of that type of programming.

12-13-2008, 04:42 AM#248

Originally Posted by **slimbimjim**

No problem, I think I can create one though, just being lazy!

When I trained for the first time yesterday I screwed up a couple of things but here is some feedback and some questions -

1. I did the barbell curl in reverse! (I found a weight and started curling without thinking about the 1/4, 1/2 weights so I did heaviest first then onto lighter stuff!)
2. The gym works in kg and the smallest discs they have are 2.5kg so I can't stick strictly to your requirements of 1/4, 1/2 then full weights. In some instances I just lift the bar which is 22kg by itself.
3. Should I include the weight of the bar when working out my weights or just what I put onto the bar? For example, the barbell press is quite weak for me. I lift the bar for the 1/4 weight, then add 2 x 2.5kg discs for the 1/2 weight then 2 x 5kg discs for the full weight. Is this ok?

4. Two of the exercises, I was managed 7 reps in the last set (barbell press and bench press). I was real close but there was nothing left in the tank. Could this be due to the order I did the weights or my diet? Or can I just continue knowing that I will get better at this?

Anyway, I feel great today, and especially the back of my legs and my ass which is sore (DOMS?) from the deadlifts.

PS. Please drop by my journal and see how I progress 😊

I'm sorry sir, but there is a 2 question limit per customer.
Just kidding.

For your first question, you only need to do the warm up sets for squats, bench press, bent over rows and shoulder press. To make the write up simple I just left the set up for each exercise the same. And many people don't feel comfortable doing things like that. So if you did the 'big 4' first you shouldn't need the warm up sets for the other exercises.

For your second question, always round down to the nearest weight.

For your third question, if you're using an olympic bar then include the weight of the bar, 44 pounds. Most standard bars weigh about 10 pounds and I don't include the weight.

For your fourth question, don't worry about it. Progress is the key.

12-13-2008, 08:08 AM#250

Originally Posted by **slimbimjim**

Awesome thanks for the feedback!

Does that mean I should do 4 sets of the other exercises at maximum or just 2?

So long as you do all 4 sets for squat, bench, row and shoulder press the warm up sets for everything else are optional.

12-16-2008, 01:43 PM#254

Originally Posted by **esabet**

All Pro;

Is there a certain time restriction that we need to adhere by in between the different exercises? At times it takes more than two to three minutes to switch from one exercise to the next (i.e. change of equipment, re-racking, etc.)

No there's no real time limit but you don't want to take so long that you begin to cool off and tighten up. That could cause an injury. I wouldn't take more than 2-3 minutes ever. I've been able to maintain 2 minutes even when running the heaviest power lifting programs. For most higher rep, 8-12 rep bodybuilding programs, 1:30 is about the standard. In the 1-6 rep range you would need at least 2-3 minutes to let ATP levels be restored.

12-23-2008, 01:14 PM#267

Originally Posted by **JM_**

Just got home from the gym... Was unaware of this...
I completed 4 sets of all w/o's.

I hope incline bench is acceptable....?

I'm going to begin a log to help keep me motivated.

Quick details:

Age: 26

Weight: 145

Height: 5' 8"

Been out of the gym for approx 2 months due to completing a mix CD for promoting my DJ career. This should get me back on track.

In the past, my routine consisted of pyramiding UP in weight with 6-8 reps. I increased weight just about every week by approx 5 lbs (dumbs) or 10lbs (bars) with great success/gains. I'm eager to see how my body reacts to this routine!

Thanks for your time/advice, All Pro!

If you can get your diet dialed in you should be able to get up around 200 pounds at 10-12% body fat. Be patient. Rome wasn't built in a day and neither will your new body. You can make a lot of substitutions. I didn't want to confuse everyone so I wrote up a very simple cookie cutter type of program. For my normal work outs I do all of my core compound exercises first and I do them in a circuit. But it isn't an aerobic type of circuit. After I finish my 4 prime movers, anything that's left I consider to be an assistance exercise. Suffice it to say that my regular work out looks substantially different than this one. But this program is pretty much what I started with some 35ish years ago. What I'm hoping for is that people that use this program will learn HOW to program and hopefully learn that you don't have to go all out ALL the time to make progress. But even still progression is the key, either in the weight lifted or the reps performed the curve over time must be up and to the right.

12-24-2008, 12:24 PM#270

Originally Posted by vsvs

hey what are some good routines for strength to move on to after you've plateaued on this routine?

Any of Starr's 5x5's.

<http://www.strengthcats.com/classicfootball11.htm> Bill Starr beginner 5x5

<http://forum.bodybuilding.com/showthread.php?t=809027> My 5x5 thread

<http://forum.bodybuilding.com/showthread.php?t=2058391> the New York Method

http://www.geocities.com/elitemadcow...Linear_5x5.htm Glenn Pendlly's version of Bill Starr's 5x5

12-27-2008, 03:41 PM#272

Originally Posted by iamkapilb

Hi All pro,

Thank you for putting together this really simple workout schedule. I have been cluelessly lifting weights for a couple of months now, will be starting this routine from Monday.

I have some questions though which might be trivial to you. I Would really appreciate if you answer.

I am 26 yrs, 5'7", 139 pounds (Lost 20 pounds by diet control and cardio over 5 months) and interested in having a lean muscular body - Jason statham/Daniel Craig types 😊

Currently i lift weights everyday, with no particular schedule that lasts for roughly 40 to 60 minutes (i know its insane) and finish off by running for 20 mins at 7mph.

I would like to know if -

1. I can continue my cardio & abs along with this new routine, 6 days a week, or should i do it only on rest days? In cardio i run for 20 mins at 7mph and thats it, nothing more.
2. Does cardio hamper muscle/strength gain? If yes, whats the workaround? I dont want to add fat that i have lost after months of cardio - worked hard so that my abs become visible. they are not yet 😞
3. Will this routine help me achieve my goal of lean muscular body, or will i have to do something more/less?

Finally about the exercise technique/form. Since i dont have proper instructors at my gym, i looked up these videos on youtube for exercises i havent done before and will be using them as refernce.

1 . Stiff-Legged Deadlifts

<http://in.youtube.com/watch?v=042cVau8Vw8>

Is the form and technique OK? I am not sure why he used alternating grip here.

2. Bent over barbell rows

http://in.youtube.com/watch?v=_nV5AL1FvBI

Is the technique/form OK?

3. Barbel curls - any specific reason for choosing barbell for this exercise? Can i use dumbbells instead?

Reason i am asking is usually all barbells in my gym have heavy weights on them and are being used for bench press, squats etc.

Thanks for reading and happy holidays!

You can work abs after you finish lifting as a cool down If you're going to do cardio you have 2 choices, 1 do it after your work out, 2 do it on off days. To much cardio WILL hamper strength gains for sure and if it's way to much then size gains will suffer also. The routine will get you some muscle but lean is a function of diet and cardio. I chose to use barbels because the weight selection with dumb bells can be a problem. If you have adjustable dumb bells and 1 1/4 pound plates then you can use dumb bells. I still think it's easier with a barbell but that's my preference. I'll check out the vids and get back to you.

edit <http://www.bodybuilding.com/fun/exer...rbell+Deadlift>

<http://www.bodybuilding.com/fun/exer...er+Barbell+Row>

12-28-2008, 07:52 AM#276

Originally Posted by **InclineDBPress** 

I think some dips for the triceps would bring it all together, even though there area already 2 pressing movements

After you've tried it for a cycle or 2 you can add what you think you need. What I wrote up was for BEGINNERS. A beginner doesn't need to focus on weak points because their entire body is a weak point. The program as is is balanced in every direction to give the trainee a chance to find out what they need and everyone will be different.

12-29-2008, 12:53 PM#279

Originally Posted by **Kanggaxx** 

I cant wait to get started with this program. I have a problem with finding my 1RPM though. All i have at home are dumbbells that go up to 15kg, and i cant use the calculator because i dont get to failure doing 15kg only 12 times on for example the bench press. Am i missinterpreting the 12 rep limit for the calculator? Or are my dumbbells simply too crappy?

Also, i can go to gym twice a week. Since your program requires three workouts a week and with a barbell present i am kind of stuck at that point. Can i do a good friday workout at home with my crappy

dumbbells and lack of barbell?

Thanks in advance, and great thread.

If you can only get to the gym twice per week then do 2 heavy work outs. In other words use the same weight for BOTH work outs. It will be a bit tougher that way but it can be done.

The rep calculators aren't going to help you that much. If you KNOW your 1 rep max for each lift then it's as easy as starting at 75%. If you estimating your starting weight then you are WAY better off to start lite.

12-29-2008, 12:55 PM#280

Originally Posted by **iamkapilb**

Thats a lot more protein than i'd anticipated. Yes, only protein powder will indeed get expensive.. I will have to look at alternate sources..

I am also planning to start consuming grounded flax seeds in dinner (for EFA)

Didnt knew about creatine.. will use that too.. Its already getting expensive, i just hope all this works out 😊

Any suggestions about using back support belt while lifting weights?

Thanks!

Normally I don't use a lifting belt. If you don't need it you are better off with out it because it will force your core muscles to become stronger faster.

01-05-2009, 12:48 PM#296

Originally Posted by **esabet**

All Pro;

What happens if the routine is interrupted? For example, this past Friday i was away and I missed my light workout! This happened to be the third week of my routine!

And for the future references, how do you allow for interruptions?

Don't worry about it. Just keep going and try not to miss any workouts. Pick up on your next scheduled workout.

01-19-2009, 04:22 PM#317

Originally Posted by **shakey999**

That's pretty awesome man, good stuff. Hopefully, when I'm past 50 I'm still training, and helping others train with my experience.

Thing with boards like this one are, unexperienced lifters are giving varying, contradicting advice. I'm an ectomorph/ 'hard gainer' and by that I mean I have to eat more than most people to gain weight. But that's all good, I've learnt to like food. What I don't find helpful is a bunch of people telling me to to do hypertrophy, strength, HIT specific training. The whole eat dirty/eat anything and everything debate is frustrating too.

I'll give your program a try and monitor my progress after a month or 2. Thanks.

Well good luck with it. Give it 2 cycles, 10 weeks and keep good notes. including what you eat, when you eat and try to weigh yourself on the same day each week first thing in the

morning. You have a fast metabolism if you have to really eat heavy to maintain your weight. Until you become a 'normal' gainer, and with time you will, you might want to try 1.5 grams of protein and 1.5 grams of carbs per day per pound of body weight. A total of probably 20 calories per pound of body weight. I'm stressing diet for you because your diet will make or break any program that you do. That's true for anyone but even more so for you.

01-23-2009, 12:32 PM#324

Originally Posted by **Uh_Oh**

Wait so you dont increase the weight at all during the whole 5 weeks? How are you supposed to know if you gained any strength at all other than waiting after 5 weeks to see if the routine worked? For instance Rippetoe you usually increase the weight at least once a week.

You do one more rep each week. Rather than increasing the weight you are increasing the number of reps.

To make a comparison,

Rippetoe's

$3 \times 5 \times 100 = 1500$ pounds

$2 \times 8 \times 90 = 1440$ pounds / $2 \times 12 \times 90 = 2160$

in order to match the same volume you would have to do 144 pounds for 3 sets of 5.

That's why this program will produce faster **size** gains. When this program stops working doing one of the 5x5s would be a good choice.

Rippetoe's program was designed for athletes. If you're training for a sport starting strength or better still Bill Starr's beginners 5x5 would be the correct program. If you're a recreational lifter running a few cycles of this program and then running a few cycles of a 5x5, back and forth, back and forth should work out quite well. The bottom line is don't marry a program and there is no rule that says you can never come back to something you've already done.

01-24-2009, 03:02 PM#330

Originally Posted by **Uh_Oh**

So on average what are the stat differences between regular deadlifts and stiff leg dead lifts?

Half to 3/4 of the weight because 8-12 reps will be lighter than 5 reps.

You can move a lot of weight with a stiff leg dead lift. That's why I always do them in a higher rep range. If you love your back and want to walk upright I suggest you do the same.

01-24-2009, 05:40 PM#332

Originally Posted by **_Ishy**

Is (regular) deadlifting that much actually bad for you?

I used to do 4 sets of 12 increasing weight each week and made great gains when I started. Only did that for a month or two, but it worked.

When you combine squats and dead lifts on **every work out** you're setting yourself up for a major back problem. I personally wouldn't use dead lifts more than once a week and most of the time I don't use them at all. Doing squats and power cleans is more than enough for me.

02-26-2009, 02:26 PM#358

Originally Posted by **esabet**

All Pro, but your program could very well be used for adding mass (bulk), correct?

Yes, the more you eat the bigger you'll get. Where the weight goes depends on what you eat and how much you eat. It's easier to recover in the 8-12 rep range on restricted calories than it is in the 3-5 rep range. The 3-5 rep range works best on a surplus of calories.

02-26-2009, 02:28 PM#359

Originally Posted by **Hishiad**

Okay so

I do squats 4 sets of 8 back to back right? with a little 30 sec to 1 minute break between each set.

then I give myself a minute/half before I do my 4 sets of bench press?

I'm sorry confused a little.

Should it work like this:

set 1 squat 8 reps
minute break
set 2 squat 8 reps
break
set 3
break
set 4

minute and a half break

set 1 bench
minute break

etc.

until I finish?

First warmup set, rest 30 seconds, second warm up set, rest 1 minute, first work set, rest 1 minute 30 seconds, 2nd work set.

02-26-2009, 04:00 PM#361

Originally Posted by **Hishiad**

ahh got it

low warmup weight for 8 reps then 30 secs and do it again then a minute break

then I hit my 1st set at 8 reps on squat do 1 1/2 minutes then do set 2

same with all the others so I'll really be doing 6 sets for everything only the first 2 are low weight and warmup sets.

FOUR sets each. 2 warm up sets. 2 work sets. That's it.

02-27-2009, 10:27 AM#369

Originally Posted by **one2getfit**

I work M-Wed 12 hr. shifts as a nurse and don't know how to set up a routine Thur-Sun that allows for adequate recovery....I am a newbie to strength training. Could someone give me an example of a workout that would fit my schedule and allow for great gains with enough rest in between.

Thanks in advance

Carla

O.K. here goes nothing. Reduce the program to 2 work outs per week. Work out Monday and Wednesday. Monday do the heavy work out, on Wednesday do the lite work out.

03-02-2009, 02:06 AM#372

Originally Posted by **a_pacifier**

Not criticizing, just wondering. That's a whole lot of volume. And here I thought Starting Strength was tough ... hehe.

So basically, we have $4 \times 7 = 28$ sets each work out.. wow

With short rest intervals. This work out can be completed in an hour or less.

03-10-2009, 01:11 PM#381

Originally Posted by **esabet**

All Pro;

I am currently on my fourth cycle. I must say that this program becomes more and more challenging as it goes along!! The other good thing about it is that it really takes the guess work of "when to add more weight" out of the equation!

My question is if I am looking to gain size for the time being, do you recommend I switch to a 5x5 program (or any other program that you recommed) after my sixth cycle on your program and then when I want to 'cut' revisit your program?

You can size either way. Size is controlled by diet. But to shake things up the 5x5s are **AWESOME!** The difference is that with this program you will gain sarcoplasmic size and endurance faster than with the 5x5. With the 5x5 you will gain strength, speed, power and myofibular size faster. In the end you'll need both.

03-10-2009, 01:57 PM#383

Originally Posted by **esabet**

Thanks for making that so clear! I understand now! I love it when I know the reasoning behind what I am doing and I like to thank you for that!

So when would you say is the best time for me to **SHAKE** things up and switch to the 5x5 program? Should I make a certain weight achieved a mark point or certain cycle? Basically how would I know it is time?

P.S. The diet part I think I have it figured out and I know that its 50% of the equation (I am convinced of that). If you don't mind I can PM you my basic nutrition plan and perhaps you can give me some feedback!

Well something like 10 weeks with this program and then 10 weeks with Glenn Pendley's 5x5 should work pretty well. Another way would be to stick to one program until it stalls and then switch to the other until it stalls.

04-12-2009, 04:00 AM#416



Originally Posted by **HBM**

Thanks all pro for the excellent routine. I have been doing it for 6 weeks now, and this coming week will be the 9 rep set w/ the new weights. I have been going twice a week, and having both days heavy, like was mentioned in the beginning of the thread.

After about 3 weeks, things were getting difficult, but for the last couple weeks I have upped my food intake by about 1600 cal and my lifts are getting much easier. That is what leads to my question.

Because the lifts are getting easier, should I try to add weight or reps past the scheduled amount, or add 1 more day at the gym?

I figure what I am doing is working, but wonder if more is better? 🤔 The thing I am concerned about is stalling down the road because of hurrying the progression right now.

Thank you very much for the help, and for the time you have put into this thread.

No, don't get greedy. Your body works in cycles, 'biorhythm'. Right now you're keeping up, recover and super compensation wise. To make maximum progress you only need to use 95% of your rep max, that's about 2 reps short of failure. But even at that level after about 6-8 weeks your progress will stall due to accumulated fatigue. If you run this program long enough you'll experience what I'm talking about.

In fact you can read a bit about it here:

<http://www.higher-faster-sports.com/...rtraining.html>

04-23-2009, 11:59 AM#425

Originally Posted by **senor_mortgage**

I read most of the thread but might have missed something. I have a lot of weight to lose (fat loss being the priority) and have been looking for a good routine for the lifting portion of my workout. I figure that even with the calorie deficit and cardio that I should be able to someone progress as a newb. I guess my question is if this type of structure is appropriate for weight loss(knowing that progress would obviously be much slower) or if I should stick to a more traditional 3x10 straight sets style workout.

This program would be fine for weight lose. Progression might be a little slower so you might have to repeat a cycle with the same weight for a lift or 2. But it shouldn't be a big deal.

04-23-2009, 12:02 PM#426

Originally Posted by **senor_mortgage**

I read most of the thread but might have missed something. I have a lot of weight to lose (fat loss being the priority) and have been looking for a good routine for the lifting portion of my workout. I figure that even with the calorie deficit and cardio that I should be able to someone progress as a newb. I guess my question is if this type of structure is appropriate for weight loss(knowing that progress would obviously be much slower) or if I should stick to a more traditional 3x10 straight sets style workout.

Choose the ab work that works best for you. The same thing with cardio. You shouldn't need a heck of a lot of cardio with this program. This program should be fine on a restricted calorie diet. Progress might be a little slower causing you to repeat a cycle with the same weight for a lift or 2. But it shouldn't be any big deal.

04-24-2009, 01:42 PM#430

Originally Posted by **JonG86**

Hi, first time poster so be kind!

Is there an exercise I can replace the Bench Press with?

I work out at home and have a weight set with dumbbells and a bar bell plus 50kg in weight, but no bench to do presses on.

I'm guessing the humble push up isn't a worthy replacement.

Replacing bench press will be tough. You could do weighted dips if you have a way of doing them.

04-28-2009, 11:45 AM#437

Originally Posted by **dkfan9**

Hey, I was lookin around at some beginner programs for my brother this summer (i have him on a primarily bodyweight + other various liftable objects around the house routine right now, and no gym membership at the moment or anything but over Summer he should be getting one) or thinkin of making my own for him and after looking at this one I think it'll be the best one for him. Anyway, I had 2 questions:

first, should he start with roughly a 10 rep max for all the exercises?

and secondly, if my brother can only do, say, 70 pounds or even 100 pounds for Bench or any exercises, what should he do about the warm up sets? should he just warm up with the bar, or do pushups, or dumbbells, or something along those lines?

If he has to use the empty bar for warm ups than that's fine. I'd rather somebody did the actual movement with an empty bar than try to use something else in it's place. That has more to do with CNS activation than the actual muscles. Everybody starts somewhere. A 10 rep max is about the right starting weight. When in doubt, start light.

04-29-2009, 12:00 PM#439

Originally Posted by **FloridaGator**

Several questions ...

Is it okay to throw some isolation exercises in for each cycle? Such as ... target the triceps for one 5 week cycle with a tricep isolation exercise for the 5 weeks. Then maybe target a different area the next 5 weeks.

Also should there be exercise substitution for the above exercises periodically to throw a change up to the body?

Finally ... How does goal change of size vs strength change rep number?

Thanks!

O.K. I'm going to number your questions and then try to deal with them.

1) Is it okay to throw some isolation exercises in for each cycle? Such as ... target the triceps for one 5 week cycle with a tricep isolation exercise for the 5 weeks.

In the beginning NO! Try it the way it is first. The additional work load will hurt most beginners.

2) Also should there be exercise substitution for the above exercises periodically to throw a change up to the body?

NO!

3) Finally ... How does goal change of size vs strength change rep number?

Maximum strength is best enhanced with 3 sets of 3 reps at 90%

A mid-range more across the board improvement would be 1-3 sets of 5 reps.

I've written several of these types of programs and I've listed Bill Starr's and Glenn Pendely's programs.

For an experienced lifter I'd prefer sets of 5s and a set of 10s for the core lifts and then sets of 10+ for the accessory work. That's called mixed qualities and it's very demanding. It's also totally unnecessary for a beginner. They tend to grow on anything that doesn't hurt them. How far they go on the routine depends on the programming.

04-29-2009, 02:35 PM#441

Originally Posted by **FloridaGator**

all_pro,

Thanks for the feedback. I don't consider myself a beginner ... but more a novice. I have workout'd for most my life but never really anything that was very structured. Since Feb this year I have been at a calorie deficient diet and lifting weights to maintain as much muscle as I could while losing weight. I think I have been pretty successful at that because I measured parts of my body weekly throughout the process and the only real place I lost inches was around my waist and hips. I maintained the same measurements in places like arms, neck, chest (-.5"), forearm, and so on while losing 4" in the waist.

But I am about to transition to a *bulk* phase and want to do it smartly. When I make this transition should I change my workout routine since I am not aiming at maintaining while I lose weight but instead actually making muscle?

Thanks.

For 'bulking' I like the 5x5 type programs. Build the strength then use the strength to build the size. That usually means a calorie surplus on the 5x5s so that you gain size. It will be fat and muscle and a considerable amount of strength. Then transition to a higher volume program with either the same calories (recomp) or reduced calories (cut). Cutting always costs a natural lifter muscle. So don't get to crazy.

04-29-2009, 03:20 PM#444

Originally Posted by **dusd17**

Great program! I really like how you lay out the progression. Do you think there is anyway Powercleans could work in this. Obviously you would have to lower the reps but, could they work and how.

Sorry for talking about modifying it cause I read that you said don't, but I just need explosive power for a sport and I really like power cleans for that. Feel free to shoot me down and just tell me not to f***ing change it.

Just wondering

If your training for a sport use Bill Starr's 5x5.

<http://forum.bodybuilding.com/showthread.php?t=809027> My 5x5 thread

There are enough variations in that thread to make your eyes bleed and I've got more of them. Progression on the basic 5x5s is simple. Add 5 pounds every week until you fail to get all 5 reps. When that happens reduce the weight by 25 pounds and start again.

05-07-2009, 03:03 PM#467

Originally Posted by **mistercakes**

AP (or anyone),

2 Questions:

1. How much rest between sets? Standard 1.5 - 2 minutes?

2. If your trying to dump fat and transfer to muscle but not necessarily get huge would you still recommend this program? If not which for that goal?

The program sounds technically solid and easy to follow. Nice Job

Losing fat has more to do with diet than training. BUT on reduced calories it can be tough to run some programs. Not this one. It works just fine on reduced calories just so long as you don't go into starvation mode. 1.5 minutes between the work sets should be enough.

05-14-2009, 02:02 PM#477

Originally Posted by **RomanKnight**

all pro, what's your say on this; do this exact workout, but instead of doing a heavy meadium and light workout you spread out your resting period. so instead of 3 times per week you do 2 times per week, and get 3-4 days rest in

The alternative is to do 2 heavy work outs per week. You would need at least 2 days in between work outs. It's a lot harder that way and most beginners have problems with it. I train twice per week most of the time but I didn't start out that way. It would have crushed me.

05-14-2009, 02:05 PM#478

Originally Posted by **ShaunJ1380**

I like what I see here. I think I will be giving this a try. Although, I have some very bad knee and hip problems, and frankly free weight squats for me right now is a no go. I can however pull off doing the machine without pain. Is that OK? I'm assuming I would still see gains even using the machine. I'm hoping one day when I have some core muscle built up I'll be able to switch to the free weights without pain.

I also am several pounds over weight. So I get the fun of figuring out my nutrition. I remember that being a real bear last time when I was doing Rippetoes.

In your case the leg press machine is probably the only choice or better still dead lifts if your hips and knees can handle them. This program should work 'a little better' on reduced calories than any of the 5x5s.

05-15-2009, 03:26 PM#484

Originally Posted by **IrishPilot**

AP, thanks again for posting the routine and sticking with the thread to answer questions. Id like to add one quick one.

Im a big fan of the deadlift (I just simply enjoy doing it!) and would like to add one heavy set of deads somewhere in my week. Do you think it would be best fitted on the heavy day, or at the end of the week on the light day before a couple days rest?

I dont want to add deads into the week routine, just once a week a warmup and heavy set.

Many thanks.

Put it on the final work out. Just a set or 2.

05-16-2009, 02:46 AM#487

Originally Posted by **OneArmedBandit**

First post on here...

So I read through all 17 pages of the thread and have a few questions about this routine.

I am brand new to weight lifting and working out.

I'm 6' 1"
175lbs

and I'm in terrible shape.

I would like to know what do you recommend doing on the off days, the other four days a week, is that not a lot of rest? I have been previously doing this other routine for 2 weeks now, and have noticed that I am not even sore when I get home the next day. So I am going to give this one a shot.

Any help for a newb would be much appreciated.

Don't base a routine on soreness. Some of the best routines I've ever used only made me tired. What you do on off days depends on your goals. If you're trying to lose weight you need some activity if you're trying to gain then you need less. Stretching, bike riding, a sport. The limit is recovery and everyone is different. If you feel tired all the time and or your performance in the weight room sucks either your doing to much, not eating enough or you're not sleeping enough.

05-16-2009, 03:38 PM#489

Originally Posted by **Mt.Hoodlum**

Would throwing in dips to failure at the end of this workout be to much or counter act anything? Also, I just switched to this yesterday, my goal is to lose fat. Eating at a deficit, will this routine hinder losing fat at all by adding mass (i dont want to get bigger), or is it just a good routine all around for beginners?

It's a good beginners routine. You regulate size gain or loss through diet. I would('nt) add dips the first cycle. Try it the way it is for the first 5 week cycle. If you still want to add them then go for it. They may or may not be to much. You'll know because you ran the cycle with out them the first time.

05-22-2009, 12:11 PM#500

Originally Posted by **7amad123**

The most difficult time in a budding bodybuilder's life is the first three months in the gym. Bodybuilding is not called power training for nothing. You'll need a huge amount of stamina and energy to hang in there and go on doing rep-after-rep. Your beginner bodybuilding routine shouldn't be that grueling. If you aren't already involved in any kind of exercise or sports activity, your body will protest before it adjusts to the strain of weight lifting. When you start your beginner bodybuilding routine, you should start with a lighter workout. Concentrate on the machines ? you'll find plenty at the gym. You're better off lifting lighter weights and doing more repetitions than risking back-injury because of wrong technique. The machines have an advantage; they're made to support you, and to help you do exercises the right way.

Training

Train 3 - 5 times per week and keep your sessions short. By short I mean under an hour. Train one muscle group per week or every 5 days... do not combine 2 large muscle groups on the same day. Your big muscle groups are chest, back and upper legs. Below are three examples for splits that are perfect for a teen:

3 Day Week

Monday: Chest, Triceps

Wednesday: Biceps, Back

Friday: Shoulders, Legs

4 Day Week

Monday: Chest, Triceps

Tuesday: Biceps, Forearms

Thursday: Shoulders, Back

Friday: Legs

5 Day Week

Monday: Chest

Tuesday: Biceps, Forearms

Wednesday: Legs

Friday: Triceps, Shoulders

Saturday: Back

As you can see no 2 "big" muscles are done on the same day. Now, for exercises, do compound movements such as bench press, shoulder press, rows, squats, and dead lifts first in your workout, and make sure you do the big muscles first as well. As for volume and intensity, these are inversely related, the more volume, the less intensity and vice versa.

Thank U.

That has to be one of the worst beginner routines I've ever seen. And the advice about using machines rather than free weights is just plain stupid. The use of machines would require doing more exercises and wouldn't promote an improvement in fine motor control or balance. Training a muscle group once per week for a beginner is useless. They don't have

the work capacity to do enough volume at a high enough intensity level to make progress as fast as they should. Negged for cluttering up my thread with useless BS.

06-08-2009, 11:54 AM#537

Originally Posted by **alvarez_1193**

All I see here for beginners are M/W/f and T/Thurs./Sat workouts. I am only able to workout from Monday-Thursday. Any beginner workouts for me?

O.K. Monday/Thursday. Do both work outs heavy. It's gonna be tough!

06-12-2009, 11:27 AM#546

Originally Posted by **weenarwobbles**

Ok I am on my second cycle of this program. First 5 weeks went great and I have seen some good results. I am currently about to start week 2 of my second cycle on the program (starts monday). My questions are as follows:

Is there a more advanced program I can start after this cycle or should I continue with this program longer? If so how long should I do it before I move to a more experienced program?

Cardio Questions:

Is there such thing as to much cardio in a day?
How much cardio should I be doing max or minimum?

Thanks again for all the great work and advice.

You can run this program until you get bored with it or it stops working. I'm a big fan of the 5x5s and I would recommend giving the program a try. http://www.geocities.com/elitemadcow...Linear_5x5.htm Glenn Pendlly's version of Bill Starr's 5x5

06-12-2009, 11:33 AM#547

Originally Posted by **JonG86**

Sorry to keep bugging you with questions.

I started this workout on Tuesday (gonna start a journal next week), but was wondering. On the rest days would it fit in with the program if I did abs work as well as some cardio?

I used to be pretty fit in my early teens (captain of my soccer team etc), but then I turned into a computer geek/couch potato and my level of fitness dropped. I went a good 4 to 5 years with no regular exercise. Since then I have always been plagued by injuries whenever I started doing a workout as I always tried doing the advanced stuff before setting good foundations.

My aim is build all round fitness over the summer before going back to Uni (where I have more control

over my diet and better workout equipment) and starting the Rippetoe workout.

I also want to take part in my American football team (UK level isn't that high, so I just have to get fit), so endurance is pretty important as well.

I was thinking, 2 cycles of this workout, then onto Rippetoe. Is that a good idea or should I stay on this for longer?

You can do abs and cardio on off days. If you do too much you will pay for it in the weight room. I would suggest using HIIT for cardio rather than long slow runs. If you plan on playing football there's a better program for you <http://forum.bodybuilding.com/showthread.php?t=809027> My 5x5 thread
If you're planning on playing a sport start Bill Starr's 5x5 **NOW!**

06-15-2009, 12:40 PM#551

Originally Posted by **iamkapilb**

All pro, any specific reason for suggesting different routines for people who play sports and those who don't? How is Bill Starr's 5x5 different from this routine in that sense?
Thanks!

There's a big difference between a performance program and a general fitness program. Starr's 5x5 will increase speed, power and 1 rep max a lot faster than this program will. This program will produce size, muscular endurance at a faster rate. In most all sports **POWER** is king.

06-16-2009, 12:48 PM#556

Originally Posted by **wenaarwobbles**

Ok I am still confused about the amount of cardio I should do per day. What is the max amount that I should do while doing this program?

You shouldn't need that much with any full body 3x per week program. An hour, 2 at the most for the entire week.

06-23-2009, 11:38 AM#570

Originally Posted by **Mt.Hoodlum**

I started this workout again today, for the second time. I hurt my back while doing either the rows, or deads last time I tried this. I have been watching the crap out of videos trying to imprint that form into my head. I had a good workout today, no injuries and I think I will feel it tomorrow. The felt the deadlifts the most. Also, the first time I did this I did not thoroughly read the program because I did 1 warm up set and 4 sets at the heavy weight. My only concern is that I started to light. I do have a few questions though.

I did DB shoulder presses instead of the overhead bb press as I was not really sure how to do that or where in the gym to do that? Maybe in the squat rack? I would like to follow the program to the T.

I started with pretty light weight on everything so I wouldn't hurt myself, but also so I could make it through it all and I fear it may be too light come the end of the week? Here's what I did.

Squats: 45lbs./95/155/155

Bent over bb rows: 45lbs./65/95/95

Flat Bench press: 45/95/145/145

DB shoulder press: 15/25/40/40

Deads: I had an issue here.....115/135/135/135

BB curls: 30/40/55/55

Calve raises: 200/280/360/360

My issue with the deads is that I am using so light of weight, I wasn't sure how to start at 25% and still be able to pick the bar up and how far down to go with it as it is so low to the ground without 45's on it?

Any help would be greatly appreciated. Is it going to be a problem if my weights are not changed to the exact % you say, or if I stay consistent will it be ok?

After this I did my 25min. program on the treadmill burning 380cals. I am going to be doing this mon/wed/fri, and I want to go to cardio tues/thurs but I am not sure what I should do? Should I do my normal 25min. program or do like 45min. of Liss?

Thanks

I just know that you aren't doing standard dead lifts.....RIGHT! The program uses stiff leg dead lifts. If you're having back issues because of the SLDLs and rows it's probably because you are locking your legs at the knee. Don't do that and don't bob and weave trying to force the weight up. Don't worry about starting out too light. If you get all of the reps on week 5 you'll be increasing the weight by 10%. You can do a barbell press anywhere that the gym has room. Using dumbbells can make it difficult to increase the weight in small amounts. That's the only downside.

07-02-2009, 12:47 PM#587

Originally Posted by **Tatluk**

Not any more stoned? I meant toned. I don't do that stuff, don't think weight training would get me stoned anyway.

If by 'toned' you mean cut, that has more to do with diet. In so far as gaining strength, this routine will do just that **FOR A BEGINNER** . After six months to a year of training this program isn't going to do much for you.

07-06-2009, 11:15 AM#596

Originally Posted by **struck**

This program has been customized to take into account recovery and progression. Why would it work only for beginners with only 6 months of training? I have been training for 2 years (started with starting strength, used upper/lower then, and finally used 3 day splits). I am thinking about giving this program a try as it looks very interesting. It seems to be a fullbody program that anyone can use for strength and hypertrophy.

It isn't that it wont work at all...because it will. But the rate of progression would have to be slowed down. After a while you wont be able to increase by 10% every 5 weeks. At the very least you'd have to reduce that to 5% and drop it to twice per week with 2 heavy work outs. Your recovery doesn't improve as fast as your ability to do damage.

07-07-2009, 11:14 AM#603

Originally Posted by **struck**

Sounds good. Do you have a better fullbody that you would recommend tailored for those who have been lifting for some time now and have a decent strength above beginner level, i.e. more of intermediate?

I like Reg Parks 5x5 for body building. I like Starr's programs for strength and performance. I put this thread up a long time ago <http://forum.bodybuilding.com/showthread.php?t=809027> My 5x5 thread. Also the advanced program on madcow's page works pretty well for strength with size for a more advanced lifter. Kelly Bagget has a periodized version that works even better. <http://www.higher-faster-sports.com/...rtraining.html>

07-07-2009, 04:11 PM#604

Originally Posted by **way2honest**

all pro,

What are your thoughts on substituting db bench press instead of traditional bench press when a spotter is unavailable?

If you have adjustable dumbbells so that you can get the correct weight then that's fine.

07-13-2009, 12:46 PM#618

Originally Posted by **Arjohnson**

Is it alright to do overhead dumbwell presses in place of your overhead barbell presses?

If you have adjustable dumb bells....YES! The only problem with dumb bells happens when you can't adjust the weight or when you don't have 1 1/4 pound plates.

07-29-2009, 12:09 PM#655

Originally Posted by **davideoftex** 

Allpro

First I thank you for all you help out.

I am 51 and for the first time ever using free weights. I did S.S. for about 5 months until I hurt my low back. Took 2-3 months (mostly) off. Now I am on week 4 using your planning with tweaks to save my back.

I am doing 2 heavy work outs a week starting with 15 min. on elliptical at 40 - 45 rpm

High back squats (working weights up weekly, started at 95. I have been off all back work so going up slowly and carefully this time) now at 140 X 3,

BP 140 x 2

Glute ham raises - no weight x 3 (for my low back)

MP 80 x 2

PC (working weights up weekly, started at 95) now at 125 3 x 5

On weeks 1-3, I did 3 sets of every thing but it was to hard to complete on the 10's so I backed off to the 2 sets for the 11's and made them.

What do you think for a 51 year old. I have read this entire post, all of the S.S post and allot of your posts that you suggest. I have no problem with this type routine and like it. The hardest part for me is my stamina sucks. The small breaks between lifts is tough on a old guy who sits most of the time. I am getting better though.

Do you think I should do be doing 3 sets on a 2 WO a week cycle. Some of your posts have mentioned that.

If recovery is an issue, and at some point it will be for everyone, the first adjustment is to reduce the frequency to twice per week and increase the work sets from 2 to 3 for squats, bench press, bent over rows and military press. This seems to work well once you get to the point were you just can't recover anymore. This program will increase your stamina at a faster rate than the beginners 5x5 or starting strength. Those 2 programs will increase speed and strength at a faster rate.

08-08-2009, 10:06 AM#674

Originally Posted by **greengrass88** 

routine looks very great all-pro, I have most of the equipment except for stands to do the squats, how can work around this? I've got the barbell and weights

About the only thing you can do is substitute dead lift for squats. But you'd be better off to buy a squat rack.

08-27-2009, 01:27 PM#697

Originally Posted by **EmperorRyker** 

Ah, OK. I am, however, as I said, doing a tweaked version, namely my workouts consisting of:

Squats 5 sets
Bent-over Rows 4 sets
Bench Press 3 sets
Shoulder Press 3 sets
Bicep Curl 2 sets
One-arm tricep extension 2 sets
Abs 2 sets

I'm using the same load for all of my weekly workouts.

So I guess I only took the load increase (that 8 - 12 rep thing) and the basic exercises from your program, but do you think it would be beneficial to stay with that weekly repetition raise nonetheless?

Without the heavy, medium, lite set up you will peak out sooner and stall sooner. Google dual factor programming and you'll understand better than my trying to explain it in a few short paragraphs and I'm just too lazy (I'm not a good typist) to type several very long paragraphs to explain the programming. Suffice it to say that with insufficient rest and recovery the program will stall.

09-02-2009, 01:16 PM#708

Originally Posted by **mikeblid** 

I haven't read all the posts since this is an old thread. Personally, I prefer working a bodypart a day, or chest/ tri's one day, back/bi's another, legs a separate day, shoulders and arms if I didn't have time for them the other day or bi's, tri's on its own day... A couple people asked what weight to start with. I'm assuming that you should do 8 reps of whatever weight you can't do 9 reps with. You have to push yourself in order to grow. Just doing 8 reps of a weight that you can do 10 reps with won't get you anywhere. I'm sure whoever started this post knows a lot more about weight training than I do, so I'm sure this routine will work for someone else. But you do need to push yourself and just to reiterate, the 8 reps or whatever needs to be your max 8 reps reaching failure on your ninth, or reaching failure on your 8th.

- 1) you do not have to train to failure to make progress
- 2) you have to train to failure to measure progress
- 3) 2 work sets for 8 reps each with a 10 rep max weight isn't easy
- 4) 5% less weight than rep max or 2 reps short of failure will produce the same amount of gains as going to failure BUT you can do it for a longer period of time before being forced to deload
- 5) Please don't turn my thread into another failure/HIT Vs the world thread.

6) Number 5 is an argument that I've never lost.

7) Walk or Run But Don't Do Both

The basic point I want to make in this article is that you should either be training a little harder than what feels comfortable or a little less than you think you should. This is an implementation of the 2-factor theory model of stress and adaptation. Let's talk a little bit about the 2-factor theory.

The 2 factors represent the relationship between fatigue and fitness. One factor is fitness the other factor is fatigue.

2-factor theory-A stress adaptation model that bases a training plan around the long term relationships between stress and fatigue.

When you train you accumulate both fatigue and fitness. That observation itself should be worthy of a nobel prize. However, what many people don't realize is that the fatigue that accumulates over the course of a training cycle itself "masks" the fitness gains that you make. However, fitness persists about 3 x longer than fatigue. This means that when all traces of fatigue are gone from a bout of exercise or a cycle of training, the fitness gained will persist for 3 x as long as the fatigue. That's why most people make gains when they take a few days off from time to time. What I want to do is show you how to make this process predictable.

Before we get into how to implement the 2-factor theory you first need to understand the one factor theory.

The one factor theory- Is the basic stress adaptation model that is usually taught in high school, bodybuilding, and is the grand de jour model used to explain high intensity training. With this theory you look at physical ability as one short term factor. You load, recover, load, recover - always recovering fully before loading again.

How To Benefit From Planned Overtraining By: Kelly Baggett <http://www.higher-faster-sports.com/...rtraining.html>

Excellent read for anyone interested!

09-04-2009, 01:12 PM#719

Originally Posted by **doogie_houser**

just curious, whats the reason that the program includes stiff legged deadlifts, instead of the regular kind?

is there a drawback to doing the 'clean style' deadlift with this programme?

Stiff leg dead lifts work the entire ham string complex and lower back. I could have used several isolation's to do the same thing but why do that if 1 exercise will get the job done? I didn't want to use dead lifts and squats simultaneously. I could have jacked the heavy, lite

medium set up around to squeeze them in but I didn't want to do that on what I titled a 'SIMPLE' beginners program. You aren't losing much of anything by not doing dead lifts with this program.

09-04-2009, 01:15 PM#720

Originally Posted by **wentworth117**

Hi,

A few questions. I'm trying to determine whether I am at beginner or intermediate level. I lifted consistently from sept.-june and made decent gains although I'm now starting to realize how much my workout program sucked. I've been out of the weight room since early June cause of my summer work, but am about to start up again next week. Should I count myself beginner or intermediate? And what is the intermediate version of this program? Also, I'm about to start on creatine. If I'm determining my 10RM after not lifting for 3 months and before the creatine kicks in, isn't that going to throw everything off? If I felt I had underestimated my max as I start the program, can I adjust as I go? Thanks for the help.

Well rather than worrying about it you could give this program a try. At worst in 5 weeks you'll decide it's not right for you. If you can bench press 1 and a half times your body weight for 1 rep and squat twice your body weight for 1 rep then this program probably wont work to well for you.

09-07-2009, 06:34 AM#738

Originally Posted by **imranumer**

Please let me know one thing if you do weight training then should you do cardio exercise rest of other days, is it helpful for weight loss

With a 3 times per week full body program I wouldn't do more than maybe 2 hours of cardio total for the week. Break it up however you want but don't do it before weight training. Do it on off days or after weight training.

09-09-2009, 12:19 PM#753

Originally Posted by **werdna40**

OK, I've decided to try this routine over something I've been trying to create myself. What I'm doing right now is 4x10 and 11 exercises, this takes about 1hr 15min. Also, this equals 440 movements (lifts).

Your routine is;

Warm Up:

- 1 set of 1/4 total weight used
- 1 set of 1/2 total weight used
- then 2 more sets of the same (So really, 3 sets of 1/2 total weight)

Then I move into the main workout at 4 sets of whatever rep I feel like starting at. So technically, 8 sets in total each workout day. The reason I'm asking for clarification is I'm trying to keep my workout at

about 1 hour. I was thinking of starting at 4x5 but once I get to more than 7 reps I'll be over an hour.

Am I correct in what I posted, if not, please let me know!

-

7 exercises for 4 sets each. 28 total sets, 2 of which are warm ups. You really only 'need' the warm ups for the first 4 exercises, squats, bench press, bent over rows and shoulder press. So if you're pressed for time you can drop the warm ups for the last 3 exercises. Starting at 8 reps on week 1 and each week adding 1 rep so that on week 5 you're trying to get 12 reps.
It's that simple.

09-09-2009, 01:47 PM#757

Originally Posted by **esabet**

So I am clear, basically I should just take this week off and attempt my fifth week of the cycle (the 12-REP week) next week!

YUP! That's the easiest way to deal with holiday weeks.

09-10-2009, 12:32 PM#767

Originally Posted by **DRIFT2oNR**

Monday, the lifts came fine, but today, I felt beyond tired. I could barely finish the 8th rep on most of the exercises, and this was on the -10% day.

Can not resting long enough affect this, or could it just be muscle loss from my cutting? I thought today would be easy, so I only rested for a minute or so in between each set and exercise (including work sets, instead of a minute 30seconds)

A reduced calorie diet will reduce your strength. No energy and no repairs. Also you NEED to rest for a minute and a half between the work sets. If this was a program using from 1-6 reps you'd be resting for at least 2 minutes.

It takes about 3 minutes for ATP levels to be restored to 100%. In about 2 minutes they're at about 90%. This program is using a combination of ATP and glycogen as a fuel source that's why I choose the 1:30 rest interval. More glycogen storage = more visible size gains.

09-10-2009, 12:37 PM#768

A few quick questions.

1) Is this program more geared towards strength or muscle gain? I've noticed that SS is more strength, is this the same? I'm more into the bodybuilding aspect of things, I don't care about lifting huge weights I'd rather look huge. BB over PL.

2) Are the warm-up sets included in the 4 sets? So it's:

1st set - 1/4 warm-up

2nd set - 1/2 warm-up
3rd & 4th sets - work sets

3) Is it absolutely essential to do stiff legged DL or is it ok to do the normal DL? AND with stiff legged DL - I can touch my toes with a bent back should I lock my knees out when doing them or should I only do this when I can touch my toes with a straight back?

Any journals or threads here that show progress/results/thoughts on this routine? I'm just curious to see how other beginners progressed.

Thanks.

This is a middle of the road program, your gains will be split between size and strength.

DO NOT USE REGULAR DEAD LIFTS WITH THIS PROGRAM!

The combination of heavy dead lifts and heavy squats in the same work out is a recipe for disaster. The stiff leg dead lifts are there to work lower back and ham strings with 1 exercise rather than splitting them up and adding more volume to the work out.

09-13-2009, 03:55 PM#773

Originally Posted by **StephenWA**

What differences are there between this program and one that increases only size?

Thanks!

In general only size would use more exercises and less frequency. Typically you would see the compounds set up with maybe 5 sets. 12-10-8-6-4. Add to this at least 1 isolation for each muscle in a range of 8-12 reps.

The difference isn't that you gain more total size from a bodybuilding type program then from a power lifting type program. The difference is the time it takes. You will gain more size per unit of time using a bodybuilding program but you will gain more strength using a power lifting type program. A power lifter, olympic lifter or an NFL player has plenty of size, speed and definitely strength. The difference in diet and continues time under tension changes what that size looks like. Most of the people on this board would be very happy to look like and NFL running back or defensive back. To me that's the ideal but to each his/her own. The dirty little secret in all of this is what the soviets called mixed qualities training. All that means is combining low reps, high reps and high speed lifts through out the course of the week. That's beyond the scope of this thread. If you want to see what that looks like check the advanced programs in this

thread,<http://forum.bodybuilding.com/showthread.php?t=809027> My 5x5 thread

A simple break down based on rep maxes,

20 reps = 100% endurance not much size or strength but lots of vascularity

15 reps = 75% endurance + 25% strength some size, a lot of vascularity a little bit of strength

10 reps = 50% endurance + 50% strength size and strength some vascularity

5 reps = 25% endurance + 75% strength

3 reps = 0% endurance + 100% strength

Now to kick it in the butt you can do more sets of lower reps to match the volume of the higher reps or you can use mixed qualities and combine low rep and high rep.

All of this is **WAY** beyond the scope of this thread.

09-13-2009, 05:12 PM#777

Originally Posted by **DRIFT2oNR**

just started this routine last week, so this week I'm doing 9 reps.

thanks, I hope I'm able to even get bench sets in tomorrow lol.

also, does the 1:30 break start from the time I finish my warm-up, or do I start it once I'm finished with the warm-up, and I change the weight to my work set amount?

My usual routine is to do my first warm up set, change the weight and rest 30 seconds. I'll do my second warm up set, change the weight and rest 1 minute. Do the first work set and for this program rest a minute and a half. Then do the second work set. When I'm working in the 2-6 rep range I rest 2 minutes in between the work sets.

09-14-2009, 04:46 PM#783

Originally Posted by **wolviak**

I finished my seventh cycle of this routine last week and decided it was time to change things up. I wanted to stick with the design of this routine and decided to use a 4,5,6,7,8 rep scheme. I started this morning and used weights that were near or heavier than my 6 rep max. When I was finished with the workout, I didn't "feel it" as I would with the regular rep scheme. It wasn't a bad workout, I just had a lot more left in me. That got me thinking about doing 3 work sets instead of 2. Would that be too much? Thanks for any and all input.

Don't rate a work out by feel. There was an old program that was heavily promoted, it was called super slow. You felt awful after the work out and you looked pumped. Everyone that used it for any length of time ended up losing size and strength. Give your set up the full 5 weeks and see how it works out. If you decide to go to 3 sets then reduce the frequency to twice per week. You might want to use the high rep original version for your first work out and your low rep version for your second work out. There are an endless number of combinations that can be put together.

09-15-2009, 12:39 PM#786

Originally Posted by **MRED33**

Im not a beginner by anymeans, been liftin on and off for 15 years. Started the program lastnight, and did one warm up set on my lifts and 3 reg sets after that. I added dumbell curls to it and finished w 21's. Reason for me adding the curls is bc it takes a lot to challege my arms bc i've always focused more on

them then any other body part. Today I feel good, sore but all in all good. I can tell this hit my muscles differently. I too think i should lift twice a wk for my upper body. One heavy and one medium or light "all pro"?

Thanks too for still answering questions on this topic All Pro

If you reduce the frequency to twice per week then try to do them both heavy. If it beats you into the ground then reduce the second work out to lite.

09-23-2009, 02:19 PM#821

Originally Posted by **Sarevok459**

Hey guys, I just wanted to get a quick assurance that I'm setting myself up right with this program...

4x8 Squats
4x8 Bench Presses
4x8 Bent-Over Rows
4x8 Overhead Barbell Presses
4x8 Stiff-Legged Deadlifts
4x8 Barbell Curls
4x8 Calf Raises

So my first week (This week) should look like this? With each exercise being done at 4 sets by 8 reps?

And I'm doing the first 2 sets at the lower 1/4 and 1/2 weight ratio?

I know similar questions have been asked, but I'm just cautious because I don't want to start off wrong...since this is a building routine.

That's all there is to it. 2 warm up sets, 2 work sets.

09-28-2009, 01:58 PM#845

Originally Posted by **nobodyhome**

I understand... But just to keep the workout balanced, if he's doing deads instead of squats, does he need to do SLDL's/weighted hypers/some low back thing as well? Would the deads already hit his low back, or should he throw in the SLDL's anyway?

Thanks again, and I'll rep you again when I can
-Mike

I would be very careful with additional low back work with dead lifts. But adding hamstring work like leg curls would be a good idea. I tried to balance out this little program when I put it together. The moment you change one of the big compounds things get a bit crazy. Dead lifts tend to put more stress on the lower back but less stress on the ham strings then squats.

09-28-2009, 02:00 PM#846

Originally Posted by **jmal2000**

Would it be wise to build some strength before doing this program? I'm relatively weak as is and can only bench 120 and my Squats are really weak. The only thing I can lift really is Deadlifts.

So should I work on a 5x5 program before this one? Or go straight into this one with relatively weak weights?

Nope. This program was designed with YOU in mind.....unless you're training for a sport. If you read this thread from the beginning you'll see my suggestion about switching back and forth between this program and the beginners 5x5.

09-29-2009, 01:47 PM#856

Originally Posted by **WastedTimes**

Allpro:

I did my heavy day for the 5th week (12 reps) earlier today, and I ran into a few problems...

My diet was sub-par over the weekend and I didn't seem to get much sleep, so I ended up only getting 8-10 reps for the fourth set on some of the exercises even though last week I managed to get 11 on them just fine.

Since this was probably due to diet and fatigue, should I still keep the same weight on my second cycle? or increase?

Or should I rest for this week and restart on my 5th week next week?

Thanks!

Because you did better last week than this week and had a few issues also, I'd increase the weight anyway and go for it. But then I'm insane!
OR simply repeat the week!

10-08-2009, 02:53 PM#950

Originally Posted by **ckybam69**

Does that spreadsheet not fill in the rest of the days automatically? (like to 20% days etc.)?

I was also wondering if it is ok to do BB squats on one of those machines that only allows the BB to go up and down. ITs not a squat machine but like a BB assist machine. I dont know the proper term. I only ask this because my form is much much better and im much smoother on that machine.

NEVER use the Smith machine. Start lite and work on form and flexibility. If you can avoid the Smith machine you can increase your life expectancy!

10-09-2009, 12:21 PM#958

Originally Posted by **Hard_Worker** 

Great workout!!!

I have been training for a few years but always sticking to split workouts. Decided to give this a try as an introduction to fully body and also to mix things up. Certainly appealed to me more than the 5x5 as I much prefer the rep ranges in your workout. Just finished my 1st cycle which I was pleased how it went.

Going to run with this for a while until I stop progressing. Do you think then I will be best say going for Upper/Lower split, sticking with a full body or going back to my 3 day split that I was running prior to this?

Thanks again, definately deserves the sticky!!

I prefer full body or upper lower splits. The choice is really yours. If you can handle the high volume programs then splits are the next step up. I think for bulking/mass gain the full body programs are better. The few times I've used 3 day splits I didn't like them but some people do very well on them.

10-10-2009, 06:33 PM#972

Originally Posted by **imzach** 

all pro, I've been looking over you workout and I want to try it out. I was wondering if you help me out by answering a question.

I did Ripptoe's SS for the last 2 1/2 months. I made some modest gains, but as of recent my diet have been slacking and I haven't been getting enough calories. Thus I've stalled. My 3X5 lifts are,

Squat:185
Bench: 155
Press: 105
BB Row: 125
Deadlift: 235

I did some searching and saw that the higher rep ranges of this workout are better suited for a maitenance/cutting diet. My goal has shifted from building strength to building a better physique(leaner, "toned"). At the same time I understand that muscles are "made in the kitchen"

What kind of progress should I expect if I go the route of a cutting/maitenance diet combined with your workout?

Like every other routine, if you don't eat enough the program will stall. But this program is very forgiving. You can reduce calories and survive it your strength gains will just be slower than normal. If you try that with any of the 5x5s you'll be crushed!

10-12-2009, 03:05 AM#981

Originally Posted by **dono123** 

Just wanted to clarify. We are supposed to do all 7 of those workouts every M/W/F for 4 sets and the designated amount of reps correct?

EX. Mon- squats 4x8 bench press 4x8 bent over-row 4x8 and so on...

And for the bench press it is just flat correct?

That is correct. 7 exercises, 3 times per week. 2 warmup sets and 2 work sets.

10-15-2009, 01:53 PM#1018

Originally Posted by **nobodyhome**

I really should be logging this... oh well.

All pro, your routine is awesome! I've seen ridiculous size gains so far, especially in my arms. I'm definitely feeling this routine.

I was going to switch after this one to Iron Addict's simple power based routine to get some more variety in the exercises, and do a little bit more volume (I switched into your routine from a 5-day split, so I'm sort of used to it). But I might just stay on this one.

When I finish this cycle, I was thinking of experimenting with some changes that I would have liked from the current cycle, such as:

- 1) adding a tricep isolation motion, like tricep pushdowns (I always got a great mind-muscle connection with those)
- 2) possibly adding lateral raises in
- 3) making bigger jumps from week to week

I was thinking about a jump in weight from week to week rather than in reps... with the weight jump depending on the exercise. I would still keep it periodized with a heavy, medium, and light day, like you have. I'm feeling like some of my body parts are making gains right on schedule with the 1 extra rep per week routine, and some are moving way too slow with the 1 extra rep scheme (like my bench, which is embarrassingly low).

Do you think the above ideas would work? I do like this routine and I'm not sure I want to get off it, but my bench and squat need to go way up... I'm trying to tweak certain exercises more for strength.

You've got some good ideas and some well not so good ideas. The program is periodized not just from work out to work out but also from week to week. If you make bigger jumps it will stall sooner and cut your gains short. So that's the bad, now for the good. If you want to add a tricep iso do it after bench and over head press. Follow the same progression scheme from work out to work out. Start with 1 set for a cycle and the next cycle try 2 if it seems to be working. Instead of lateral raises try standing rows using an E-Z curl bar and again start with 1 set for a cycle following the same progression scheme and again the next cycle try 2 if it seems to be working. You're progressing a lot faster then you think you are. I just used a very sneaky method. By way of example if you are using 100 pounds and do 2x8 that's

about 77.5% so your 1 rep max is about 129. If you get 2x12 that's about 67.5 so your 1 rep max is 148 pounds. You gained 19 pounds in just 5 weeks. Enjoy it while it lasts. An intermediate lifter might gain **ONE** pound per week on their 1 rep max.....and an advanced lifter might get a gain of 1/2 pound per week. So the bottom line is don't push it and ride the gravy train for as long as it lasts because when it's over it's over.

10-16-2009, 04:21 PM#1040

Originally Posted by **ckybam69**

sorry i edited the post above. I dont know if what i added matters

I wrote the program up using rep counts to make it different. The heavy, medium, lite set up delays the onset of fatigue. As I said above, if you've chosen the weights correctly all will become **painfully** clear on week 5. The higher rep range of 8-12 was chosen so that beginners would have a chance for their bones, joints, ligaments and tendons to get stronger before moving on to a killer 5x5 and this rep range tends to split the gains between size and strength equally for beginners. The reason for not changing the weights is all about confidence. You know what the weight is going to feel like over the course of all 5 weeks. All you have to deal with is fatigue.

10-18-2009, 03:38 PM#1067

Originally Posted by **TrunkZilla**

so would i get the same results in size from Bill starrs or Iron Addicts ?

You could switch back and forth between this and Starr's 5x5 until one them stopped working. My regular routine combines 5s and 10s each week.

More to the point of your question, Starr's 5x5 will increase strength at a faster rate. This program will increase size at a faster rate **IF** your diet is correct!

10-20-2009, 12:31 PM#1074

Originally Posted by **johnPNY**

Allpro -

Going to give your program a shot, just did my first workout today with it. Only other program I've run is Rippetoe's SS, which I loved because progress was so constant and immediate. I needed to eat an incredible amount with that though and my sleeping was not up to par with my diet, so gains were good but I put on a lot more than I should have in the 2 months I did it for.

Anyways, I've been cutting for about 6-7 weeks now, and want to give your program a shot for the next 5-6 weeks and see what's up.

Just have a few questions:

1 - Deadlifts - I highly prefer standard deadlifts each rep from the floor to stiff legged deads. I always

considered stiff legged deads to be for guys who didn't want to put the effort into doing proper deads, and overall love the work and results from standard deadlifts. That being said - is there a particular reason you choose stiff legged over standard deads?

2 - Barbell/Shoulder Presses - I was doing standing shoulder presses with SS, is your program calling for seated presses, standing - or whichever the trainee is more comfortable with?

3 - For warm up sets, do you have anything against adding a few more in before getting to the work sets? With SS, I was doing sometimes 10-12 warmup progression sets before getting into my 3X5's. When doing your program today, I had no problem with 2 warmup sets except with squats. I find I am much better with squats and go further when I slowly work up with them rather than pile weight on the bar.

And finally. I suck at pull-ups after having neglected them for awhile. I want to get back at them and would like to know what you think about adding 3 sets til failure after every workout? As well as dips. Two exercises I need to get a lot more confident with.

Thanks for your advice and the effort you put into your program. I'm choosing to do this over SS for a round this time because I want to get experience working in a higher rep range and your program is just what I like - simple, effective hard work with compounds. No stupid ****, to be blunt.

Best,
- J.

DO NOT DO DEAD LIFTS WITH THIS PROGRAM!!!! Your spine will thank you! I didn't make any allowance to include them. The combination of squats and stiff leg dead lifts along with dead lifts is a guaranteed trip to the operating room. The stiff leg dead lifts are there to complete the kinetic chain. That's low back and ham string complex.

10-21-2009, 02:36 PM#1081

Originally Posted by **FitWithMitch**

This sounds good, All Pro, but I'd worry about the nervous system getting too used to the same workouts over and over. You may be able to push more weight without seeing any size. What's the specific purpose of this workout? Strength or Mass?

I set it up so that a beginners could gain size and strength while allowing for the nervous system, bones, joints and tendons and work capacity to come up to speed before hammering them. I've seen to many beginners add weight work out after work out until they stall and when they stall they get frustrated and do something stupid such as break form and hurt themselves or they get frustrated and quit. I've also seen beginners attempt to do a set or 2 of every exercise known to man and then wonder why they're so tired all the time and seem to be getting weaker from work out to work out. I'm not worried about someone getting used to the program. Research says that the central nervous system gets used to the rep range first and that takes a few weeks. About 3 weeks according to the coaches from the former eastern block, Fred Hatfield, Mel Siff just to name a few and my own personal experience. Getting the CNS used to the firing pattern by doing the same

exercises all the time turns out to be a good thing. For the very last part of your post, if you're gaining strength in the 8-12 rep range you will gain size. That's exactly why I chose it. In the 1-6 rep range if the work density isn't high enough you will gain strength with out size and then the program will stall because of it.

10-22-2009, 05:38 PM#1093

Originally Posted by **qskinny**

Would it be ok to swap out BB for DB for bench press and overhead press periodically or would this be counter productive? Sometimes I lift without a spotter and I'm less afraid with DB's

If you choose to use dumb bells then use them for an entire 5 week cycle then switch to a barbell if that's what you want to do.

10-23-2009, 01:55 PM#1099

Originally Posted by **Gdogs727**

so if you decide to add a pulldown or chins do you also do 4 sets increasing one rep each week?

I answered your PM but for everyone else if you start adding things add them **ONE** at a time for **ONE** set each. That way if another exercise tanks you know what happened!

10-26-2009, 12:51 PM#1117

11-02-2009, 04:45 PM#1188

Originally Posted by **J.O.N**

Oh ok then

So anyone can use this regardless of experience? And how much mass will one be able to pack on? Also, how can I avoid overtraining doing programs like this that require everything hit 3 times a week?

As time goes by you would have to advance by adding a set, changing the rep ranges and reducing the frequency.

BUT you won't over train if the programs are programmed correctly. This one is. Instead of over training your progress will stall. That means that you can't add one single rep after 3 cycles with the same weight. You'll know when you get there.

11-06-2009, 01:34 PM#1234

Originally Posted by **armie7**

Gotta say Allpro, what a great workout. Just completed the first cycle and seeing some great size gains. looking forward to the next five weeks.

Unlike the 3x training a week that I've done in the past, this allows for plenty of recovery in the deloading on the 2nd and 3rd days.

Just on question though, how many cycles of this do you advocate before tweaking the routine and in what way?

Keep up the great work
Armie

Everyone is different and that makes it tough to say how long this will work for you. You might get 10 cycles out of it or just 3. When it starts to crash increase the volume by adding one set to squats, bench press, bent over rows and over head press AND reduce the frequency to twice per week AND do both work outs heavy and reduce the rep range for those same 4 exercises to a cycle of 4-5-6-7-8. This will force the issue and you will find that you have to repeat the cycle with the same weight 2 or 3 times to get them all but it does work.

The alternative to this is to run Bill Starr's 5x5 for 12 weeks or so. What happens is that size gains out pace strength gains and you have to address it or you'll be stalled for long periods of time.

11-13-2009, 10:06 AM#1305

Originally Posted by **Kennyformula**

I'm about to start my 4th routine, progress has been excellent.

I'm 33, been working out since May '09, I started this at the end of the summer. My recovery is very short, I feel 18 not 33. I'd like to add to this but certainly want your approval. I'm thinking about adding chin-ups, pull-ups, and some wide grip push-ups at the end of the program. I'm looking to gain strength but also definately want to look better. I'm 5'11" 175 lbs at the moment. Is adding these three exercise a good idea? What else would you recommend to add some defination? I'm currently taking the basic supplements, protein, fish oil etc....

You can add anything that you can recover from. I would suggest 1 exercise at a time and 1 set at a time.

11-18-2009, 07:04 AM#1368

Originally Posted by **JustWorkOut**

- 1) why no static stretches. I have never hurt myself using them.
- 2) The question was is cardio ok for a warmup, not a workout!!!
Just wondering how 2 1/2 minutes of cardio would impede a strength workout? The only thing it does warms up the body for stretches. YOUR ARE NOT SUPPOSE TO STRETCH COLD MUSCLES!!!
- 3) Calisthenics - do a google if you don't know what they are, they are bodyweight exerces, we use to use the as warmups in karate , so YES, they may actual be used as part of a warmup AFTER the stretches. Example: pushups, dips, pullups, situps, crunches, etc.

My original question as to why the warmup is too short isn't answered.

So I'm guessing AP thinks it is a safe warmup, but im doing more a p90x style warmup routine, never pulled or tweaked a muscle after doing that warmup.

Thanks!!!

Static stretches don't loosen you up. They can actually cause the muscle to contract and stiffen.

Calisthenics are cardio. There a waste of energy and prime the CNS for the wrong activity.

A proper warm up could be as simple as salutations to the sun and the warm up sets.

Dynamic stretching for before a dynamic activity. Static stretching for AFTER a dynamic activity.

11-19-2009, 09:47 AM#1388

Originally Posted by **thaar**

Oh, and one quick question. After reading many of the threads on this site, it seems like peoples SLDL's weight is close to what they do on squats, sometimes more. I've been using 215lbs to squat on this program, but only 120 for SLDL. My lower back feels like it's been torn to shreds after completing the exercise, so I'd like to think I'm doing enough weight, but am unsure. Am I just not pushing myself hard enough, or am I just ridiculously weak in this area?

You'll end up doing SLDLs with the same weight that you can squat for the same reps. Don't push it. Most people today have very weak lower backs so if nothing else you're in the majority. Your spinal erectors and abs will get stronger soon enough.

11-23-2009, 01:42 PM#1421

Originally Posted by **Ravish**

All pro, beginners can add weight/reps every workout e.g. starting strength, so I'm wondering why your routine has reps going up every week. Surely weekly increases should be done AFTER you're unable to lift more from session to session.

1) This program has **A LOT** more volume than starting strength.

2) Bill Starr's beginners 5x5 uses a heavy, medium, lite set up and only increases weight once per week.

3) Mark Rippetoe, the creator of starting strength was taught by Bill Starr.

4) My program uses dual factor periodization. Rippetoe's routine has NO programming. Starr's beginner's routine has no programming but his higher level routines use dual factor.

5) It was my intention that people would learn the magic of dual factor periodization while using this program so that as they advance if they get into trouble they'll think back on this program and know how to fix the problem.

6) Starting strength was designed primarily for skinny high school football players. My program can be used by anyone. It's a cookie cutter that will help get ANYONE started with out beating them to death until they're up to it.

7) If you start back on page one of this thread you will see that I've directed every single athlete that's posted here to my 5x5 thread.

Sorry, I've had a long crappy day.

/ rant

11-25-2009, 04:17 PM#1440

Originally Posted by **precisionporsch**

Allpro,

I have been following this workout pretty consistently for 8 weeks now. I have a couple of questions that I encountered so far.

1) On the days that I go down 10% and 20%, does my warm up sets go down the same as well by those percentages?

2) I was on my third week (10 reps) and was only to do 9 on the 4th set on flat bench (205lbs). Do I need to repeat this week next week before I try to up it to 11 reps?

Thanks!

Edwin

1) You don't have to lower the weight on the warm up sets. That's up to you. Normally I use the same weight all week for warm ups.

2) NO, do not repeat the week. Keep going. Failure is going to happen off and on. You will have to use the same weight for the next cycle. Don't worry about it. This will happen to everyone at some point.

11-26-2009, 04:39 PM#1463

Originally Posted by **gunnersrus**

the lite workout shud be easy i.e be able to lift all the sets of reps with ease am i right so, can u explain the reson 4 tht thn, y just not do the workout because are we actually working the muscle if we aint struggling abit??

explain plz

1) Total tonnage. It keeps the system primed. The CNS freaks out and thinks you're going to hit it heavy again. The effect is called post activation facilitation. It can be used during a work out or during the week. Basically what it comes down to is that the muscles have recovered. The rest of the system hasn't.

2) Work density. This can be used per work out, per week or per month. Hell Olympic lifters use it over the course of a year. Nobody in this thread is ready for something like that. With out work capacity and strength you have to spread the total load out over a longer period of time.

3) Pump and flush. You've done a lot of damage. That's why you get D.O.M.S., delayed onset muscle soreness. It's usually worse 2 days after a work out because all of that junk is just sitting there irritating the nerve endings. Running liter work outs helps you keep the weekly volume high, increases work density and helps pump out all of the junk.

In order for size to increase total volume must go up and work density must go up.

In order for strength to increase intensity must go up, total volume must go up AND work density must go up.

Weight x reps/ time.

I think twice per week per muscle, muscle group is ideal for intermediate to advanced lifters. This program isn't intended for intermediate or advanced lifters.

11-30-2009, 01:18 PM#1498

Originally Posted by **baseballhack**

Thanks to everyone who has contributed to this thread I read it from start to finish and am in my 3rd week of the first cycle. It may sound crazy but I am already starting to see changes and can't wait for the first cycle to be over to do it all over again.

Now that I have been doing it for a bit and it has become a routine for me I was looking to educate myself further. I was wondering if anyone could recommend a good magazine. I looked at some of the normal muscle mags but didn't find one that seemed right. Granted I'm deployed right now so its not like I have the best selection of mags. I was also wondering if anyone can recommend some good books, that might explain deloading, periodization, and all the other things I have seen throughout this thread. Thanks again to all this is a great workout and I'm recommending to all my buddies and getting my wife into it as well.

I can't help you much with the magazines. I don't make a habit of buying them unless I see an article by Bill Starr or someone else that I really like. For the books,

Periodization Breakthrough by Fleck and Kramer

Super Training by Mel Siff

These would be the first 2 HEAVY reading books. I have lot's of links to this stuff.

<http://www.higher-faster-sports.com/articles.htm>

<http://www.staleytraining.com/articl...y-articles.htm>

<http://www.athleticscoaching.ca/?pid=7&spid=35&sspid=58>

<http://www.weightrainer.net/articles.html>

<http://www.verkhoshansky.com/Home/tabid/83/Default.aspx>

<http://drsquat.com/index.php>

<http://www.brianmac.co.uk/energy.htm>

http://stronglifts.com/madcow/table...nts_thread.htm

Well that should keep you busy for a while. I have more....a lot more.

11-30-2009, 03:14 PM#1501

Originally Posted by **EatMoreWheyMore**

P.S. I would imagine the answer to this question is- Any one is fine: JUST PICK ONE AND STICK TO IT.

If that is the case then my question is more geared to what are the differences/advantages of a workout with 7 lifts in one day(Yours) vs. a workout with 3 lifts in one day (Rippetoe's) Does one help more with muscle size or athleticism? I find it hard to believe two workouts with such different volume demands would yield the same result.

Thanks again

IF you're an athlete you can't beat Bill Starr. His programs have been building NFL champions since 1976 AND they're still in use today. That's longevity and battle tested results. Those boys don't fool around! Running a few cycles of my program and then

running a few cycles of Starr's program will work pretty well. I don't like body part splits. About as far as I would go with that is an upper-lower split if you're an athlete. For body building body part splits seem to work well for advanced lifters and not so well for intermediates. That seems to be the reality. I prefer full body programs most of the time. I put 7 exercises in this program knowing full well that if I didn't everyone would screw with it and add things to it. I knew that would happen because I've been a regular poster in the 5x5 threads and watched in horror as some asshat that thought they knew better than Bill Starr proceeded to destroy the program. Notice that in this program I only used 2 work sets. The reason for that is the number of exercises.

All of this comes down to where are you now? What kind of shape are you in? What are your training goals?

I have some very large college kids currently using Starr's 636 program. That's an NFL program and in so far as I'm concerned for a an advance strength, speed, power athlete it is the single best program on earth.

So again, it all comes down to where you are and where you want to go. There is no one life time program. The program that got you to a 250 pound bench press wont be the same program that gets you to 300 pounds. So what happened. Is the program suddenly crap? What changed? **YOU DID!** You've out grown it. This stuff is dynamic and personal. There is no black magic. This stuff has been researched and tested add nauseum. I just try to keep things as simple as possible. Big, basic and brutal. Add enough time for recovery and super compensation and you're good to go.

I hope that somewhere in that rant I answered your question...LOL!

12-04-2009, 11:33 AM#1547

Originally Posted by [ckybam69](#)

Those are around the weights i started with and after go through this i was able to up the weights 10 percent. Dont worry about the weights as much as proper form. Also you dont have to be down real low for the rows its more important that ur back is straight.

Also can someone answer my questions that got lost in this thread somewhere? sorry to post twice but here we go:

All Pro I had a couple questions for you.

I have read through these pages and been reading your responses since you cover so much information. I read somewhere that you said a warmup is only really necessary for the first 4 exercises and since im very busy i dropped the warmup for the other exercises. My question is should i do an extra set (like 3 sets of 8) or just up the weights? I ask because i dont feel as worked on the ones that i dropped the warm up from.

Also my abs are the only part of my body i have seen absolutely no gains in. My stomach is kinda chubby so i would like to get some tight abs. is it ok to add in an ab workout on the 3 days and if so what is a good ab workout you suggest and what is the rep/weight progression i should look at for abs?

thanks for you valuable time you are the best AllPro!!!

If you aren't warmed up after the first 4 exercises you've done something wrong. I included warm ups for everything because some people are really not comfortable or confident with out them. The first 4 exercises have already worked your entire body. There's no need to do anything extra to make up for dropping the warm up sets. Abs are the very last place that the human body gives up fat. Sad but true. Everyone is different but for me knee ups and pull overs work the best. Weighted crunches work well for others. A low percentage of body fat is the secret to getting a 6 pack. You can do ab work until you puke but until you get down to 10-12% body fat you wont be sporting a 6 pack.

12-04-2009, 01:41 PM#1551

Originally Posted by **thisismarcus**

Quick question:

As to the warmups... on your 'lighter days', are they 25% & 50% of your heavy day lifts or of your light days max lifts...

For example: If you bench 100 (to keep the math simple), on your heavy day you'd do 25, 50, 100, 100

On your second day, doing 90%, do you do:

1) 25, 50, 90, 90

or

2) 22.5, 45, 90, 90

I'm hoping it's the first one, because the constant change is making me work to hard with my lack of math skills.

Hope this makes sense.

-Marcus

I don't bother resetting the warm ups. I just leave them were they are all week.

12-06-2009, 10:13 AM#1564

Originally Posted by **Sinisterc6**

how much cardio would you recommend for non weight days? Would it be better to jog/ bike at constant pace (true cardio) or do some interval training (stimulate fast twitch muscles) for a set time? should cardio days be performed 2 or 3 days a week?

what can you recommend for abdominal gains? I was considering Ab ripper X on weight days and incline situps/ hanging leg lifts/ weighted crunches on cardio days to work abs 20 minutes 5-6x a week, over training? My abs need a lot to be sore as Ive done a lot of ab work in the past.

The only form of cardio that doesn't seem to screw up weight training is high intensity interval training. But 30-45 minutes of regular slow, steady state cardio per week shouldn't bother things that much. I wouldn't go over 1 hour per week if strength and size were my primary goals. If you're trying to shed fat that's a different story.

12-07-2009, 01:03 PM#1576

Originally Posted by **FryDude** 

Yes, no pics as proof. Could be beg. gains but I don't know though., The mirror doesn't lie lol.

Ugm so I had a question Allpro or anyone who can explain this. Why are Week 4 and 5 the hardest? It's like the first three weeks are a breeze and when you get into Week 4 and 5 the weights begin to feel 2x heavier.

Fatigue. That's why the program uses duel factor programing. ALL initial strength gains are facilitated by neural adaption so you blast through the first week or 2 and then the fatigue reaches up and punches you in the head. Your body is desperately trying to repair all of the damage that you've done in the first 2 weeks. If not for the medium and lite work outs no one would survive this. On week 3 your trying to do TWO sets with what WAS your 10 rep max. It should feel heavy!

12-17-2009, 05:27 PM#1732

Originally Posted by **p.air** 

How exactly would I go about recomping would my routine/diet change, more cardio etc? isnt recomping the changing of fat to muscle? Won't that take even longer going through continuous bulk and recomp cycles gaining weight and then loosing... As apposed to bulking from the start and then cutting at the end of your transformation?

I'm now on my 7th Week
Cutting out the cardio for a while to see if I get more gains.

Thanks bro

A recomp does not entail losing weight. That's the difference. It does take longer but that's because you don't diet down giving back the muscle you broke your butt to gain!

12-27-2009, 07:54 AM#1836

Originally Posted by **Insight** 

Alright all pro, after running your routine for like 3 or 4 cycles I'm switching off for now.

Everything progressed really well - my squat went from 95x8 to 145x12, for example. My overhead press only went from 20x8 to 22.5x12 (for each dumbbell) but I think my cut interfered with my progress a bit. Some things jumped way up and some things didn't.

I really liked the 2 set format though. It was just enough for me to feel it but not enough for me to get

totally drained. Now I'm on a different routine in which some exercises are 4 sets, some 3... What difference does the number of sets make, and why did you pick 2 for your routine?

Thanks again for being such a help these past few months, I feel like I have a good foundation to judge other routines now.

Why I choose 2 sets;

I'm not a big fan of 1 set to failure. Training to failure should be done sparingly and it should be avoided on the first work set. The reason is because of the bodies built in safety system that works on a feed back loop. The Golgi tendon can shut down down the CNS at the spinal column or at the motor unit. If the Golgi tendon determines that the body is unstable or in danger it will shut down the signal. If that happens often enough then you will fail every single time it detects the same load. There are several tricks around this but none of them are appropriate for a beginner. That's the primary reason but there is a second reason. If you complete the first set then your strength is gaining and if you complete the second set then your endurance is gaining. As I said back toward the beginning of this thread this program splits the gains between strength and endurance giving you 2 chances to be successful or fail. The sweet spot for the number of sets when doing the same weight for the same number of reps is 3. For a peaking program where strength is being emphasised you pyramid up to 1 all out effort set and when endurance is being maximised you use 5 sets of the same weight for the same number of reps. Both of those set ups are used for single qualities training. Only one thing is being trained for. Once you get to the intermediate level you begin to use dual factor programing and mixed qualities. That would be a combination of high reps and low reps with single sets and multiple sets all set up with deload weeks. Once you understand how to combine anaerobic endurance, 8-12 reps and absolute strength, 3-6 reps, and maximum speed, 3-5 reps at 70-80%, and starting speed, olympic lifts, maximum speed, RDF (rate of force development) 3 reps at 90%, and reversible speed, plyometrics, then you will understand what it takes to build the ultimate athlete. Reg Park's program is an excellent example of how an old school, champion, professional bodybuilder combined several of the elements. Bill Starr's NFL level programs are an excellent example of how to combine them for a top level professional athlete. If I ever get around to posting an intermediate program you'll see an example of a pretty solid powerbuilding program that's suitable for either a bodybuilder or a track and field performance athlete. After this level the 2 disciplines begin to part company. Athletes should never use body part splits and bodybuilders will be forced to.

12-27-2009, 10:52 AM#1838

Originally Posted by **Insight** 

So if I have you correctly the sweet spot for number of sets is 3, meaning that 2 sets will emphasize strength more, and 4 sets will emphasize endurance more...?

Does it also have to do with recovery capacity as well, or does 2 sets with more weight take the same time to recover as 5 sets with less weight?

It has a lot to do with work capacity during a work out, CNS fatigue during a work out, recovery between sets and recovery between work outs. I chose 2 sets for a beginners

program because of work capacity, recovery ability and the rep range that I chose. I never use more than 3 sets for any single exercise unless I'm using more than 1 rep range. Typical set up, 3x10 same weight or 3x5 same weight. Or 12-10-8-6-4 pyramiding the weight. Or 90% x 5 followed by 70% x 10. Or 3x3 at 90% followed by 3x6 at 80%. You can see how crazy this gets and that's just for the core compounds. For assistance work I like Bill Starr's set up the best, 1x10 then drop the weight by half and do 1x20. The trick is to find the level that suites your abilities and the correct rep range for your goal[s].

12-28-2009, 10:50 AM#1848

Originally Posted by **Ravish**

All pro I'm doing a 5x5 routine right now after coming back from injury and a year off, thinking of switching to this after I'm finished just wondering whether this routine is recommended for only 'complete newbies' because I've been lifting for quite a while before but obviously the injury set me back and I've had to start all over again.

You can give it a run as is or use HST's rep scheme. Do 15 rep work sets for the first 2 weeks. 10 rep work sets for the next 2 weeks and 5 rep work sets for the last 2 weeks. If you do the first work out with about 50% of your 1 rep max and add 5% every time you complete both work sets it should push you beyond what the beginners set up can do. But it's a lot tougher that way.

12-29-2009, 11:06 AM#1865

Originally Posted by **FloridaGator**

bump

You can run the program until it stops working or you get bored with it. You can cardio on non lifting days. You shouldn't need more than 1 hour per week unless you have something special that you're working on.

12-29-2009, 03:55 PM#1868

Originally Posted by **whammer33024**

hey all pro...just more of a curiosity thing...not me questioning you at all, i want you to know that. been doing the workout exactly as written and have enjoyed it.

anyway, i have a buddy who went to school for athletic training and plays arena football. well he has always tried to get me to start working out and i did it with him once and he killed me...to the point of puking and obviously, that made me not want to workout anymore. well i showed him this routine and he couldn't believe it had me doing the same exact lifts 3 times a week. he said its bad for my muscles and i should never squat 3 times a week...at least not back squats.

now i realize that you obviously think its fine and not to worry about it...but curious as to why you think he would be so flabbergasted by that. all he really said is its bad for your muscles. you can reply in a PM if you want or if you don't really feel like answering, that's cool too, lol

Ask your friend if he's ever heard of Bill Starr.

<http://jhuniverse.jhu.edu/gazette/ju...297/starr.html>

In 1970, Starr went back to the gridiron, this time as a conditioning coach for the Baltimore Colts.

"It was a fun experience," he says. "This was the same year they won the Super Bowl [Super Bowl V]."

In 1973, Starr became the strength coach at the University of Hawaii and, in 1976, wrote his first book, *Only the Strong Shall Survive*

<http://forum.bodybuilding.com/showthread.php?t=809027> My 5x5 thread

In this thread ^^^^ you'll find Starr's programs listed here. When it comes to football and weight training for it or any strength/power sport I'll take Starr's word for it. I don't want to say that your friend is wrong but he doesn't understand the difference between a beginner and an intermediate lifter.

01-01-2010, 08:06 AM#1912

Originally Posted by **scantraxx** 

I've been doing this workout plan for a couple of weeks but i have been doing all the sets at the full weight and not 1/4 then 1/2, because i read it wrong and thought the 1/4 and 1/2 were just warm ups sets and then 4 workout sets. it feels like its going to be an inconvenience changing back to the correct way, whats going to happen if i dont change? give me some reason to change back at least otherwise i dont see if this is going to hurt how im doing it?

btw dont see this as me trying to alter the plan i just made a mistake.

In 5 weeks you will be crushed. If you persist you will end up over reaching and plateau. If you still persist you will over train and go backwards. At that point it will take months to recover and most of the time you've spent beating your brains out will have been for nothing.

01-01-2010, 08:16 AM#1913

Originally Posted by **scantraxx** 

In regards to this, does it just mean do 1/4 of working weight then 1/2 of working weight then 2 sets of working weight for the first 4 exercises (squat, bench press, bent-over rows, overhead barbell press) and then for the last 3 (stiff-legged dead lifts, barbell curls, calf raises) would i just do all 4 sets at the working weight?

Also im 10pages into this thread i will read 10 each day, im learning so much from this thread by 10 pages, i think the rest will do some good! i recomend reading this whole thread to beigneers because it will answer alot of questions!

NO. You only do **TWO** work sets. If you start with a 10 rep max there is no way in hell that you'll get more than 2 sets of 10 on week 3 and you wont get the deload, recovery, super compensation effect from the first 2 weeks or the run up to week 3. All that I was trying to

clarify was that it is required to do the 2 warm up sets for the first 4 exercises and that the warm ups are not required for the rest.

01-02-2010, 07:41 AM#1929

Originally Posted by **DS1111** 

Ah there we go. Thanks for the links.
Question on the barbell curls.

I usually use the curved barbell that I believe is designed for curls. What's the difference between that and the straight barbell in the video? Plus with the curl barbell it has two positions you can use. And inner and outer position. Not really sure what's the difference between those two grips as well. I normally just do a set at each position.

Minor differences between a barbell (strait bar) and an EZ-bar (curved bar). The straight bar will put almost all of the emphasis on your biceps but for some of us it hurts our wrists and elbows. I use the EZ-curl bar. No pain and a bit more forearm work for some crazy reason.

01-02-2010, 07:43 AM#1930

Originally Posted by **DS1111** 

I know I asked this in another post but never got an answer. The overhead presses. Better to be seated or standing? I was doing them seated but switched to standing. Curious to which version others using this routine are doing.

Standing will help develop your mid section but you will probably find that you can press more weight seated. In the beginning, if possible, do them standing.

01-02-2010, 04:55 PM#1938

Originally Posted by **Insight** 

Happy new years guys, just popping in here 🍀

On this other routine now, but I miss squatting 3x a week 😞 I might switch back to something similar like this.

Just curious all pro, do you know any good simple ABA / BAB routines to check out? Or is your general road map after finishing this to move right up to the 5x5?

I like the 5x5s but I train for performance. In my 5x5 thread toward the end you'll find Reg Parks bodybuilding 5x5. All I do is apply dual factor programing to it for bodybuilders and turn them lose. One of the better ABA/BAB split set ups was posted by N@tura1. You'll find it in the other sticky at the top of the page.

01-03-2010, 05:09 AM#1948

Originally Posted by **superbad691** 

All pro is 1 set of leg lifts and crunches good enough for abs after my workout? That's what i been doing. I was wondering should i add something for obliques and how can i use progression for this??

You can also add a twist at the top of each crunch. You can add weight to the crunches by holding a weight plate at your chest. For leg lifts you can use ankle weights.....lots of them.

01-03-2010, 05:13 AM#1949

Originally Posted by **Frankfrank93**

Hey Allpro, If you don't mind could you link, or explain to me some good ab workout? How much volume, what intensity? what are some good exercises?

Normally I just work them every workout day until I feel a good burn, and I never have sore muscles the next day.

Decline ab board. Hold a weight plate at your chest. Twist left, then right at the top of each crunch. Leg lifts with ankle weights. Pull overs or pull downs. Keep them in the 10-20 rep range. So, that's 3 different exercises, 1 set each starting at 10 reps and add 1 rep every work out until you get to 20. Then increase the weight and start again.

01-03-2010, 05:17 AM#1950

Originally Posted by **DS1111**

So I've yet to actually start this routine as intended. What I mean by this is that I've been doing this routine as far as exercises, warm ups, and working sets go, but my legs just aren't ready for it yet. I tried to start the routine as intended 2 weeks ago and I tried to squat 95 lbs and ended up not being able to barely walk for nearly 3 days plus I had to not do the SLDL because the squats killed me and so I cut back on lbs a bit and finally just said hell with it and now just using the 45lbs bar SLDL and 70lbs for the squats.

So instead I've started out with 12 reps per exercise and have been working backwards adding weight as I drop reps. Plus I've been doing 2 workouts a weeks like Saturday and Tuesday with Wednesday through Friday off mainly so my legs can heal before my next workout. I started with 12 reps last week and this week I'm doing 11 reps adding weight and next week I'll be at 10 reps. My plan is that by the time I finish the 10 rep week for each exercise that I'll have my 2x10 rep max figured out for each exercise and I'm hoping that my legs will be ready for the routine. My biggest problem I'm having now is the SLDL. They're just killing me and I feel like I have a pulled muscle after every workout. I do a ton of warm up and stuff to.

My problem is that before this I was only doing upper body lifting and then running and cycling thinking that was enough for my legs. Haha, how wrong I was.

Anyways I hope this is ok preparation for this routine.

Reduce squats to 50 and SLDL to 25 and do the program as intended. You need to increase work capacity and the way you're doing it, it will take forever.

01-03-2010, 05:20 AM#1951

Originally Posted by **irrationaltalen**

Hey allpro, I'm in the middle of a my second cycle. I have been enjoying you program very much thank you!

I lost 5 lbs at first so I stopped doing as much cardio as I had been. I don't seems to be making any progress on my upperbody movements. So I left them at the same point I had at the beginning of my first cycle(Bench: 135, shoulder press:65, curls:55). If I don't see any progress at the end of this cycle what should I do?

To be honest I seem to have lost some discipline and skipped the light work out two weeks in a row. Should I just start at the beginning?

Thanks for all your help!

Are you you getting all of the reps for your first work sets for bench, OP and curls? Are you resting 1:30 between the 2 work sets? DON'T SKIP THE LAST WORK OUT!!!!

01-03-2010, 05:26 AM#1952

Originally Posted by **liftdsnger**

I read the original workout and as much of the thread as I can but with A.D.D. even attempting the 65 pages of this thread is overwhelming so I hope I'm not repeating something that has been said several times before.

I used to powerlift 15 years ago and had a trainer (friend with 30 or so years experience and some nice trophies and equipment to boot) whom over the years I've lost touch with. I only did it back then for a few months but loved it. I just restarted a month ago and remember some of the things I learned then but I know some things have certainly changed and new stuff has been learned since then, but I also know that we have not made any evolutionary changes in that time so I'm hoping what I think I remember is still good to go with.

I read the original workout and it certainly sounds very useful for some, if not most.

I usually go through 4 workouts a week alternating days vs body parts used (arms/chest, legs/back) so they're always rested for the next workout.

My routine consists of...

Arms/chest day 1: Bench, EZ Curl, Tricep Kickback, Wrist rollers and Crunches.

Legs/back day 1: Squat, Leg Curl, Leg Extension, Calf Raise, Crunches.

Arms/chest day 2: Flyes, Shoulder Shrug, Front Raise, Seated Tricep Press, Crunches.

Legs/Back day 2: Deadlift, Leg Curl, Leg Extension, Calf Raise, Crunches.

All weights done in that order to resist one exercise tiring me and weakening another exercise.

As of tomorrow I'm adding cardio on off days.

*****I use my own equipment because I can not afford to join a gym, unfortunately the leg exercises are a bit limiting. I'd like to add a leg press/calf raise bench and roman bench with dip handles but can not afford yet*****

I'll typically do 60%x8 reps, 70%x6 reps, 80%x4 reps, 90%x3 reps, 100%x2 reps, and a cool down of 60%x8 reps. (Calf raises 3 sets 25 reps body weight, Crunches 3 sets of 30) If I succeed I'll add 5 lbs, if I

do not I try again next week. I've only been held back for a week at a time but I'm aware the biggest gains come in the beginning.

My question is, is this routine too easy, or not a good plan?

On all of my off days I almost wish I did not have it off but know recuperation is just as important as the actual work. I feel little or no soreness on any day but on the day of the workouts I really feel I gave my best and feel tired, tight and a pretty good burn afterward. I do take a caffeine pill (please look this up before you contest it, it certainly perplexed me) an hour before every workout, I read that helps with the burn and D.O.M.S. (although I love the pain, calf raises kept me from walking straight one day) but can this make that much of a difference or is my routine just bad?

I am very open minded and like to think I learn well, just suck at reading. So far this workout has worked like a charm but if I can get better progress another way, please help. I've listed my workouts since I started, they have only just evolved to the point they're at.

Again I am sorry if this has been addressed before in this thread, I just zone out a lot while reading when there is so much to go through due to A.D.D. 😞

This program is good for beginners with general fitness, size and strength gains as the goal. I wouldn't use it if power lifting is your goal. How well this will work for you depends entirely on your goals and your current level.

01-03-2010, 05:27 AM#1953

Originally Posted by **CamR8** 🗨️

If i wanted to do pushups, would it be acceptable to do them on my "off" days along with cardio/abs? or

Your arms are going to be fried from the 2 pressing exercises so I wouldn't recommend adding push ups on off days.

01-03-2010, 05:29 AM#1954

Originally Posted by **Artunsan** 🗨️

Hi, thanks for preparing this routine and giving continous feedback to the questions!

I'm using the Starting Strength novice program since two months and it has really boosted my strength. I noticed that I had to eat a lot to keep my linear progression. So my body fat also increased a lot. Therefore, I will continue for 4-5 weeks and then reduce my body fat a bit.

I was planning to continue the SS program to preserve my strength while cutting. After I read the 65 pages (really), I got a confused. If I go on a calorie deficit with this program, will I be able to preserve my hardly earned strength? One reads tons of different arguments here all the time, it is hard to know what to believe. 😊

Also, SS consists of only 3 exercises with 3 sets each. Although I can complete it within 40-45 minutes, the weights are crushing hard and it is very intense. How would you compare the intensivity of your routine with SS? Which would be more reasonable to manage while on a calorie deficit? You were telling

that Bill Star's 5x5 would be too hard on a calorie deficit. That's why I am asking. SS is structure-wise similar to 5x5, but it has less volume since it is rather for beginners.

The 5x5s need lots of calories to drive them. If you're going to cut then this type of program is a better choice.

01-03-2010, 01:02 PM#1962

Originally Posted by **DS1111**

If I'm only doing 25lbs for SLDL should I just do all 4 sets at this since it's such light weight anyways or should I still be doing the 2 warm up sets with less? Like should I just be doing air SLDL for my first warm up cause 1/4 of 25lbs would only be 6.25 lbs anyways? Plus should I be dropping the lbs for the working sets on the squats and SLDL on my medium and light days since I'm doing such light weights?

I have a feeling that in a few weeks my legs will stop giving me these problems and it won't be a problem to add more weight to these exercises especially the squats. If this happens and it just becomes too easy and doesn't challenge me anymore at these lbs, would it be a problem adding weight to just these two exercises in the middle of the routine so that I'm actually closer to maxing on my last rep? Thanks for the help.

Stay with the heavy, medium, lite set up. Don't do the warm ups for SLDLs. Don't change the weight mid cycle. That will screw up the programing. After the first cycle you can test squats and SLDLs for a true 10 rep max to start the next cycle with.

01-03-2010, 01:05 PM#1963

Originally Posted by **irrationaltalen**

I get my reps in for my first set, and I wait the 1:30, gonna buckle down and quit skipping. Focus on eating enough and getting enough rest. See where that takes me.

Just need to kick my butt into gear.

Thanks all pro.

If your getting more than 10 reps then you've already gained strength. Endurance is lagging. Just repeat the weight on the next cycle. You can't force this stuff. You'll get there.

01-03-2010, 02:50 PM#1970

Originally Posted by **hankst**

Yep, *2.2.. pretty weak, eh? :/

But, I fear if I do the program "as it is" (starting with 8 reps) I'll certainly lose some muscle because I plan to stay in a deficite for some time (1, 2 months) and I'd have to lower the weight on the bar to get sets of 8 done - which is a requirement to not lose muscle while cutting.

Deadlifts: understood, okay, SLDL then

My thoughts about the exercises from page 1:

- Calf Raises: I don't want to compete in bodybuilding, I just want to lift heavy **** off the floor **and have a somewhat balanced physique** 😊
- Biceps Curls: see calf raises
- Bent over rows: nothing wrong with them, but I feel that chins would be the better choice - they'd train my upper back, and my biceps (two birds with one stone)
- I'd like to focus on the big three and the press, so I thought I could just kick anything out that takes my focus / energy away from them

I really don't mean to offend you or anything, I'm just really curious about the background behind your recommendations regarding my last post.

A somewhat balanced physique. That's why I'm telling you to run the program as is. You can add pull ups. I wouldn't recommend doing that on the first 5 week cycle. If you start with a 10 rep max you won't lose any muscle mass. You'll probably gain sarcoplasmic hypertrophy and anaerobic endurance.

01-04-2010, 12:14 PM#1981

Originally Posted by **Blownchevelle68** 🗨️

I'm doing 30-45 mins of cardio on my off days, including the 2 day break on weekends. Main goal is to lose as much weight but not hinder building muscle. Mainly doing walk/jog intervals with recumbent bike afterwards...is this ok or should I be doing more/less?

I probably wouldn't do more than 3, 20 minute sessions per week in my target zone for strictly weight lose. Losing weight is all about diet. The weight training will help you retain more muscle while dieting.

01-05-2010, 12:14 PM#1987

Originally Posted by **LaggingBiceps** 🗨️

I'm on my second cycle, second week and the program is great. Reps increasing very easily, but it's also because I'm a returning lifter.

I have some questions. My warmups are usually heavier than what is said in the program and sometimes, especially on squats, i do more warm up sets. Is this fine? As long as I get the reps on my work sets?

Also, I once missed my Monday workout so I did the same workout the next week. But if I miss the Friday workout, is that ok? Since it's only a light day and all.

As time goes by and those squats get heavier you might want to rethink what you're doing. Missing work outs is never good. 1 or 2 here and there so long as they aren't the heavy one and you can get away with it.

01-05-2010, 12:16 PM#1988

Originally Posted by **hankst** 🗨️

Okay, I'll run it **exactly** like it is if you answer me one more question:

Is this even viable for me? I'm not an absolute beginner anymore; would I see any gains? I have been lifting for 8ish months now...

If you run 2 cycles and crash and burn then you are too advanced for this type of aggressive progression scheme.

01-05-2010, 03:39 PM#1990

Originally Posted by **shank325i**

I have decided to go back to the basics for lifting and use this workout system. My only question is for certain exercises such as the military press or some others would it be wrong to use dumbbells. I have found that I personally like using them better because I tend to compensate with one arm when I'm failing with another arm when using barbells.

There are others who have come into the thread that are using dumbbells for several lifts. If you can get the right weight progression then go for it.

01-06-2010, 01:59 PM#2006

Originally Posted by **TonySpilotro**

I've read the majority of this thread and if someone had the same question I apologize.

I have always had problems with overhead press that are probably genetic. Assuming there is no way I can make the overhead work for me, is there a good substitute?

Can you do an overhead press with dumbbells? If not you would need at least 2 exercises to replace the overhead press.

01-07-2010, 12:17 PM#2028

Originally Posted by **FloridaGator**

Is there a substitute exercise for SLDL?

Glute ham raise + leg curls. But it won't really be the same.

01-07-2010, 12:20 PM#2029

Originally Posted by **juss_scrap**

all pro,

The gym I go to is kind of limited on equipment (boxing gym).

1. There is no squat rack. What would be my best substitution for this exercise? The gym does have a "Freemotion" Squat Machine, a Leg Press Machine, and a Smith Machine (which I'm pretty sure you're going to say avoid!). I guess I can maybe use the dip bars as a squat rack (I'll probably get told not to do that though). I've been reading a lot on the all-powerful squat and am very sad that there is no squat

rack. What do you suggest?

2. Can I use an EZ Bar in place of a traditional barbell for SLDL, BOR, Overhead Press, and Bicep Curls? There is really no barbell except for the bench press one which I'm pretty sure they don't want me hogging the whole time.

Thanks in advanced. Really looking forward to starting this routine.

I'm not sure what a free motion squat machine is and the Smith machine has probably crippled more people than any other single piece of equipment. That only leaves leg press. The EZ curl bar will be a pain in the butt for all of the exercises but it can be done.

01-07-2010, 01:10 PM#2034

Originally Posted by **superbad691**

im on the fourth week of my second cycle. I thought it was only if you didnt get the first set you use the same weight. Just curious what happens if i increase the weight next cycle ?? Because already did that for the second cycle

Well don't get upset if you fail hard. If you complete the first set of 11 or more then your strength has increased. The reason you fail on the second set is more endurance related in this rep range. I explained early on in this thread that this program will split the gains between size and strength. Size = anaerobic endurance.

01-07-2010, 01:16 PM#2035

Originally Posted by **NordicWolf_1975**

I don't know, you tell me 😊

Seriously i have no idea what I'm doing and was hoping someone more experienced could tell me if my theory had merit or not.

I think AP had a reason for the order of the exercises so I'll keep it that way.

BTW let me clarify: I'M A NOBODY, weaker than most here, so NO ONE should listen to what I say thinking it's better than the unmodified program.

One of the rules that I adhere to when I set up a program is to put the most CNS intensive exercises first, then the heaviest exercises next, then largest to smallest. It's a pain in the butt sometimes and sometimes there's more than 1 correct answer. The first 4 in this program really need to be the first 4. Squats should always be first. Bench or rows...either or then over head press. For this program. I grouped the program for all heavy then all medium then all lite to force the issue. With other programs I have split things up. This one works better as is.

01-07-2010, 01:56 PM#2040

Originally Posted by **juss_scrap**

OK, will do. In regards to squats, how much am I going to be missing in terms of development by not doing real freeweight squats?

My current gym membership ends in about 8 months, than I am going to get myself in a real gym dedicated to weight lifting. If I do this routine for a few cycles and than maybe some of the other routines you mentioned, am I going to still suck at real freeweight squats completely because of my current situation?

Free weights provide more balance, fine motor control and therefor CNS development. That's why athletes should NEVER use machines.

01-07-2010, 03:13 PM#2044

Originally Posted by **superbad691**

So if i didn't gain endurance does that mean i didnt gain size?? I'm kind of confused about your response

Not necessarily. But the process hadn't completed yet. Weight training is the stimulus. You grow outside of the weight room not during the work out. As the weeks go by the program can easily out pace your ability to recover and super compensate. There's actually as much as a 2 week lag time. Beginners don't really notice this to much but as time goes by you will. That's why the programming gets more complex. Simple progression schemes don't work anymore. By repeating the weight when you fail a cycle you won't lose anything.

01-07-2010, 04:27 PM#2046

61091]

Originally Posted by **all pro**

Not necessarily. But the process hadn't completed yet. Weight training is the stimulus. You grow outside of the weight room not during the work out. As the weeks go by the program can easily out pace your ability to recover and super compensate. There's actually as much as a 2 week lag time. Beginners don't really notice this to much but as time goes by you will. That's why the programming gets more complex. Simple progression schemes don't work anymore. By repeating the weight when you fail a cycle you won't lose anything. [/QUOTE]

thx for explaining it. Since i failed on only 2 exercises should i cut the tricep press i added??

It would be a good idea to cut it and run another cycle and see how you do.

01-09-2010, 06:22 AM#2065

Originally Posted by **JustWorkOut**

I believe AP mentioned somewhere buried very deep within these 70 pages or so off information that the absolute max of rest should be no more than 2 minutes (120 seconds).

What I find is that my rest varies from workout to workout.

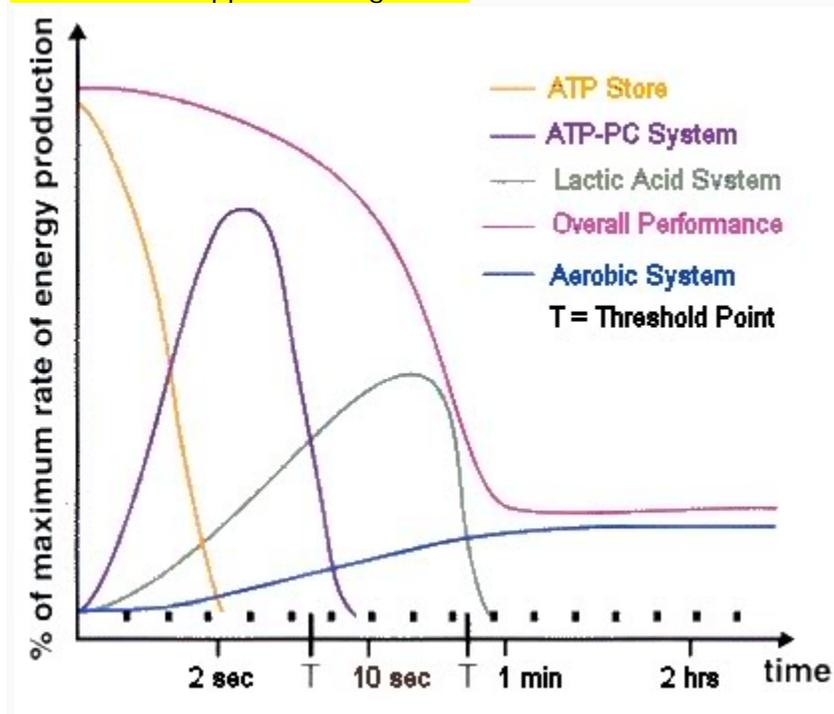
For example, I can get away with 60 seconds of rest on light days doing 8 reps.

There is NO WAY IN **** that I can do that on the heavy day during week #5 doing 12 reps.

At that point 90 seconds is still HELL !!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Some where way back in this thread I posted a chart of what you're burning for fuel and the recovery times required. I put the rest interval at 90 seconds to force your body to use glycogen rather than ATP on the second set. This will increase size gains while slowing down strength gains. I'm using the first set for strength and the second for endurance. It's tough going but it works pretty well. If you have to take more than 90 seconds between sets then so be it. The price you'll pay will be in slightly less anaerobic endurance and the sarcoplasmic size gains that go with it. But myofibrillar hypertrophy (the muscle fibers) will be a little better.

This is what happens during a set,



It takes about 2 minutes to restore ATP to 90%. A 90 second rest interval forces 2As to carry a much higher percentage of the load and that was my objective. The lactate/glycogen system which sadly this chart doesn't show is fueling the medium fibers, 2A and 2D medium. ATP fuels 2X and 2D fast.

01-10-2010, 04:56 AM#2077

Originally Posted by 19dan89

Would it be ok if i did 3 heavy days instead of heavy medium light?. I feel i would be able to recover from this.

If you go heavy every work out then you'll be over reaching in 3-6 weeks and over trained in 12. If you're human then follow the rules. If you're from the planet Krypton then go for it!

01-10-2010, 03:15 PM#2086

Originally Posted by **TonySpilotro**

Sorry if this has already been answered.

Why are curls being used instead of pull-ups? Since most of the workouts are compound I would have thought pull-ups would be included.

Is it because adding pull-ups would be overwork for the back, considering there are several other back exercises?

Not everyone can do pull ups and they can be hard to add resistance to. I chose to go with curls because it seemed more likely that everyone one would have access to a barbell even if the didn't have access to a pull up up bar and a weight belt.

01-11-2010, 12:37 PM#2090

Originally Posted by **Knytestorme**

Just a quick question about this routine as I'd like to start it next week once I work out my 10rMax.....is there any possible replacement exercise(s) that I can do instead of squats?

I have damaged L4/5 from when I used to work out and don't want to put direct pressure on my spine if I can help it. My docs have given me permission to get back into the gym to lose weight and add muscle to help protect my spine from the damage so don't want to risk the injury I'm trying to avoid 😊

If it's not possible to replace in terms of this workout then I guess going back to a steady full-body 3/week routine where I can more easily replace squats would be the best idea.

Leg press would be about the only substitute but I would suggest using the squats with very, **VERY** lite weight.

I'm telling you this as someone who has blown out the disc at L2/L3 twice.

01-12-2010, 03:39 PM#2107



Originally Posted by **Knytestorme**

Aye, my damage came from bad form on a 750lb legpress warmup while training....doctors first response when looking at x-rays was I'd be in a wheelchair if I went back to the gym so I'm a little wary of things still.

Would doing squats with a light weight provide as much benefit as doing leg-presses with a reasonable weight? Actually, how about either hack or smith squats rather than full free-standing squats?

Free weight squats with a very lite weight to rehab the injury. This is definitely not a time to worry about strength. The Smith machine should be outlawed. Stay away from it or you could end up with more severe injuries.

01-12-2010, 03:46 PM#2111

Originally Posted by **precisionporsch**

AllPro,

I've been doing this workout for about 15 weeks now and I'm getting concerned that i'm starting to hit a wall on my bench press and dumbbell curls. Today (day 1 of my 5th week), I did 12 reps of 225 for my first workset and my second workset, I was only able to do about 9. Same with my dumbbell curls... workset of 35lbs dumbbell and I could only do 9 in my second set.

What should I do now? My arms is by far the weakest (and most disappointing) part of my workout

Repeat the weight. When this stops working you'll stall at 1x10. Anything more than that and you're still gaining!

01-12-2010, 03:50 PM#2112

Originally Posted by **Gdogs727**

all pro you wont lose anything starting a cycle with the same weight? I mean i failed on three exercises on the second work set. So the next cycle ill be starting with like 12 rep max instead of a 10 max isn't that too light ??

You're starting each cycle with a 1x10 rep max weight. You've turned it into a 1x12 rep max weight. You're still gaining. You're strength gains are out pacing your endurance gains and your recovery. When you get to the point that the best you can do is 1x10 that's when the program has quit.

01-15-2010, 01:29 PM#2129

Originally Posted by **hankst**

Hey!

I started doing the workout the day before yesterday and encountered a problem:

I used my 10 RM @ every exercise, but I could not finish 2*8 at the standing overhead press (aka Military Press) with my 10 RM. I think this has to do with benching 2*8@10RM before, I may need a little bit more rest time.. what should I do?

Strip some weight off the bar or take a longer break between the MP sets? I think both would work, but I don't like the thought of going lighter..

And:

Ab-Work! I don't really "want" to do it on my off days (no access to weights for weighted sit ups; and if I work my abs I want to do it heavy!), so would it be okay to add a set of weighted sit ups every workout? I don't think this will impair my regeneration or my workout performance...

This is a common problem and yet I get a million PMs asking why I didn't include a tricep press! The simple solution for this cycle is to reduce the weight for over head press 10-20%. If you only got 6 reps on the first set then try reducing by 10%. If you got fewer than that then reduce it by 20%.

01-16-2010, 05:59 PM#2147

Originally Posted by **clouseau**

1) Is the recovery time sufficient for a 45 year old beginner? How about time between sets? Anything else to consider with regard to age?

2) Is it acceptable to replace curls with pull-downs?

Thanks.

You'll be fine, that's why the heavy, medium, lite set up.
You shouldn't need more than one minute rest between the warm up sets and you shouldn't need more than one minute thirty seconds between the work sets.
Yes.

01-19-2010, 02:23 PM#2188

Originally Posted by **clouseau**

I pulled something in my lower back a few weeks ago that has mostly cleared up, but after doing this routine for the first time, I felt a little twinge. The dangerous exercises here seem to be the SLDL and bent-over rows, so I'd like to substitute some alternative exercises for awhile until I feel ready to stress the lower back again.

(Squats don't seem to be a problem, surprisingly, possibly because I'm using such light weight at this point.)

I'm able to approximate bent-over rows by using weights on a cable and supporting my upper body against a bench, but I can't find an alternative to SLDLs that hit the hamstrings. Any suggestions?

The better choice would be to reduce the weight of the SLDLs and build up your spinal erectors. Leg curls will work your ham strings in isolation but you're going to lose everything else.

01-20-2010, 04:48 PM#2199

Originally Posted by **udm787**

Ok, so what if your bench is only 105 lbs right now. How can you do 1/4 of that if the bar by itself weights 45 lbs?

Is it ok to just use the bar for both the warm up sets? Or should one warm suffice?

Yup. Just use the bar.

01-21-2010, 04:00 PM#2213

Originally Posted by **DKLift**

Sorry if this was asked, I've read through 16 pages and haven't seen it yet...

Do you recommend a week off between cycles or just go continuous?

You shouldn't need a week off. The program has a built in deload from cycle to cycle.

01-24-2010, 04:34 PM#2232

Originally Posted by **DS1111**

Regarding the curls. I asked this question awhile back but didn't get a response.

I'm using the EZ bar which has two different grips. An outer grip and an inner grip. I asked someone at my gym what's the difference between the two grips and was told that using the outer grip will make your biceps grow more out and the inner grip will make them grow slanted in. Not sure how true this is. My question is, is that for my work sets I do one set using the outer grip and one set using the inner grip figuring this is a good way to balance it out. I'm not sure if one grip is easier than the other.

Is there any problem with this or should I be doing both sets using the same grip? What grip are others using when using the EZ bar?

Use the outer grip for both sets. The inner grip will put a lot of undue stress on your elbows when you use it for curls.

01-24-2010, 04:37 PM#2234

Originally Posted by **CLIFFO_83**

so It's ok to do all those exercises in one workout session 3-4 times a week with a days rest in between workouts?

3 times per week not 4.

01-25-2010, 11:49 AM#2244

Originally Posted by **NordicWolf_1975**

Same thing happens to me. It did get better as my strength increased (or rather my CNS adapted, probably) , but since the weight increase with it, it still sometimes happens on the last reps at the end of a cycle. AP has stated that the order of the first four exercises should be left alone, which I assume means that you could switch the order of the other ones. Personally I'd be afraid of my grip failing on the SLDL if I did curls first though.

I could have put SLDLs after squats and curls after bent over rows. That would be a tougher push but there's nothing wrong with trying it. I tried to separate things to give the CNS a chance to get a grip before pounding it again in a similar firing pattern.

01-28-2010, 01:46 PM#2279

Originally Posted by **DKLift**

I am starting week 7 and am going to run 2 cycles. I am looking for a size workout once this is complete. All Pro, I saw multiple times that you posted a 5X5 workout by Glenn Pendley that you said is good after this one. It was a Geocities link and is no longer active. Can you recommend a workout after this one for size only? I've been lifting for many years but usually just searched for a workout and did it for a month or two.

Thanks

This link works.

http://www.wackyhq.com/madcow5x5/geo...Linear_5x5.htm

Read it ALL twice!

02-01-2010, 11:34 AM#2335

Originally Posted by **superbad691**

I meant to build width to your whole back for the V shape. Which i thought was mostly the lats

O.K. now that makes more sense.

Pull downs, pull ups and pull overs.

02-01-2010, 11:36 AM#2336

Originally Posted by **TexasHeadHunter**

All-pro:

I've been following this program for over a month now, and have loved it. My biggest problem is my lack of flexibility in my legs/back (can't touch my toes) and it is really hurting me in regards to doing the SLDL's. I can't seem to keep my back straight without rolling my shoulders and getting a curve in the middle of my back. Any advice? Should I switch to a DL that involves bending at the knees or just not go as far down while I work on my flexibility?

Thanks for the great program

Are you keeping a slight bend at the knees? If so then work on your flexibility. If you don't sooner or later it's going to show up some where else, most likely squats. If that happens it could be very ugly.

02-01-2010, 11:44 AM#2339

Originally Posted by **mthdmn**

Man it just feels good to actually have a routine whereas before I was just working out whatever whenever. I'm on my third week, first cycle and I've come to realize the importance of having a good solid routine.

Anyway, my starting rep maxes are pretty weak.

bench - 144

squats - 94

Is it normal to have such a weak squat compare to bench??

Most guys almost never work their legs. They're more concerned with T-shirt muscles. That's why they end up benching more than they squat. This program should correct that in oh about 3-6 cycles!

02-01-2010, 12:05 PM#2341

Originally Posted by **HuangTu**

AllPro, thanks for your precious routine,

here some questions, sorry if already posted (hard to read every reply of this long thread):

- Is it possible to follow a light(Mon)/medium(Wed)/heavy(Fri) sequence, to allow more recovery after the heavy workout ?

- TrapBar deadlift could replace both Squats and StiffLegged DL ?

- What if one fails to reach the prescribed repetitions in only one exercise ?

Thanks

1) No. It would be worse. Part of the idea behind the lighter work outs is to help flush all of the junk out. If you don't you could be sore for days.

2) NO!!! Squats load the body differently than dead lifts in that at no time is your body unloaded.

3) Repeat the weight for the next cycle. That's going to happen to every lift to everyone at some point.

02-03-2010, 03:22 PM#2372

Originally Posted by **beeyandizzle**

hey i've been bulking, gained 10 lbs so far

loving the workout. i've been consistent with it...doing the routine 3 times a week. i also do 25 mins cardio (treadmill) 5 times a week for heart health

i've been making steady progress on all my lifts, except for today on the bench press

according to the program, i'm supposed to push out two sets of 12 reps (working sets) on all my lifts in order to progress to a higher weight next week. i was doing fine until i got to bench press. after the warm up sets i was able to push out 12 reps on the first set, but the second set, i couldn't finish all my reps i only got up to 9 reps and then i had to stop. this never happened before, usually i have no problem getting all the reps

so basically i'm going to go through another cycle of the program an increase weight on all my lifts except for the bench press because i failed to do 2 sets of 12 reps

this is the first time i haven't been able to push out all the reps...does this mean i should eat more?

what can i do to ensure that i make progress and not fail?
not being able to progress forward is discouraging...

i lift mon, wed, fri. on off days i do ab work/cardio
i get 8 hours sleep MINIMUM per day
i eat about 3200-3300 calories/day

Eventually this will happen to everyone for every lift. This program is deceptively aggressive. However, you're still making progress. Any time you get more than 10 reps on the first set you've gained!

02-03-2010, 03:24 PM#2373

Originally Posted by **krott5333**

Is an occasional full week of deloading recommended on this routine despite the built-in deload of 10% and 20% on day 2 and 3?

If you run 3, 5 week cycles then take a week off. You've earned it!

02-03-2010, 03:31 PM#2375

Originally Posted by **superbad691**

all pro im on the third week and for the bench press i was only able to get the first set. This is the second cycle my bench has failed. All the other exercises i got all the reps. What should i do for my chest?? had to lower the weight for barbel row i kept lifting my back on the last few reps

Add 1 set of flat bench,hammer grip dumb bell press after you've completed bench and overhead press. If that doesn't help then we'll determine where failure is happening and go after that muscle in isolation.

02-05-2010, 10:01 AM#2399

Originally Posted by **LaggingBiceps**

Ok, so I'm on the 5th week of my 2nd cycle and Monday I start my 3rd cycle. I'm trying to drop weight and in general my goals are strength at a low weight. I'm doing the 8-12 rep cycle. Will the program still be effective if I go 4-8 rep range?

The stronger you are, relatively speaking and the more experience you have the more effective the lower rep ranges will be for compound exercises. 4-8 reps for squats, bench/over head press and rows is very effective when the 8-12 rep range craps out.

02-08-2010, 04:20 PM#2441

Originally Posted by **FryDude**

Just finished my week 5 heavy day and I feel completely burnt out. I hope I can complete all my reps on both my medium-light days, I was finally complete 12 reps on the shoulder press. This workout pushed my extremely hard, vomited water after my SLDLs which was annoying.

I simply was not eating enough, thanks Pro. One question though, I feel as if the middle/lower part of my chest is underdeveloped. Does this fix itself as I continue to workout?

It may or may not fix itself. Check your hand position on the bar by using an empty bar and pressing the bar. Your hands should be normal so that they're straight not angled out. Sometimes it's that simple. Other times you'll need to add hammer grip dumb bell press or flies or cable cross overs. One set of hammer grip immediately after bench press works well for me.

02-08-2010, 04:47 PM#2443

Originally Posted by **FryDude**

I'm kind of confused to be honest, do you mean how I set my hands up on the barbell? And would doing one set of hammer grips after performing the bench press effect the program in any way?

If your hands are a bit wider than 'normal' a bit more of the work load shifts to shoulders. For some people this makes a big difference to their chest development. Adding a set of hammer grips could slow down progress on bench and over head press...or it might help them! Flies and or cable cross overs shouldn't effect over head press. Oh and my earlier answer was bassackwards. A slightly WIDER grip will put more emphasis on your chest.

Tough week end. Go Saints!

02-09-2010, 12:37 PM#2453

Originally Posted by **TonySpilotro**

I apologize in advance if this has been answered before.

In the even you have to miss a workout day (out of town for a few days), how do you proceed? Start over next week and do all three workouts, or do you just skip the workout so as not to fall behind. In my case I missed the light workout, so I figure its not as important as missing the heavy workout. I decided to start over the next week at the same weight as the previous week.

Because it's the lite work out just skip it.

02-10-2010, 12:25 PM#2480

Originally Posted by **Leon Vortex** 

Hey all pro, sorry if this has been answered, I did look through some pages, but 80+ would have taken all day.

Ive been doing a version of your workout over a 2 day split for more recovery, it looks like this..

I train Mon, Wed and Fri alternating the 2 workouts

Workout 1

Barbell Squats

S.L Deadlifts

Calfs Raises

Crunches

Workout 2

Bench Press

Wide Chins

Military Press

Biceps Curls

(I changed the BB Rows to Wide Chins as I was finding my lower back was too sore to do them just 48 hours after Squats and S.L Deads and ive had a history of lower back problems)

The issue im having with the workout that im starting to find a little off putting is that even though my lifts are going up and up and that the majority of my body is feeling nice and pumped, Im feeling nothing (soreness) in either my triceps or traps.

Im a little worried that im leading to an imbalance in these areas (e.g huge burn in biceps, cold soft triceps) could you kindly put my mind at ease on the issue? should I add shrugs and skullcrushers? or do I really not need them for a balanced physique?

Im still trying to de programme my mind from "flex" workouts, but like an alcoholic, im having my wobbles, lol

Well you could start by doing the entire program. You're losing a hell of a lot of volume because you're only training your entire body once per week. I'm not surprised that it's not working out to well.

Start at page 8402-13-2010, 06:29 AM#2518

Originally Posted by **FryDude**

I love this program and how simple it is. You mentioned getting bored of it and seeing as how the probability of that is low, should I keep using it until I stall?

Just completed my third cycle. Also I've been meaning to ask, regarding the hammer grips should I do them after my bench on my light days? I don't want to fail on any of my lifts.

Keep going until it stops working or you get tired of it.

02-13-2010, 01:35 PM#2520

Originally Posted by **LaggingBiceps**

Question about the SLDL's. Is it supposed to work solely the hamstrings/legs or is it good for lower back strength also? I have a relatively bad back and I don't know if the SLDL's are working the lower back or hurting it, lol.

They will work the posterior chain. Hams, glutes AND lower back. Done properly they wont hurt your back they'll help it.

02-14-2010, 11:55 AM#2530

Originally Posted by **FloridaGator**

I want to do the program ... will start in 2 weeks. I want to do 4-8 reps vs 8-12 reps. So, I should figure out my 8 rep max and start there ... right? Also, what should the calf reps be as I don't think 4-8 (or 8-12) is the on target?

Originally Posted by **superbad691**

You can do more for calf raises i do 15-19 calves respond better to higher reps anyway. But i think you shouldnt change to 4-8 reps all pro pick a rep range that will give both gains in size and strength. if you goal is strength i would do another program

That pretty much answered it. But IF you were to go with the 4-8 rep range then you would start with your 1x6 rep max. You might gain enough strength in 5 weeks to get 1x8 on week 5 but you probably will have a problem with the second set because anaerobic endurance is going to lag behind. If I ever get around to writing an intermediate program I'll show you a slick way of dealing with that. I just haven't been able to write it out in a way that makes any sense to anyone but me.

02-15-2010, 02:49 PM#2546

Originally Posted by **FloridaGator**

Thanks!

I am not sure if this matters, but I will be doing 2 days of cardio on the off days ... typically running long distances. I have to because I am in the Army and I need to maintain my VO2 max ... as well as I think it is pretty important. Will this help in keeping my endurance while doing the lower rep version?

Aerobic training, running won't help anaerobic training, weight training. They're 2 different fuel systems and 2 different adaptations.

02-16-2010, 01:02 PM#2560

Originally Posted by **FloridaGator**

Thanks. I really want to concentrate more on the strength first than the size I guess. I think my muscles need to dense up a bit before going for the pump routines. Am I right in focusing more on the M Hypertrophy than the S Hypertrophy with strength as my goal ... denser muscle fibers? If so ... would 4-8 reps (or maybe 6-10) be better than 8-12?

Well this entire thread is really for beginners and I've been trying to avoid getting into all of the various combinations, but....

If you reduce the rep range you'll have to add another set. Typically 3 sets is ideal when working single qualities anyway. I gave beginners a break by only giving them 2 sets to worry about. As a beginner 8-12 is a better rep range to use to split the difference between size and strength and 2 sets is tolerable. As time goes by I would have someone add 1 more set to squats, bench press and bent over rows AND reduce the rep range to 4-6. But I would also overhaul the entire program and reduce it to twice per week. I would also change the programming. I guess this is as good a place as any to 'rough out' a tougher next step program.

Work out 1

squats, bench press and bent over rows for a total of 4 sets.

set 1 @ 25% of work set weight for 10 reps. Set 2 @ 50% of work set weight for 10 reps.

set 3 @ 100% for 5 reps. set 4 add the weight of set 1 and set 2 together and do 10 reps with it. Any assistance work you do 1 set of 8 reps then reduce the weight by half and do 1 set of 20 reps. The assistance work can be ANYTHING that you think you need. I always include stiff leg dead lifts, shoulder press and curls.

Work out 2

Use the exact same weight that you used for work out 1 **BUT** do 3 sets of 5 instead of 1 set of 5 and don't do the 10 rep set. For the assistance work use the same weight and go for 12 reps. Anytime that you can complete all of the assigned reps add 10 pounds for the next week. It's a big jump but more on this in a moment. Continue to push it for 3 weeks. Week 4 is a deload week. On week 4 reduce the work set weight to 75% of what you've been using and do just 1 work set. No 10 rep set and no assistance work. To start the next cycle if you were failing to complete every set of a given exercise then you reduce the weight by 30 pounds for week 1 for work out 2 only. You should never be failing to complete the reps on work out 1. If you're an athlete then power cleans are the first exercise of every work out. I set them up with 4 sets. 25%/50%/75%/100% for 3 reps on work out 1, then use the same weight for work out 2 and push it for 5 reps.

What I've just laid out is Soviet dual factor, mixed qualities training. It's confusing to read and that's why I've been avoiding writing it up.

A quick example of the 3 core exercises.

Work out 1

50 pounds x 10, 100 pounds x 10, 200 pounds x 5, 150 pounds x 10

Work out 2

50 pounds x 10, 100 pounds x 10, 200 pounds x 5 x 3

Deload week

Work out 1

50 pounds x 10, 100 pounds x 10, 150 pounds x 5

Work out 2

50 pounds x 10, 100 pounds x 10, 150 pounds x 5

02-17-2010, 02:14 PM#2579

Originally Posted by **Lee1975**

1) Just curious. With this more advanced workout, are we still doing calfs?

2) When AllPro says workout 1 & 2, I am assuming that is 2 different days? For example, monday and wednesday?

3) I'm only a little confused on the assistance work. I noticed that we would not be doing many sets for those. Why is that?

You can add and subtract any assistance work at your discretion. A simple way to start is do just do what you're doing now and see how it goes. You might have to drop some of the assistance work. This sucker is a lot tougher then it looks. Monday/Thursday or how ever else you choose to set it up but allow at least 2 days between work outs.

02-19-2010, 12:19 PM#2631

Originally Posted by **mick01**

hey all pro just a quick question. due to work sometimes i can only workout twice a week now. would you suggest 2 heavy workouts a week, increasing the reps on the first workout out of the week ?

Yes. The only way to fix a lack of time is to run 2 heavy work outs per week. But it's murder.

02-20-2010, 06:59 AM#2636

Originally Posted by **mick01**

ok thanks all pro ill see how i go. if i find it to hard with the two heavy workouts, could i just do a heavy medium day ? right now it wont be a problem im only squatting around 100 kgs. as my numbers go up, i might only be able to handle 1 heavy workout a week.

You can give it a try. Normally when I do just 2 work outs per week they're both heavy to make up for the loss of volume.

02-20-2010, 04:13 PM#2645

Originally Posted by **esaul17**

If I can ask one more question...what kind of ab work and cardio work is recommended on the off days? And how many days a week?

I was thinking 2 sessions of each a week would work.

Mon: Workout

Tues: Fencing class (I am already enrolled, works as Cardio), abs

Wed: Workout

Thurs: Off

Fri: Workout

Sat: HIIT sprints, abs

Sun: Off

Abs would consist of 3-4 exercises like: weighted incline crunches, cable crunches, planks, reverse crunches

Does this seem good?

If you have low body fat you might not need any cardio. But at most 2-3 45 minute sessions should cover it. For abs, you'll have to try a few different things to find out what works best for you. Weighted crunches, weighted crunches with a twist at the top, pull overs, pull downs, knee ups. 15-20 rep set[s]. Once or twice per week. If you have low body fat do the least. High body fat do the most.

02-21-2010, 05:27 AM#2654

Originally Posted by **beeeyandizzle**

quick question about weight progression throughout the cycles:

i'm pretty sure this goes without saying, but many of us are not able to increase the weight by EXACTLY 10% due to the nature of the plates available at our gyms.

for example if someone benches 110 lbs for 12 reps twice on week 5, then ideally he should raise weight to 121 because $110 * 1.10 = 121$.

however, this would not be possible to do because at my gym because the plates we have are 2.5 lbs, 5 lbs, 10 lbs, 25 lbs, 35 lbs, 45 lbs, etc..we don't have 0.5 lb plates.

so when you get in a situation like this, is it best to round UP to the next possible weight (which would be 125) or round DOWN (120)?

Round down to the nearest plate. You're better off to be a little under rather than a little over.

02-21-2010, 05:29 AM#2655

Originally Posted by **braden101**

I have always been told it is better to do your calf raises straight after your squats?
Any truth to that?

With this program and at this level you want to get the toughest lifts done first. The first four lifts in this program is where the action is so do them first.

02-21-2010, 05:35 AM#2656

Originally Posted by **FloridaGator**

What is the form ... is it explosive up, slow down. Slow up, slow down ... 2 count up 4 count down?

Throw the stop watch away. There's no need to repeat the mistakes of the past that were largely based on voodoo, superstition and bro science. In the 8+ rep range lift the weight at a normal speed. Your CNS knows how to get the job done. Pause at the top for a 1 count. Lower the weight under control. Don't let it free fall and don't take all day to lower it. Pause at the bottom for a 1 count. Rinse and repeat. On a side note, when you lift in the 1-6 rep range lift the weight as fast as you can. That's the only difference.

02-22-2010, 12:00 PM#2683

Originally Posted by **The-Iron-Sloth**

I had to skip week 5 of my first cycle due to a bout of food poisoning. I wasn't able to eat properly all week and had to really force feed myself to even get over 2000 cal.

I'm ready to get back at it this week but I'm not sure what the best approach it. Should I start week one again, slightly increasing the weights on the exercises I passed comfortably.

Or should I just go for week 5 this week? I'm thinking it might be a bit tough after such a debilitating week last week.

Try week 5. If it's awful repeat it and see what happens. It would really suck to have to repeat all 5 weeks.

02-22-2010, 12:10 PM#2685

Originally Posted by **Cobbs87**

All pro. I have a couple questions about abs. I saw your advice. You recommend weight crunches/weighted crunches w/ twist. Pullovers, Pulldowns, and Knee Ups.

I am confused about what pullovers are in relation to abs. For Knee Ups do you mean hanging? Pulldowns I assume are the exercise on a cable for your upper abs.

My ab workout is..

- 2 x 12 Hanging Leg Raises
- 2 x 12 Decline Reverse Crunches
- 2 x 12 Decline Crunches
- 2 x 12 Ab Pulldowns
- 2 x 12 Side bends

My body fat is somewhere around 14-15%. I know you recommend closer to 20 reps for higher bf. Should I be doing 1 set of 20, because I'm pretty sure I can't do two. Also, how does one regulate progression for ab workouts? Increase reps?

Most people think that pullovers only work shoulders/lats. Well your abs are under a lot and I mean A LOT of stress doing pull overs. Your abs are a huge muscle group and work in several different directions. The trick is to find the things that YOU respond best to. For me it's anything that works the lower sections. That would be leg ups and pull overs. Crunches are so-so for me. I like to cycle the reps because I do everything weighted. For a 5 week program like this start at 1 or 2x12 and each week try to add 2 reps.

02-24-2010, 06:33 AM#2696

Originally Posted by **Cobbs87**

So I know people have asked a million questions about progression, and I have looked through and I'm not sure I quite found the answer to my question.

I just finished my 12 rep heavy day. First cycle.

Here is the issue I found. I failed at a couple things. I succeeded in squats but through up for the next hour (not really, but close). I was absolutely beat. I got 12 on bench, then 11 on the next one.

Bent over rows, I got 12 then 10. Now here's my issue. Every other week I have completed the reps for bent over rows and felt like I could do 5 more additionally. I can guarantee if I wasn't so fatigued from squats, I could get 2 sets of 13 or 14. If I were to do it again on light day, I could get the required reps. I feel like general fatigue caused me to fail that as well as overhead press instead of muscle fatigue.

For example, last week I got 2x11 on shoulder press. This week I got 9 then 6. I was dead.

How should I handle this. Should I test out my 10 rep max on my final light day. I'm fine with staying the same in weight if that is the correct course of action. I just feel like I failed drastically in comparison to all previous weeks.

Thanks in advance...

REPEAT THE WEIGHT!

You've gained strength. Endurance is lagging behind. Repeating the weight will allow for more complete recovery. More super compensation and a boost in size, strength and endurance. You're struggling due to recovery and endurance issues. Increasing the weight will probably make things worse not better.

02-25-2010, 12:14 PM#2713

Originally Posted by **DS1111**

That's not what I'm asking though. What I want to know is how much rest time should I be putting between exercises. Not sets. Like for example after I finish benches how long is the recommended rest time before I start my next exercise which would be the bent over rows.

As far as time between work sets go. I read away back in this thread that it was acceptable to up the rest between sets to 2 minutes if you had to but no more. So I was just curious if it would be considered cheating if I did this but just for certain exercises on the heavy days of weeks 4 and 5 to make sure I get the reps in. Like mainly bench and OHP seem to give me the most problems. So far I've used 1 minute 30 second rests between work sets religiously.

Probably work out to about 2 minutes by the time you get through stripping the bar and setting up the next one. Not more than 3 minutes for sure.

02-25-2010, 12:16 PM#2714

Originally Posted by **crymetyme619**

thnx 4 the link.....yes i would go for 5X5 after a beginners program.....i will follow your program for a cut

but if i follow rippetoes SS(3X5) after completing your workout i wont see any gains as a novice would?

I like Starr's programs better. Just my preference.

02-26-2010, 01:43 PM#2718

Originally Posted by **beeeyandizzle**

Finished week 3. (Currently on 4th cycle) I'm starting to experience soreness in the lower back/upper glute area. Never experienced this before. I'm guessing it's from the squats, or the rows...or even possibly the SLDLs

Out of curiosity, is this soreness my body responding to the higher weight/reps? Because in the past few months of doing this routine I have never experienced this type of soreness so I'm assuming it's not because of my form. (I have also succeeded in increasing weight for every cycle in squat/rows/sldl)

Also, how can I speed up the healing of muscle soreness? I refuse to skip a workout because of DOMS so I plan to lift in pain if necessary.

You're coming up on 20 weeks of training and fatigue is probably building up even with the minor built in deload. You might want to take a week off after you complete this cycle and see if that helps. If it doesn't then reduce the frequency to twice per week. Try 2 heavy work outs to start with.

02-28-2010, 05:42 AM#2727

Originally Posted by **FloridaGator**

Yeah ... typo on my part ... meant to say cycle. WOuldn't it be better to keep the weight progress linear from cycle to cycle?

You aren't seeing my little math trick with the progression because of the way that I set the program up. I did that on purpose. I know that each time you complete 2x12 you're right around 67.5% of your 1 rep max. $67.5 \times 1.1 = 74.25\%$. That's about a 10 rep max. The way

that I set it up stops most people from thinking about the weight on the bar. That allows them to concentrate on getting the reps without stressing over how much they're lifting and it allows joints, bones and tendons to get stronger before the weight goes up. Remember that the program was designed for beginners.

03-01-2010, 11:59 AM#2738

Originally Posted by **teemonie72**

Great work out All Pro, just started this today. I've been working out with my own routines for about 3 years and although i have gained strength and lost fat i'm not where i think i should be (still overweight with a belly), so i decided to try this. First question is for bench press, i notice its hard to balance the bar, i guess one chest is stronger than the other, so i use the universal machine where i put the 45 weights on but the bar is balanced, is that ok to do or am i gonna need to get used to doing bench presses and learn to balance my muscles. Also for squats i use the same machine so i'm not balancing the bar on my shoulders as well, should i do the free weight squat or is this one good enough. I do feel it in my legs when i use the machine for my legs and i also feel it in my chest using the same machine. Any help is appreciated. Not trying to change anything in your routine just want to know if the machines i'm using will suffice.

My preference is free weights. You will never correct the imbalance using machines. When it comes to compound/multi joint exercises free weights are superior to machines for over all balance and conditioning. If you have an imbalance and you don't correct it you are setting yourself up for an injury down the road.

03-01-2010, 12:57 PM#2742

Originally Posted by **Jsericks**

Just for future reference for myself, how many cycles should I go through before moving on to the intermediate?

When it stops working or you get totally board with it. As a few people have stated they've run it anywhere from 6 months to a year. Everyone is different.

03-01-2010, 02:46 PM#2744

Originally Posted by **FryDude**

Hey All Pro, I just completed my heavy day (10-rep) and it's now getting to the point where I have rest a little longer than the rec. minute and a half. I noticed this while doing the standing MP, is that okay? I don't know what it is but I knew that if I tried to perform the lift without taking some more resting time I would fail. I completed the 10 reps btw lol.

Anaerobic endurance. You have to make a choice. If you rest longer than the minute and a half your size and endurance gains will be a bit slower but your strength gains will be good. If you remember from the first page of this thread I stated that this program set up would split the gains between size and strength. You're shifting the curve more toward strength so it's your choice.

03-01-2010, 03:26 PM#2747

Originally Posted by **esaul17**

I've wanted to get better a pull-ups for a while. Could I end off my Light day with 3xF pullups, or would that interfere with things?

Start with 1 set on the third work out. If it doesn't screw up rows and curls then add 1 set to the first work out. And if things are still going well then add them to the middle work out.
JUST 1 SET!

03-02-2010, 11:39 AM#2756

Originally Posted by **jumpman023**

does this program still work if you only go to the gym 2x a week, or is 3 absolutely necessary?

Do 2 heavy heavy work outs each week with at least 2 days in between them. You're going to be sore for a longer period of time doing it that way.

03-02-2010, 03:22 PM#2760

Originally Posted by **norburt**

on week 2 just had a quick question, is there a stretch routine you do before and after to prevent injury. something that works best for you. Thanks for everything!

My pre work out stretch routine is Salutations To The Sun. You can Google this and get a diagram. It's pretty simple and very effective.
Post work out I use standard static stretches.

03-03-2010, 12:47 PM#2782

Originally Posted by **FloridaGator**

Would raising the reps for calfs to 16-20 be okay?

Also, on the nutrition front, trying to work in a week long cut into the program ... which week in the cycle would be best to do this, 1-5?

Boosting the reps on calves is fine. 16-20 does seem to work pretty well. The first week or 2 would be the best if your going to go for a short cut.

03-05-2010, 10:24 AM#2807

Originally Posted by **Jeremy-D**

I am a little confuse with number 2 on this list

cant post links but its in the "Why you are not growing" thread

2. The training workload is not varied. Doing the exact same lift the same way stops being productive for most trainees within 3-6 weeks. Once the body has adapted to the loading it must be changed if you are to continue to force the body to adapt.

Isn't this exactly what we are doing now? I plan to run this workout for one more round (total of 3 rounds) before switching to SS but a lot of lifts are the same "I believe" Advice please.

It takes about six weeks for the neural adaptation to be completed. You're using the same weight for 5 weeks but the reps are different each week with this program. I'm trying to avoid making this thread a long haired, very technical training primer. But what the other thread is referencing is what happens if you do the same weight for the same reps for the same number of sets. After about 6 weeks it isn't working anymore. If you go to the limit for 3 straight weeks with no variation you'll begin to feel fatigue flood over you as your CNS begins to give you the finger. This little program was designed to avoid all of those little pit falls through the use of dual factor periodization.

03-05-2010, 10:26 AM#2808

Originally Posted by **Johnel1984**

Does doing the same body parts 3 times a week overtrain your muscles at all? or is it better off to destroy them once a week?

The heavy, medium, lite set up is why you can do this. If you did 3 heavy workouts each week you'd be in a world of hurt.

03-06-2010, 08:46 AM#2820

Originally Posted by **shermas**

What do you do if you make all your lifts on your 12 rep week, then fail when you add 10% and try to get 8 reps at the next level?

That's a mathematical impossibility.

$$2 \times 12 = 70\%$$

$$2 \times 8 = 80\%$$

$$70 \times 1.1 = 77\%$$

Double check your math!

03-06-2010, 01:59 PM#2827

Originally Posted by **FloridaGator**

I am a "why" guy ... can you explain why $2 \times 12 = 70\%$ and $2 \times 8 = 80\%$?

1 set

100%/1

97.5%/2

95%/3

92.5%/4

90%/5

87.5%/6

85%/7

82.5%/8

80%/9

77.5%/10

75%/11

72.5%/12

for each additional set up to 3 sets total reduce by 2.5%

1x10/77.5%

2x10/75%

3x10/72.5%

These are ball park numbers for a rep max. But most people lose about 2.5% for each additional set. After 3 sets the numbers begin to plunge. After 5 sets you're wasting your time.

03-08-2010, 01:08 PM#2839

Originally Posted by **tuh888**

Hi just a question should i do all of the exercises in one day 3x a week as in finish all of the exercises till calf raises for example in monday. And why did you choose Stiff leg deadlift instead of normal deadlifts?Should i perform this MWF?

You do all of the exercises 3x per week. That's why the weight is set up heavy, medium, lite.

I had to choose either squats or dead lifts. Squats are the king so it wasn't a hard choice.

03-08-2010, 03:59 PM#2842

Originally Posted by **FryDude**

If I failed on most of my lifts in week 4, should I go ahead and do week 5? I'm not accustomed to failing on almost everything before week 5.

Well just finish the cycle. This might be coming to an end for you if you failed on most everything especially if it was on the first set.

03-09-2010, 12:47 PM#2850

Originally Posted by **FryDude**

The bench was on the second set but after I failed that everything else was on the first set. Should I give it 1 more go around?

Well you can repeat the cycle with the same weight and see how it goes. If the same thing happens then it's time to move along.

03-10-2010, 11:56 AM#2859

Originally Posted by **FryDude**

What would you suggest moving onto next? I still feel I'm a beginner.

Well you can do a few different things. You can keep this same routine layout but use HST's rep scheme or try Reg Parks full body bodybuilding 5x5 or Glenn Pendley's 5x5 or ???

don't know, there's a lot of different ways to go. Look for things that have real programming.

03-10-2010, 03:24 PM#2863

Originally Posted by **Cnty10**

Hey, I couldn't find via the search function...

On my day 2 workout for shoulder press and bicep curl, my barbell weight is 45lbs (my work weight is 50). The Gym only uses barbells with weight increments of 10lbs.

Any thoughts on what to do? drop to 40 for both day 2 and 3? stay at 50 for day 2 and drop to 40 on day 3?

Any help appreciated.

Thanks

Go with 40 pounds for the last 2 work outs.

03-11-2010, 12:38 PM#2874

Originally Posted by **gunnersrus**

what intermediate program do you guys recommend i should be lookin at after allpros simple beginners program, have been doin that for like 4 months and considering changing in about month time.

Some where way back in this monster of a thread I laid out a basic intermediate program but here's a link to another good one,

http://www.wackyhq.com/madcow5x5/geo...Linear_5x5.htm

You can also keep the same basic layout and use HST's rep scheme.

03-12-2010, 10:44 AM#2887

Originally Posted by **budnik22**

re: calf raises, do you recommend with dumb bells or the machines?

also, i've always been told bigger muscles require less reps, while smaller muscles require more...if this is true, is there any reason (beyond simplicity) that i would do the same # of reps per exercise? if not, what would be an ideal number for each one?

It's probably easier to do calve raises on the machine. Not all smaller muscles require more reps. The theory goes that some muscles have a higher percentage of slow twitch fibers while others have a higher percentage of fast twitch fibers. Calves and forearms tend to be the ones that get the higher reps typically 15-30.

03-12-2010, 10:51 AM#2888

Originally Posted by **precisionporsch**

Allpro,

I've done 5 cycles of your workout routine and thank you for helping me get in better shape. I am afraid I may have reached the end of this routine and would like your opinion:

Curls: 37.5lbs (8-9 strong reps on first set, 7-8 strong reps on second set) - hard to keep form now

Dumbbell shoulderp res: 65lb dumbbells (8 reps on first set, 7 on second)... not sure I can do 10

Bench press: 245lbs (7-8 decent reps on first set, 6-8 decent reps on second set)

Squats: 195lbs (8-10 strong reps... but struggling)

Bent over row: 95lbs bar...I think I can still go up

deadlift: 155lbs - I think I can still go up

Calf raise: 195lbs - still can do up

I'm most concerned about the bench and dumbbell b/c I don't have a spotter (occasionally ask people at the gym) and I think it's getting to be too heavy for me.

1) Any thoughts?

2) Do you have another program I can do?

Thanks

Edwin

With the numbers you're putting up just on squats and bench press it's definatly time to move along.

Congradulations you did a great job. Check out Reg Park's bodybuilding 5x5,

Reg Park's 5x5 Program

The Original Strength and Size Routine

by the Editors

As far as the popularity of beginner's training programs go, five sets of five reps is right up there with 3x10, 10x3, and the ever-lasting 1x20 squat program, which inspired the weight room battle-cry, "Squats and milk!"

A few years ago, Dan John wrote an in-depth explanation of several versions of the 5x5 program. Bill Starr also created a popular 5x5 plan that focused primarily on the power clean, bench press, and back squat.

We're going to take a look at one of the very first 5x5 routines to be published, originally written in 1960 by Reg Park in his manual Strength & Bulk Training for Weight Lifters and Body Builders. The late Reg Park was a three-time Mr. Universe winner and he was one of the first bodybuilders to really push the size envelope by competing at a massive 225 pounds in the 1950s and '60s.

Oh yeah, Park is also the number one bodybuilder that little Arnie from Austria admired, respected, and hoped to someday look like. Upon seeing Park on a magazine cover for the first time, Schwarzenegger has said, "He was so powerful

and rugged-looking that I decided right then and there I wanted to be a bodybuilder, another Reg Park."

Reg Park's Three Phase 5x5 Program

Phase One

45-degree back extension 3x10

Back squat 5x5

Bench press 5x5

Deadlift 5x5

Rest 3-5 minutes between the last 3 sets of each exercise.

Train three days per week for three months.

Phase Two for Bodybuilders*

45-degree back extension 3-4x10

Front squat 5x5

Back squat 5x5

Bench press 5x5

Standing barbell shoulder press 5x5

High pull 5x5

Deadlift 5x5

Standing barbell calf raise 5x25

Rest 2 minutes between sets.

Train three days per week for three months.

* After the basic Phase One, Park had a different set of recommended exercises for aspiring Olympic weightlifters. It used a few different sets and reps, and included lunges and power cleans.

Phase Three for Bodybuilders

45-degree back extension 4x10

Front squat 5x5

Back squat 5x5

Standing barbell shoulder press 5x5

Bench press 5x5

Bent-over barbell row 5x5

Deadlift 5x3

Behind-the-neck press or one-arm dumbbell press 5x5

Barbell curl 5x5

Lying triceps extension 5x8

Standing barbell calf raise 5x25

Rest 2 minutes between sets.

Train three days per week for three months.

As Park explained it, 5x5 includes two progressively heavier warm-up sets and

three sets at the same weight. He suggested increasing weights at approximately the same interval, for example:

Back squat: first set 135x5, second set 185x5, followed by three sets of 225x5. When you can complete the last 3x5 at a given weight, increase the weight on all five sets 5-10 pounds. Also, he was strongly against training to failure, saying that it encouraged a negative mindset when attempting other heavy, near-maximal lifts.

You are, however, allowed to test for one-rep max at the end of each phase. Park recommends two warm-up sets (1x5 and 1x3), followed by three progressively heavier attempts at a one-rep max. So the max testing day would be: 1x5, 1x3, and 3x1 (for each lift). Take the next four days off from the gym, and then begin the next phase of training.

For the 45-degree back extensions, begin without added weight. Once you can complete all sets, increase your poundage each set while still getting all sets and reps. Park and his training partner often used 135 for the first set, 175 for the second, and 215 for the third, and 235-255 for the fourth.

That's the entire plan, and it's a doozy. Talk about volume training? Mike Mentzer just rolled over in his grave... once. Notice, there really aren't any isolation exercises until the third phase, when you've been training consistently for six months. Only then can you break out some curls for the girls.

As far as recovery goes, Park recommended plenty of sleep and plenty of food. His main sources of nutrition would include whole milk, whole eggs, steak, orange juice, salad, protein powders, wheat germ, and liver tablets. Interestingly, the foods would remain the same when cutting, but the portions would be reduced.

With such a high volume of work, it wasn't uncommon for these workouts to last two to three hours. That's typical of the training in that era, and it's a far cry from the, "get out of the gym in 60 minutes, or you'll sacrifice growth hormone levels!" warnings of today.

Does that make it much worse than programs designed today? Is this absurdly busy training day dangerous, guaranteed to break you emotionally and scare you out of the gym? Not necessarily.

While it might not be ideal, or even fun, to do for the long term, when was the last time you had a juggernaut session and really tried to destroy yourself in the gym? Once in a while, it's okay to break the rules, especially if you have a free Saturday with nothing else to do... and a free Sunday to lie in bed, eat steak, and curse us for daring you to try this plan.

03-15-2010, 01:30 PM#2908

Originally Posted by **davco**

Man, that is hardcore! I don't see how people can do this stuff if they live my life. Full time job, full time wife, and full time kids. I will just be satisfied with being "in shape" and will have to leave the 63" chest to you bruisers!

I keep seeing stuff about avoiding training to failure. Is it just a mental thing? When I lift I usually lift until I need help with the last few reps. The guy I workout with will even force me to lift a weight that I know I cannot lift...when I finish I basically look at him and ask how it felt to curl that weight off of my chest. I guess I'm looking for some more info on the training to failure thing.

The late Reg Park was a champion pro bodybuilder from the 50s and 60s. This is what a work out looks like when you have super human genetics and no steroids. He played Tarzan in the old movies. I reduce this routine way down for mere mortals. None of the old timers trained to failure. It burns out the CNS and screws up the Golgi tendon organ feedback loop.

If you search this forum you'll find lots of knock down drag out fights about training to failure. I have a perfect record. I'm undefeated.

03-16-2010, 11:46 AM#2916

Originally Posted by **esaul17**

I used at most my 10RM for overhead press but managed to stall on just week 2 (2x9) of it. Is this normal? Should I decrease the weight, or should I just not increase for my next cycle.

A couple of my other lifts seems close to stalling too.

How can you stall on the first set of 9 using a 10 rep max weight? Reduce the weight by 5%.

03-17-2010, 02:18 PM#2925

Originally Posted by **esaul17**

I stalled on the second set (managed 9/8). Should I still reduce the weight?

Yes. Reduce it 5%. You shouldn't have any issues until the third week.

03-17-2010, 02:25 PM#2926

Originally Posted by **Lcfr**

Hey all pro!

First of all I want to thank you for this great workout program! I am at my 5th cycle and I have a few questions.

I read all of the 98 pages of this thread. I used the search function a couple of times, most of the time I found what I was looking for, so sorry if it's been answered I couldn't find it.

Here is what I did:

I did the first cycle as it was written. Since I read it is okay to use chin-up and because I don't like isolation exercises at all, I replaced Curls with chins on my second cycle, I was able to finish all of my lifts with 12 reps, so it did not interfere with my lifts. I did not change anything with the 3rd one, but I added

one set of push ups until failure at the end of every workout when I did my 4rd cycle and I was still able to finish my 12 rep week and I moved abs from off days to the end of the workout.

My questions are:

1 . You said use the program until it stops working. Which is like when you fail after 2 cycle with the same weight, am I right? Can this happen like I won't gain any more weight with this program after a while, or it just simply means I need to increase my food intake a bit more because of my new body weight? (its not the case currently, im growing like a mushroom)

2. I like full body routines, its simple and effective, I don't even want to try split routines. I'd like to move on to Bill Starr's 5x5 when this one stops working, or if you would tweak this one it would be great 🙏. Should I try any split routines to see how my body reacts to it? Because I ready everybody is different and splits may give me the results faster. But I really don't want to do them. Can I reach my body's full potential by doing full body routine? I think the most important thing is to have fun while training, and I just love every one of the exercises im currently doing. I would only use splits if I wanted to correct some muscle imbalance or something

3. Should I do cardio on off days since I'm ecto and I hardly gained any fat. I know it's good for the heart, so I was planning in the last few weeks to implement a basic cardio rutin, like running a few miles or something, but I was not sure if it's needed at all, because I read ectos shouldn't do too much of it. What Would work the best for me?

4. Are the changes okay what I did with the workout? Is there any other exercise I could add to the workout? I'm addicted to training now. When I finish my workout, after a few hours I just want to go and do some more chins or push up, anything. But I know I shouldn't. I work from home so I basically rest all day and I always have the required sleep for my body to recover, and I have the gym in my basement. On off days im suffering, all I can think of is, when will be tomorrow so I can finally train. I know bodybuilders want to customize everything and It's really hard to resist. 🙏

Oh yeah and my gains are 52 lbs so far, thanks to you! I started at 125 lbs 6'3".

1) The stall I was referring to is the weight on the bar and the number of reps you can complete with it. Your body weight is regulated by your diet.

2) Starr's programs are excellent. There are no losers in that group unless you choose the wrong one for your level.

3) You don't have to do cardio. That's your choice. I use HIIT.

4) From this question I'm going to suggest you try this one next,

http://www.wackyhq.com/madcow5x5/geo...Linear_5x5.htm

READ IT ALL!

Originally Posted by **drdanimal**

I've read through a good portion of this thread and didn't find too much information on what I'm about to ask, but sorry if it's been covered.

AP mentioned that you could change the reps slightly. I would like to go for strictly more mass building, so have shifted the reps from 8-12 in the 5 week progression to 5-9. Since I'm changing this, I know the 10 rep max wouldn't apply to my program and I figured a 7 rep max instead.

1) Are there any problems with this?

2) Also, with a "higher weight/lower rep" variation to the program, will the 10% cycle increase still apply, or would you adjust that, as well?

Thanks!

Originally Posted by **FloridaGator**

I went this route a couple pages back (read pages 85-86). Basically, if you lower the reps to 5-9 then 7 is the number you need to find out. You might need to do the math to find out the volume because you might want to add another set in since you lowered the reps.

Also, it sounds like you are more interested in S Hypertrophy (not M Hypertrophy) so you might want to go 10-14 instead of 5-9. Denser muscle fiber, strength, is what you will get with a lower rep higher weight workout. But as AP explains in his answers to me, you will be lacking in endurance as you progress.

I looked at this the same way you are looking at it ... weighed the options ... and ended up just sticking to the 8-12 as laid out. Good luck, and if I am wrong with any of the above I believe I will be corrected. 😊

No you pretty much nailed it Gator. The real problem is that anaerobic endurance will suffer for the sake of increasing strength at a faster rate. Adding a 3rd set for squats, bench, rows and over head press would correct that but it will take more work capacity and recovery than most beginners have.

03-21-2010, 09:37 AM#2949

Originally Posted by **kdon**

i know this is aimed at 50/50 size & strength, how would i gear it more towards size? not really bothered too much about strength

Eat more, add another work set, reduce frequency to twice per week and if you're a beginner prepare to end up over trained in a few months.

03-25-2010, 12:35 PM#3006

Originally Posted by **jw9364**

First of all I want to thank you for your very effective workout I am about to finish my second cycle and about to start a third

Taking the advice from this board I have decided on a 5x5 as my next workout

that being said I want to do a 5x5 with power cleans in it and since I have never done power cleans before I was wondering if it would be suggested to start doing power cleans or hanging cleans instead of bent over rows in your workout. To work up for a 5x5

I **LUV** power cleans but don't add them or trade them for bent over rows with this program. I didn't make any adjustments for them.

03-26-2010, 11:48 AM#3021

Originally Posted by **DerekKirbow** 

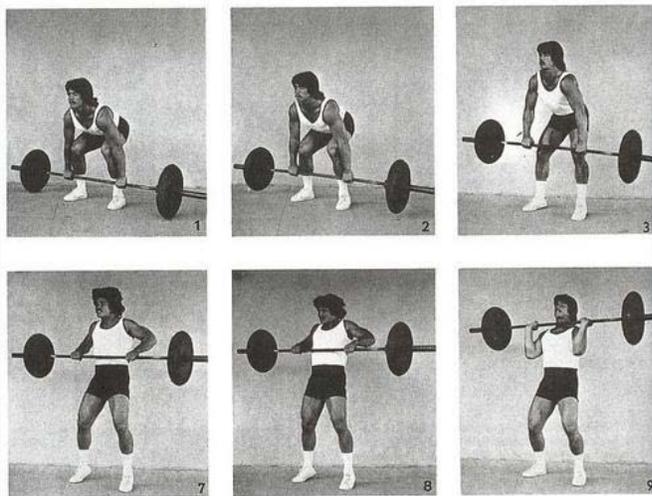
would you say power cleans are an advanced move or ok for beginners?

You need a good coach or a good book to learn how to do them. Bill Starr's version is simple enough to learn. Rippetoe's is a bit more complicated. I prefer Starr's version.

From Starr's book Only The Strongest Shall Survive

<http://ironmind-store.com/The-Strong...ductinfo/1278/>

THE BIG THREE — THE POWER CLEAN



The Power Clean

The "athlete's exercise." If your program only allowed you to do one exercise, this would be the best. The muscles involved are: upper and lower leg, hip girdle, lower, middle and upper back, the upper arm and the forearms. In fact, there are so many muscles involved in this movement that if they were listed this section would read like an anatomy chart. Suffice it to say that the power clean is a most complete single exercise.

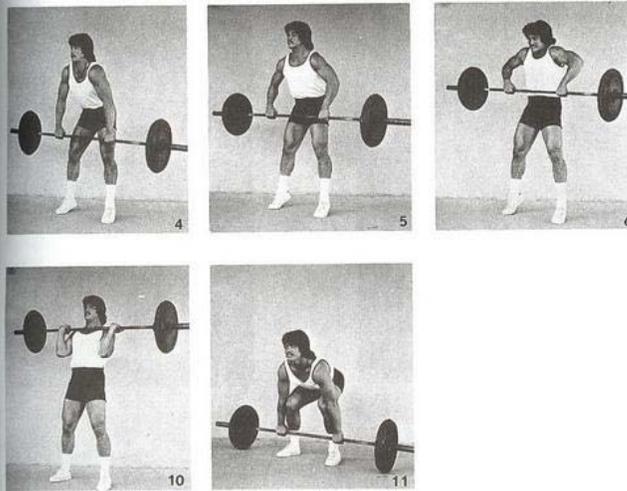
Step up to the loaded barbell so that your legs are just about touching the bar. Push your chest out, look straight ahead and reach down and grip the barbell. Your grip will naturally fall at about shoulder width. Keep your lower back very flat and your arms perfectly straight. Ease the bar off the floor slowly. Do not try to pull it off the floor quickly as this will make you break the proper position. As the bar passes your knees, bring the hips forward very rapidly. Almost at the same time, perhaps merely a fraction of a second later, pull with the muscles of the upper back (trapezius) and the arms (biceps and brachioradialis). This will bring the bar to shoulder level. Now bring the elbows

under the bar and let it rack on your pectorals and frontal deltoids. Lower the bar cautiously, making sure that you keep the same flat back on the downward route. Stop. Reset your body position and repeat the movement.

Breathe both at the start and finish of the power clean but hold your breath during the exertion. On lighter warm-up weights, you will be able to do all the reps on a single breath.

You will quickly discover just how important the factor of speed is once you begin this exercise. You must move the bar quickly once it clears the floor. The hips snap towards the bar, the traps contract violently and the arms finish the motion — all in a flash. A loaded barbell does not stay suspended in the air for very long. This speed developed in this lift is carried over onto the playing field. Since the motion of the power clean is very akin to the motion of the player coming off the line and striking his opponent, it has a special merit for football players. The upward snap of the bar almost duplicates the thrust of the forearm shiver. The striking blow delivered by the lineman is strengthened tremendously by this single exercise as identical muscles are

THE BIG THREE — THE POWER CLEAN



involved.

The bar needs to be pulled close to the body in order to achieve maximum performance. The mechanics of the body levers favor the bar being next to the body on its complete route. It should be against the shins at the start, pass just over the knees, brush the stomach and chest as it passes them. If the bar hangs too far from the body, even so much as an inch or two, the big muscles of the upper back are not in as favorable a position to contract completely and this, naturally, limits the amount of weight that can be used in the exercise.

As the bar passes the hips and you are about to give the final lift with your arms, do not let your elbows float backward. The elbows should lift directly to the sides and be

pointed upward at the conclusion of the lift. If you begin pulling backward you will limit the poundage used once again because you are not using the best possible body leverage. If you find the bar knocking you slightly backward at the end of each lift, you can rest assured that you are pulling back rather than up on the bar.

Another by-product of the power clean is the terrific cardiovascular work it gives to your body. A few, quick sets with a heavy weight (relatively speaking) leaves even the most conditioned athlete sucking for oxygen. When used in a circuit, this exercise can do wonders for an overall conditioning program. It has, in short, great fitness value along with being a most excellent strength building exercise.

03-27-2010, 11:45 AM#3032

Originally Posted by [juan92](#)

just wondwering if i could add pull ups ?

After you've run your first 5 week cycle.

03-27-2010, 11:46 AM#3033

Originally Posted by [Flaming_Duck](#)

sounds good, thanks

since u mentioned "should" tho, i was wondering wut weight my overhead press, and bicep curl should be. i squat and bench the same right now, 125 (yeah, shockingly low lol, started out rly skinny). curl - 60. press - 70. any goal i should be reaching for those?

Over head press will probably end up at about 75% of bench press.

03-28-2010, 12:43 PM#3041

Originally Posted by [leftvertical](#)

Hi everyone!

I just signed up to post 2 questions whose answers I couldn't find in the first 10 pages of the thread.

1.) Does the weight go down for work sets only on Medium and Light days or should I lower the weights used in warm up sets on those days too?

2.) when the work out is finished, is there anything to do like stretching, and if yes, how?

You only have to change the work set weight. Slow static stretching AFTER a work out if you feel the need to.

03-29-2010, 11:49 AM#3048

Originally Posted by **Yashnaheen**

I love this routine, have been using it since December. It has done just what I wanted it to do. I have a nice foundation to build from, and it is still working for the most part.

A question, though. My triceps and lats aren't keeping up with the rest of me. My calves are starting to get a little out of control (Not that I want to seem like I'm complaining about too much gain, but they are really getting big in comparison to the rest of me). Would it be too much to add pullups and specific tricep work to the routine? I don't think its quite yet time to move to a more specific, isolated type of routine.

Or perhaps is starting to notice disproportionate gains a sign to move on?

Add 1 set of pull ups and 1 set of tricep press to the end of the work out. Use the same progression scheme. If your calves are really out of control reduce them to just 1 work set.

03-30-2010, 12:22 PM#3056

Originally Posted by **JustWorkOut**

Couldn't you also reduce the reps of the calves to maintain the strength ie 2 sets of 5 reps but with more weight???

Either way will work. I gave the simplest solution.

03-30-2010, 01:25 PM#3065

Originally Posted by **superbad691**

all pro for the barbell row do you have to be bent over 90 degrees i usually only go 45-60. a couple of people at the gym said to 90 degrees and look at the floor

As close to a flat back as you can go without falling over. Bend your knees a little bit and you'll find that you can get your back almost horizontal.

03-31-2010, 02:06 PM#3080

Originally Posted by **LivinOutLoud**

Thanks for the routine! I was looking for somewhere to start and this looks like just the thing. I'm anxious to get started!

I have a question regarding cardio . . . why is it better to do cardio after lifting instead of before? I'm new to all this so your help is appreciated.

Cardio before lifting will drastically reduce your weight lifting performance. But weight training doesn't seem to impact cardio. Your working 2 different fuel systems and entirely different muscle fiber groups. Type1s that you'll need for cardio will recover very quickly after weight training. The reverse is not true.

04-01-2010, 12:59 PM#3088

Originally Posted by **Cobbs87**

All pro,

Not to hijack the thread, but I've been a little foggy about something. I'm moving on to my third cycle of this workout and I've been cutting essentially the whole time. By the end of it, I may have lowered my body fat by about 10% (started around 20, will likely finish close to 10).

That being said, I have the same basic goals as many others, gain muscle mass, and gain strength. Now while I would love to get that 225 bench milestone (currently 135), I am not satisfied with my general muscle mass, and feel I have a lot of room to grow.

When people refer to a 5 x 5 as a strength workout, does this imply that I won't gain much muscle mass? I'm sure I'm completely misinterpreting this, because I don't think I've ever met anyone scrawny who benches or squats in the 300s.

Should I keep with your workout, but switch to a bulk or should I switch to a good 5 x 5 with a bulk?

In MHO 5x5s are the \$hit. Pendely's version of Starr's program, typically called Madcow on this board, has produced some monsters.

http://www.wackyhq.com/madcow5x5/geo...Linear_5x5.htm

I have a 5x5 thread listing many of Starr's originals.

<http://forum.bodybuilding.com/showthread.php?t=809027>

Bodybuilder, n. A weight lifter too weak to be a powerlifter

04-01-2010, 01:00 PM#3089

Originally Posted by **MatixJDW**

Would it be okay to do 4 sets at my regular set weight on calf raises in stead of just 2?

Many people have increased the rep range, 16-17-18-19-20. That's probably a better alternative to increasing the number of sets.

04-02-2010, 10:00 AM#3099

Originally Posted by **TKJones21**

Any particular reason for the stiff legged deadlifts vs. a regular deadlift?

Originally Posted by **JustWorkOut**

Rows already work the back, so sldl are done to not overwork the back muscle group.

Dead lifts would work almost the exact same muscle groups as squats and I still wouldn't have addressed the posterior chain properly.

04-03-2010, 11:56 AM#3115

Originally Posted by **budnik22**

what's the difference between doing seated and standing military press?
also, difference between lowering bar in front of body vs behind neck?

lastly, instead of barbell rows, can i use one of the two free weight machines, one you pull weight via handles while straddling a bar, other one is a "t-bar" style with handles on the side (sorry not sure of technical name). the latter seems to be alot more comfortable for me, but i'm open to doing whichever works best?

If you do overhead press standing you'll be strengthening the core muscles, abs and low back at the same time. However if you the overhead presses seated you will probably find that you can lift more weight. Behind the neck is called a french press. I detest that lift. T bar rows are fine.

04-03-2010, 02:21 PM#3122

Originally Posted by **ABSPR**

AP:

Thanks again for this great program.

I will begin week 22 on Monday. I will get out 2 workouts that week since I will have surgery on Thursday with the ENT because some sinus and septum problems. The doctor told me to take 2 weeks without pushing any iron, that i can do some cardio but no lifting 😞

I need some advice about returning after the 2 week break. Should I just reset as I will start a new cycle with the weight i was using in week 21 or should i come back to the weight i was using in the week 16-20 cycle?

To all the new readers... This is a great plan, and don't try to change everything. I have loose 50 pounds and my lifts keep going up very 5 weeks. I haven't failed in any lift yet but still there are days i can barely make it. there are others that feels like a walk in the park.

When you return start with week 1. A 2 week break is to much to come back and just jump in the middle of.

About the part I bolded...I should be selling this. I could have retired by now.

04-04-2010, 03:25 PM#3140

Originally Posted by **JustWorkOut** 

I finished my 4th cycle last week.

Now I just finished my heavy and medium day of cycle 5 week1.

My arms (forearms) are experiencing DOMS again, and I felt the heavy workout was difficult. (8 rep workout is usually easy)

So do you think it is time for me to take a week off? It sure feels like I need it because my muscles haven't recouped from the last cycle yet.

What I was thinking was to do 2 X Week 1 workouts as a deload.

Is that OK???

So my 5th cycle will look like this containing 6 weeks instead of 5:

week 1 8 reps

week 2 8 reps

week 3 9 reps

week 4 10 reps

week 5 11 reps

week 6 12 reps

Is this OK, and will it be effective??

Thanks!!!!

Yup!. Finish the cycle and take a week off. You've earned it.

04-06-2010, 12:01 PM#3166

Originally Posted by **mountainstone** 

All Pro,

I've never heard this before. Can you elaborate as to the hows and whys?

This is of particular interest to me since I just today completed week 1, day 1 of cycle 2 and my row increased to 110, my bench increased to 145 and my bicep curl did not increase. Will my bench stall eventually until my rows increase to match? Will my bicep curl be forever stalled until my rows match my bench? Will rows and bench parallel each other consistently throughout development?

Sorry if these are painful noob questions, but...I'm a noob. I do appreciate everything you've taught me thus far, and I love this program.

Rows are working the hell out of your biceps and forearms. Most people don't notice it while they're lifting. Remember that you're doing curls late in the routine and they've already been 'pre-exhausted' from rows and anything else were they were used as a stabilizer. That's pretty much anything that you had to hold on to. You will probably find that rows are a bit stronger than bench after a while. You've got a bit more muscle to pull on the bar than you do to push it. And strangely enough as rows get stronger so will curls!

04-06-2010, 12:05 PM#3168

Originally Posted by **Domer08**

Thanks All Pro, great program.

Heavy day today on week 4, definately getting intense. First 4 lifts really kicked my ass, failed one set on overhead press. Not looking forward to week 5, ha!

I had never done straight leg deads before this program, so I started relatively light on those (same weight as my bench). How should that lift compare weight wise to the others?

SLDLs will rival your squat. You will be amazed how much weight you'll end up lifting with those guys.

04-06-2010, 12:11 PM#3170

Originally Posted by **norburt**

today is my heavy day bench 155 2x10
how much should my rows be?
my overhead press is 125 2x10 today
how much should my squats be?

reason im asking is i wanted to start off light for squats deadlifts and rows to prevent injury. since i havent been lifting for a while, however i feel stronger now and prepared for a heavier lift. squatting 135 10 times is good but i think i can do more. stdl is embarrassing LOL.

I was doing rows 75x10 but tried 135 rows and did 10.

Is it ok to up the weight in the middle of this routine or should i finish the way i started and instead of upping it 10% up it 60 pounds haha. Remember i started light to prevent injury and get the form down perfect. now i feel confident to up the weight. Question is should i now or later and how much...

I know the 10 rep max is what we are supposed to lift with but im in no hurry honestly. rather be lifting heavy in 5 years than injured in 5 months.

Thanks.

You could finish the cycle then take a week and retest your 10 rep maxs to start the next cycle with. NEVER change the weight mid cycle unless you're lowering it.

04-07-2010, 02:36 PM#3197

Originally Posted by **jumpman023** 

So by heavy, I'm guessing you mean do the two HEAVIEST days in the week (my question was regarding whether its fine to work out 2x a week). For example:

If your heavy day is bench for 100, then the next workout in the same week would be 90, and then 80 since you decrease weight by 10% each successive workout during the week, correct? But you're saying that I should just workout 2 days with 100 lbs for the same amount of reps (i.e. if I do 8 reps on Tuesday, then I do 8 reps on Friday) instead of dropping it down?

Also, I think I asked this already but I can't find the answer, is it OK to use dumbbells or do you highly recommend barbells? Finally, do you recommend GOMAD-like diet and eating at a huge surplus to see results?

thanks again man!

If you reduce the program to twice per week both work outs would use the same weight and be done for the same number of reps. I prefer barbells but there are several people in this thread using dumbbells. I'd rather change 2 weight plates than 4. You don't need to over eat. How much size you gain will be determined by how much of a surplus you eat. If it's to much of a surplus you won't be happy with where that size goes!

04-08-2010, 02:38 PM#3214

Originally Posted by **dtown1984** 

why bicep curls instead of pull ups or chins?

How can you adjust the weight from work out to work out? Pull ups can be added to the program but there's no way to set them up on a program.

04-08-2010, 06:01 PM#3220

Originally Posted by **Gdogs727** 

all pro if you used one of the machines such as the cable pulldown or something else could you switch that with curls???

YUP!. So long as you have a way of adjusting the weight so that you can follow the progression scheme then that should work.

04-09-2010, 11:09 AM#3239

Originally Posted by **Gdogs727** 

Your biceps will still get big or gain size without the isolation ??? Only problem with the cable pulldown most gyms go by 20 pounds

The long head will still grow. The short one is why curls are in there. AND the rows are already working the long head.

04-09-2010, 11:19 AM#3241

Originally Posted by **Jeremy-D**

I know I am going to get blasted for this so take it easy on me. I have done this workout for 3 rounds now. Would it be a terrible thing if I added another set to the working set?

Try it. If you've gained enough work capacity and recovery it will fine. If not on weeks 4 and 5 YOU WILL BE CRUSHED! You might want to reduce the frequency to twice per week and do both work outs with the heavy weight. At that point you're almost doing the intermediate work out.

04-09-2010, 11:45 AM#3243

Originally Posted by **superbad691**

Little confused long head and short head can you explain this

When you flex your bicep that peak is the short head. It sticks up like a mountain peak. In order to get that your palms have to be facing your bicep. That's why people fall in love with curls and as I've already stated the long head is getting worked with rows.

04-10-2010, 05:12 AM#3251

Originally Posted by **FloridaGator**

allpro ... Been meaning to ask this question and it is probably a newby question. At 40yrs old and being in the Army 17yrs now I have worked out for most of my life. I consider myself an expert in the cardio area but a novice in strength training. My previous weight lifting mentality was isolation and work until you feel the "pump" in that muscle. The pump is that feeling you have when you the target muscle swells up and remains hard for a good 30min after the workout. So far, this workout has not given me any of that pump. But ... I do feel a buzz all day, especially after the heavy day. And I am seeing more growth with no pump work. Is this feeling the resulting from targeting the CNS which I believe doesn't happen much from isolation workouts?

Thanks,

Richard

This is a whole new world for you. People get hooked on the pump because of the feeling. That feeling happens because you're forcing blood in faster than the body can push it out. You won't get that feeling with compounds all though I can set it up so that you will feel the burn. The burn happens when you perform a lift long enough to get into the lactate fuel system. The better the condition that your in the harder you have to work to produce the pump or the burn. The program that produced the most wicked pump and burn that I've ever gotten is called super slow. After 3 months of it I lost size and strength. NEVER base anything on feel alone! You'll begin to feel more of a pump and burn when you get to the point where you've reduced the frequency of this program to twice per week and boosted it to 3 work sets. And your guess about the CNS is correct. Compounds hammer it. That

feeling is more intense when you're working in the 1-6 rep range.
Where are you currently deployed?

04-15-2010, 12:36 PM#3312

Originally Posted by **oooyeee**

This workout has given me very positive results, except in one area:

I have made no progress at all in my upper chest - It is getting to the point where my upper chest seems non-existent and looks very disproportionate.

Is there anything you could suggest that may help this??

Perhaps throwing in an incline exercise once a week, or perhaps replacing flat bench to incline

Thanks in advance

1 set of hammer grip dumb bell presses on an incline bench after bench and over head press. See if that helps.

04-15-2010, 03:30 PM#3322

Originally Posted by **oooyeee**

Just to ask: Why would you choose hammer grip dumbbell press over normal incline db press??

It's a different angle and not only will the incline work the top but the hammer grip will work the outside. Everybody LUUUUUUVS that squared off look.

04-16-2010, 12:09 PM#3325

Originally Posted by **superteen1996**

Hey all pro, how do you feel about Front Squats in place of the regular ones?

I like them better because I feel they make my quads do most of the work, rather than my hips.

Front squats are a good exercise. But I would NEVER replace back squats with them. You can use more weight with back squats and that ends up working the entire posterior chain. If quads are all you're worried about then you would be better off to add a set of leg extensions rather than trying to do back squats and front squats.

04-16-2010, 01:32 PM#3335

Originally Posted by **Rezigrene**

And yes, those are stiff legged dead lifts. Those are doable on a Smith Machine, aren't they?

Doing them in correct form means setting the bar to the mid thigh, grasping it, lowering it until I feel my hammies pinch, and then raising while keeping a straight back, right?

Sorry for all of the questions. I just have a lot of them, and if I'm going to do this I may as well do it right. I hope you guys aren't too flame happy.

That's about the only thing the Smith machine is good for, well that and hanging your towel on.

04-22-2010, 12:48 PM#3439

Originally Posted by **bassettjason**

So I MADE IT to my 10 rep week. Mon. the only thing I stalled on was curls . But my sleep this week hasn't been too awesome. I had to skip today (my med. workout) for an all day photoshoot, and I was simply too tired. And I HATE skipping a workout! Do I do my med day on FRIDAY or continue with light?

By the way, you were right. It def gets harder! but more focus and it's all good!

also, do you not recommend rows with dumbbells?

Originally Posted by **FloridaGator**

I am on my 10 rep week of the 2nd Cycle ... and I too had to skip my med workout due to having to take an Army Physical Fitness Test this morning. I am going to do the heavy workout tomorrow ... so this week was Heavy on Monday and Heavy on Friday.

Like FG said repeat the heavy work out any time you have to blow off the middle one. I like bar bells over dumb bells. It's just my preference and I think it's a bit easier to coordinate the lift with a bar bell.

04-22-2010, 12:53 PM#3440

Originally Posted by **shermas**

All Pro, a couple quick questions:

1. how many cycles does it take to start seeing results (if diet is in order)? I think you said you can usually see visible improvement in 3 cycles, but I can't remember.
2. what do you think about mixing in some tricep exercises on my medium or light days? maybe some skullcrunches or pull downs in a superset with my calf raises?

Thanks... I'm really enjoying the program. I'm in my 3rd cycle and it's crazy to think that my 'light' day was my 'heavy' day a couple months ago.

Maybe 3 cycles. Some people will see a big difference in the first 5 weeks. If you want to add a tricep exercise I'd rather see you add 1 set of hammer grip dumb bell presses to each work out. Just follow the same heavy/lite/medium and 8/9/10/11/12 progression scheme. 1 set of stiff arm pull downs to work shoulders would be a nice addition. Run a cycle like that and if it's all good add the second work set.

04-23-2010, 11:37 AM#3452

Originally Posted by **norburt**

i went to vegas : P for 5 days. kinda um messed up. i was done with my sets of 12 and ready to up the weight 10%. after this trip dont think im ready. should i just start over?

Go ahead and increase it. The worst that can happen is that you'll have to repeat the weight and that probably wont happen as you've already done the 12 rep week.

04-27-2010, 05:00 PM#3489

Originally Posted by **Goshtin**

Thanks for the help, I wish I could do back squats but all I have at the moment is a bench and a bar, so dumbbell squats are my best alternative it seems, I was looking around and found something called a Goblet Squat, I tried it and it seemed easier to handle than squatting with two dumbbells, would it do or am I better off just doing lunges? I'm sorry if my questions seems repetitive I'm totally new to lifting and I don't want to be doing anything wrong.

Well if dumb bell squats are out of the question you'll have to decide between dead lifts, (they'll be murder on your back with the SLDLS) and goblet squats.
I'd go with the dumb bells if I had to.

04-29-2010, 03:37 PM#3522

Originally Posted by **Bloude**

Hello all,

I'm on my 4th week of the second cycle with this program and it's working really well.
My lifts are going up and so does my weight, but I still have one lagging point it seems I can't improve ...

I don't manage to increase weight on the military press. I failed the first cycle on this exercise, so I didn't increase the weight.
No I'm at a point where I'm struggling with the same weight than the very first week. Worst, yesterday I did the military press just after the bench press, and I could barely do 8 reps, my triceps were dead.

And I think my form is good as I try to copy PT seen on the internet.

Anyone else have this problem ?
I'm scared that if I do the military press before the bench press it would handicap my bench press.

Put the military press after rows. Other than that all you can do is be patient. And now you know why I didn't include a tricep press.

04-30-2010, 10:52 AM#3531

Originally Posted by **tractorboy**

Hello, I've been doing this routine for four weeks - therefore up to 11 reps.

Overall progress is good, gaining strength and putting on weight. I'm stalling a bit on the bench - managed the first set of 11 on my heavy day - really struggling on the second set, i got to 9 and even then the form was pretty poor.

For next week, the final week of the cycle what do I do with the bench, try 11 again? Try the full 12 in case this was a blip due to being tired or reset to 8?

If i reset to 8 do I only do this with the bench and continue running the other excersizes as normal?

Cheers, hope it made sense

Get as many as you can in good form. You'll be repeating the weight for the next cycle.

04-30-2010, 10:56 AM#3533

Originally Posted by **norburt**

hey im getting strong and this is really a great workout. god bless you for this free info!
just one question i saw this workout and was wondering if its just bs or do people really do workouts like this one listed below. thanks for your opinions on this one.

It's simple guys and you just need to stick to the plan....

SETS X REPS

Monday

Barbell curls 10 X 25
bench press 10 X 25
dumbell curls 10 X 25
incline bench press 10 X 25
Hammer curls (dumbel) 10 X 25
decline bench press 10 X 25
concentraion Curls 10 X 25

Wednesday

Barbell curls 10 X 25
bench press 10 X 25
dumbell curls 10 X 25
incline bench press 10 X 25
Hammer curls (dumbel) 10 X 25
decline bench press 10 X 25
concentraion Curls 10 X 25

Friday

Barbell curls 10 X 25
bench press 10 X 25
dumbell curls 10 X 25
incline bench press 10 X 25
Hammer curls (dumbel) 10 X 25
decline bench press 10 X 25
concentraion Curls 10 X 25

With enough steroids anything is possible. My question is why do more than 5 work sets? 3 is the sweet spot.

05-01-2010, 04:50 AM#3537

Originally Posted by **JerseyRun**

First, let me say that I really like this routine. After trying to come up with my own and just confusing myself to no end, this one is simple and has me feeling worn out...in a good way of course.

Couple of questions:

1. My lower back is not in the best shape due to an injury from way back...the deadlifts hurt and not in the good, working my back out way. What is the closest thing I can do to replace the deadlifts, or should I just use very, very light weight and acclimate my back to the

excercise?

2. There are other lifts that I enjoy. They aren't compound lifts, I guess they would be secondary lifts: cable cross-overs, shrugs, shoulder raises (front and side). Can I add just one of these lifts to my routine once a week...alternate them? Or would this hinder my progress.

Don't add anything until you've run several cycles. You have to build up work capacity and recovery. After a few cycles you can add 1 exercise per cycle. That way if the addition screws up something else you'll know what did it.

About your back, do the stiff leg dead lifts, just keep the weight lite. Your back will never get stronger if you don't do something about the problem. Trust me, I've blown out the same disc 3 times.

05-02-2010, 03:42 PM#3546

Originally Posted by **icanflynucant**

Quick Question. I been on this routine for 3 cycles. However my weights are still low relative to some people but I don't think that matters because I am seeing a change. One big thing is my posture is not horrible anymore and I am pretty amazed at that. So many reps to you All Pro for this routine.

My question is this. Instead of repeating the weights for a cycle would it be ok to keep the lifts the same and rep scheme the same. But when I fail or lose form keep pushing for the extra rep. So essentially throughout the workout my reps would be different for every exercise. **For example say I failed MOH on the 11 rep week. Instead of going on with the cycle and keeping the weight for the same for the next one... keep going until I get the 11th rep on MOH and continue forward with the other weights as the program has it outlined?**

I will have a journal with me keeping track of this stuff since it may get a little confusing but I just personally don't like going back to the 8 rep with a weight that I was so close to finishing with. If it's not worth it than I'll keep it as is than.

Can you say over reaching/overtraining. What you're talking about is the reason other routines with out programing stall for months. If you drive your entire CNS into a state of inhibition you will rue the day!

05-04-2010, 12:51 PM#3564

Originally Posted by **superbad691**

all pro

what do you about things that are unbalance. Im talking about my arms and my traps i can tell one side is bigger then the other and the same with my arm. Switching to dumbbells for the curls because i notice using my right arm a little more. Not sure what to do about traps or what caused it

On this program traps get worked with over head press. You can try dumb bells for those to and see if it helps.

05-04-2010, 01:02 PM#3566

Originally Posted by **APMeehan**

Hi all pro. Firstly, I can't thank you enough; as a complete beginner 2 months ago I had no idea where to even start, but as someone who likes to keep things simple with minimal fuss, your program stood out for me (and it's amazing that something as seemingly complex as dual factor theory can be presented as such a nice simple program!). Since then, I've successfully completed two cycles (now on my third), and I've gone from 137 to 148 lb. Still pretty puny for a 5'8"er, but getting there!

Now, I was thinking about changing the rep range on the next cycle to 4-8 for the squat only.

You see, I've learned to absolutely love the squat, can't get enough of it, but because I've always had quite big legs anyway compared to my upper body, I feel like I'd like to focus my squats more on strength/power than size/endurance (while keeping the other exercises on 8-12 for now).

My question is, to compensate for the lower rep-range, would there be a benefit to doing 3 work sets instead of 2? Or will the higher weight

bench 170x8
squat 155x8 (new to squats)
rows 115x8
Overhead press 120x8
curls 85x8
calfs 135x8
SLDL 115x8

are these close to where they should be ?

i mean i could probly squat 300 but i want to take it slow and safe since i havent been in the game for a while. thanks

Well like you said, squats will end up 50-100% more than bench. Your rows will probably pass bench and SLDLs will probably almost match squats. Other than that there is no should be. It's just you VS. mother nature, father time and Mr Pain.

05-08-2010, 10:57 AM#3627

Originally Posted by **TheFirstWolf** 

hi all pro

first of all i just wanna thank u for this amazing topic.

and i have a few questions i would love if u answer'em for me?
(sorry man but im just novice)

- 1- is it good and healthy to do exercises for all the different parts of the body in the same session?
(i heard people and read articles saying that's training one or two body part per day is better then doing'em more than that, but when doing a lot of different body-parts exercises then you're working your *body-part* muscles maximally).
For example:
by doing compound moves, such as bench presses, shoulder presses, chin-ups, and rows, you're working your *arm* muscles maximally.
- 2- when you said Squats,Bench Presses..., there are different kind of exercises for each one so which one we do?
- 3- about the cardio and abs, do u have something in mind for us?
should we do them in the 4 non training days?
when is the right time to do them? (some guys told me: after waking up)
- 4- is it good to run, jog and walk on the Treadmill and Exercise Bicycle for like 10 min before start the the seven exercises?
- 5- can i come on the non training days to the GYM just to use the Treadmill and Exercise Bicycle?
- 6- my goal is to have a nice body and 6 packs, is this the right start for me?

1) Almost no one had ever heard of a body part split until the 1970s. And yet some how a lot of people got very big and very strong. Almost all athletes train on a full body or upper lower split. Almost no athlete uses a body part split. Stop reading and listening to bro science. To make a split work effectively you need a copious amount of work capacity and recovery.

O.K. end rant.

2) Back squat. Standard flat bench bench press.

3) You wont need that much cardio. Probably twice per week for 30-60 minutes.

4) **NO!!!**

5) Yes

6) DIET!

05-10-2010, 04:53 PM#3667

Originally Posted by **kerb1**

I've been doing a very similar routine to this for a couple of months and have seen some fairly good gains. Instead of increasing the reps I'm increasing the weight at the start of each week, by around 1kg or more, doing 3 sets of 7.
Does this sound fairly good?

How often do you deload? What kind of periodization are you using?

Yup....that's why routines stall. No programing.

05-10-2010, 04:56 PM#3668

Originally Posted by **Turkstarr**

Thanks for all the info in this thread All Pro

I've got a couple questions of my own if you or anyone else in here doesnt mind answering.

1. Can I start my work out with the bench press before squats as I seem to lose the squat rack machine when changing rooms and it will take forever swapping weights with them as at the moment Im not lifting that heavy.
2. Also could I use a smaller bar for things like bent over row or Stiff leg deadlifts as again I dont want to be taking up the squat rack for too long time wise. The smaller bar is just a bit smaller (maybe a foot) smaller then the olympic bar and wondering how much this would weigh so I could get the weights right to what Im on at the moment.

Thanks in advance for any reply from anyone.

1) If you have to do it that way then do it. It will be a bit tougher.

2) Yes. It wont make any difference what size bar you use so long as the weight is correct.

05-10-2010, 05:01 PM#3670

Originally Posted by **lestat1510**

all pro i have a question what exercises could you substitute deadlift and bent over rows for. I dont have the strongest of backs and i finally got my back straightened out. would using lower weights to build the back muscles up.

I've blown out the same disc 3 times so I know what your saying. Start lite and your back will get stronger....A LOT STRONGER!

05-11-2010, 12:57 PM#3681

Originally Posted by **kerb1**

I'm considering replacing squats and sldl with normal deadlifts, would deadlifts be too much especially three times a week?

The down side to dead lifts is grip. Most people keep the reps low because of grip strength. If you replace squats and SLDLs with dead lifts, your trading 4 work sets for the posterior chain for 2. I wouldn't do it.

05-11-2010, 03:33 PM#3687

Originally Posted by **juan92**

how tired should i be before strating a set ?
90 secs feels like too much ... i kinda over think it

90 seconds between the 2 work sets. On weeks 3-5 you'll need it so get used to it.

05-13-2010, 12:49 PM#3723

Originally Posted by **knasty**

Hey guys, just finished the first cycle of this program. Loving it so far. Question: I have been reading this whole thread for a while, there's just too many pages to look through it all. So I apologize if this is a repeated question. I have always lacked in chest development, and coming into my second cycle wish to add either chest flies or inclines. I need some suggestions on whether to add these, and if so, do just do 1 set as a superset, or to factor it in with the rest of the program. again, sorry if this was covered already, and thanks for the great program all pro.

Run at least 1 more cycle. If you still feel you need more then add hammer grip dumb bell press. Start with just 1 set but use the same progression scheme. If you want to keep them then on the next cycle add the second work set. If you want a bit more variety then do them on an incline bench. You've just combined flies and incline bench with 1 exercise.

05-13-2010, 03:26 PM#3732

Originally Posted by **budnik22**

so i've been doing this routine for about a month, really enjoy it. its the perfect amount of time at the gym, i feel good afterwards, and by week's end i'm pretty beat, which seems to be the goal. one thing i'm not sure on (since i'm a noob) is if i'm lifting the right weight. here are my work set amounts:

- 1) Squat - 135lbs
- 2) Bench - 135lbs
- 3) Bent Over Rows - 70lbs
- 4) Overhead Press - 60lbs
- 5) SLDL - 135lbs
- 6) Barbell Curls - 50lbs
- 7) Calf Raises - 170lbs

I'm 6', 185lbs, about 15% body fat.

how do these ratios look?

what I mean is I know I should squat more than I bench, so should I up the weight there? same with rows, i feel like i can do more, just trying to go slow. 10RPM is pretty close, but I think I could squeeze some more weight on. I had just started when I did 10RPM, and i think i was a little conservative with some of the weight choices. thanks in advance!

After a while you'll be squatting anywhere from one and a half to double what you're benching and your rows will catch up and probably pass your bench But after 1 month I wouldn't worry about the balance. That will happen over time.

05-13-2010, 03:53 PM#3735

Originally Posted by **theronin391**

So this beginners program would be more appropriate to gain size?

This program will split the gains between size and strength. When it finally does stall it's because size gains have out paced strength gains. The only way to correct that is to reduce the rep range and add more sets but if you don't continue to do higher rep work that will stall because your strength gains will out pace your size gains.

05-14-2010, 12:17 PM#3759

Originally Posted by **HeyJayChito**

I really like this workout. I want to start it ASAP. However I have a few questions. Lets say on the first day I do 4 sets of barbell curls. I can do 8 reps at 40 lbs. That means on the second day I will be doing 10% less which is 36 lbs. And 20% less is 32 lbs. I'm currently deployed

and all the equipment in the gym here is 10 lb intervals. How do I overcome this obstacle without ruining the workout?? I think I will have this problem with each exercise...

In the example that you used you would just use 30 pounds for the next 2 work outs. Don't sweat it. I round down all the time. As your lifts get heavier this stuff will balance out.

05-14-2010, 12:19 PM#3760

Originally Posted by **AnotherMarc**

It's possible although a little harder to do the program with 2 heavy days instead of a heavy, medium, light schedule. Just give yourself an extra day of rest between them. Like Monday, Thursday instead of Monday, Wednesday, Friday. That'll help at least a little.

However, you'll still have the problem when it's time to start the next cycle and you would increase the weight by 10%. You wouldn't be able to go from 40 to 44 in your example, and if you increase too much, you'll stall. Not really sure what to do about that one.

Maybe if you complete a cycle with 40 pounds, the next cycle you could move up to 50 pounds and cut down the reps, like go 4-8 instead of 8-12. And if you complete that cycle, then you would keep the weight the same next cycle, but go back to 8-12 reps. All pro and the other guys will have better ideas on this one.

The way around it is to stretch the cycle out by starting at 6 reps. It would suck but you can make it work.

05-15-2010, 07:39 AM#3771

Originally Posted by **circusmidget**

Hi all pro,

I'm wanting to begin your routine next week, but I have some problems with it as is. Firstly, I have no squat rack at the moment. Secondly, my hamstrings are ridiculously inflexible (I mean, seriously, I can't reach more than halfway down my shins). Taking these issues into consideration, and having seen a couple of posts you've made within this thread, I've adjusted the routine as follows:

Deadlift <- E. spinae, due to removal of SLDL
Step-ups or Lunges <- Quads, due to removal of Squats
Bench Presses
Bent-Over Rows
Overhead Barbell Presses
Hamstring Curls <- Due to removal of SLDL
Barbell Curls
Calf Raises

Do you think this routine would be acceptable until I have a squat rack and have my hamstrings flexible enough to do the routine as originally intended? If not, are there any other modifications that I could make that would be better?

Thanks in advance!

Replace the squats with dead lifts ONLY until you get a squat rack. DO NOT replace stiff leg dead lifts. DO NOT add step ups or lunges. DO NOT add leg curls.

05-17-2010, 11:32 AM#3785

Originally Posted by **martial-man420**

damn had week 4 heavy day yesterday and I'm suffering lol. Last rep of bench press literally took everything out of my upper body. Was so hard on triceps that I failed my last rep of overhead press, even though overhead press was very easy last week.

I was wondering that since I know that I only failed the overhead press because of the bench press, do I still keep overhead press at the same weight next cycle? Or do I increase it anyway?

That's a tough call and yet just one more example of why I didn't include a tricep press. IF you know that you could have gotten the weight for 2 by 12 then go ahead and increase the weight. If it happens on the next cycle then don't increase it until you get it.

05-17-2010, 12:57 PM#3789

Originally Posted by **kerb1**

What would I do next week, if this week on the heavy work out I didn't say do ten reps on one exercise, but reached ten on all the others ?

You would continue the workout next week at 11 reps.

The question is , did you fail on the first set or the 2nd set.

Most people fail on the 2nd set, so for example lets say you only got 8 reps out of 10 on the 2nd set.

Now next week you will do 11 reps of that exercise that you failed at.

Chances are you will complete the 11 reps the first set.

The 2nd set you will most likely fail again, maybe even a little lower this time, like around 6 or 7.

Now when you finish the cycle , the exercise(s) that you couldn't do 2 sets of 12 of will be repeated.

The ones that you succeed at you add 10% weight for the next cycle.

05-17-2010, 01:02 PM#3793

Originally Posted by **JustWorkOut**

You would continue the workout next week at 11 reps.

The question is , did you fail on the first set or the 2nd set.

Most people fail on the 2nd set, so for example lets say you only got 8 reps out of 10 on the 2nd set.

Now next week you will do 11 reps of that exercise that you failed at.

Chances are you will complete the 11 reps the first set.

The 2nd set you will most likely fail again, maybe even a little lower this time, like around 6 or 7.

Now when you finish the cycle , the exercise(s) that you couldn't do 2 sets of 12 of will be repeated.

The ones that you succeed at you add 10% weight for the next cycle.

I like your answer better then mine. I owe you reps.

My brain hurts. I think I'm over training it.

05-17-2010, 03:52 PM#3799

Originally Posted by **JustWorkOut**

Actually it happened to me too, on my last cycle.

Got 10 reps on the first set, and then only 8 on the next one.

It was the overhead press.

I think that by increasing the weights for the bench press by 10% and the overhead by 10%, my shoulders became overworked.

I'm repeating the weight for the overhead press this cycle.

What I should have said is that you can't fail on the first set. Well you could but that would mean that you screwed up the starting weight or your diet or sleep.

05-18-2010, 11:59 AM#3806

Originally Posted by **velveteenrabbit**

I've been wondering this because today was my first weight increase and I know that the overhead presses are going to be really hard to progress on. I want to make sure I understand it... if I fail at doing, say 2x10 at 50lbs, the following week I try for 2x11 at 50lbs, the week after 2x12 at 50lbs, then when I go back to the 8 reps, I use 50lbs again. right? if for some reason I only failed at 2x10 (maybe I was tired) and the 2x11 and 2x12 (on the heavy day) were fine, I'd increase the weight when I go to 8?

If that's the way it works, then wouldn't I be training to failure each time and isn't that not considered the best way to train? (or at least there's a bit of controversy about it)

Due to plate sizes I'm having to increase some stuff by 20% so I suspect this is going to be happening regularly.

Training to failure is a double edged sword. It should be avoided as much as possible but you will be required to do it for short periods of time. Even with this program failure is going to happen sooner or later. But you can't increase the weight until you can complete the 2x12. Therefore you can't increase the weight until you don't fail. Because the program is set up heavy, medium and lite, at worst you'll fail on 1 work out per week for 3 weeks and then you deload. That's the part that's missing in a lot of to failure programs.

05-24-2010, 12:55 PM#3877

Originally Posted by **red13445**

i've been going through page after page of posts, but still have a couple questions:

- 1) would it be fine to do the workout out every other day for a total of 7 workouts in 2 weeks? Or is the 2 day break at the end of each week required?
- 2) also, are smith machines alright to use for most exercises?

1)no!

2) hell no!

05-24-2010, 01:02 PM#3878

Originally Posted by **seanf102**

I would like to give a big thanks to AP for sharing this program with everyone. I have read a few posts, but it takes me so long to load pages since i'm currently on deployment in the Arabian Sea. I'm pretty sure these questions have been asked, but I only have a short allotted time per day to use the internet.

- 1) I only have access to a Smith Machine. Will this be adequate enough to start this program?
- 2) Due to time restraints I can't do the exercises in the prescribed order. Will this really mess me up in the long run?

1) The Smith machine is a killer and should be avoided like A.I.D.S.

2) Make sure that you do the first four exercises as the first four. After that you can probably get away with mixing them up.

06-02-2010, 07:26 AM#4018

Originally Posted by **Time-Man**

Lol on cycle 1 week 5 . This one guy was taking his time working out so i didn't want to waste time for him to finish and mixed up the exercises so that he could finish . HOLY hell for the first time in the 5 weeks i actually felt like i worked out . So my question is this :

- 1 . Could it be that my muscles got used to the same order i do my exercises and now doing it in diff order i can actually feel i worked out ?
2. Isn't it good to like after your 5th week in a cycle to mix them up for 2 or 3 workouts just to shock your muscles into performing more , then return to the prescribed order ?

I put the big guys first because they are the most draining. What you did was pre fatiguing. That's why it felt like hell. The problem is that it will stall your progress on the the first 4 lifts if you do it on a regular basis. Don't get sucked into training by feel because it can be deceptive.

06-18-2010, 12:45 PM#4240

Originally Posted by **Herschbach**

Gotta question... so I just started this week. However, I'm going on vacation on what would be my week 4. I will be gone a week. When I get back, should I start over at week 1, continue with week 4, or go straight to week 5? Thanks!

Try doing week 4. If it goes well then continue to 5. Restarting would suck but sometimes you have to.

06-20-2010, 10:53 AM#4257

Originally Posted by **danmac94**

If i were to realize about 2 weeks into this routine that the weight i was using was to light can i just add it on to my next heavy day and keep going or should i finish the 5 weeks than add it? I started out with very light weight for the squat because it intimidated me, 130 but now i realize i can probably do at least 145 maybe 150?. what should i do?

NO!. Finish the cycle. Then increase the weight. You're only on week 2. Wait until you get to week 5. By the way, you started at 130, well $130 \times 1.1 = 145$. That's where you'll be next cycle. In other words don't worry about it. It will get heavy soon enough.

06-20-2010, 12:52 PM#4263

Originally Posted by **eluv8**

I am able to bend to a near 90 and maintain balance. It seems to work my back and the lats some as well. If I row on a 45 I notice it works the area around my neck and back of my shoulder more, an area I really need to develop.

Is it ok to alternate from one week to another or do you have another suggestion.

Run a full cycle one way then for the next one change it. Then compare the results.

06-20-2010, 12:55 PM#4265

Originally Posted by **bigot10**

Looks like a good programme mate. Do you go to failure on any of these sets? what happens if the first week when i was trying to get 3 sets of 8 i got 8 reps set 1, 8 reps set 2 but only got 6 and failed on set 3? or if i did 3 sets of 8 week 1 but week 2 i could not get 3 sets of 9?

Iv never really trained with 3 or 4 sets per exercise. Im a high intensity trainer (HIT, DC etc) and that is the same principle, increase weight/reps (progress) every workout. Just would like to know how you would do it with more sets. Id like to give it a try as more volume is starting to appeal to me

Cheers

Your suppose to start the cycle with a 10 rep max weight. Failure might happen but not until week 3. The more times you run this cycle the more failure is likely from week 3 onward. But the goal is success not failure.

06-21-2010, 11:53 AM#4279

Originally Posted by **Lcfr**

I am at the end of my 6th cycle, today is the 12 rep week. I failed on OH press and Bench Press on my 5th cycle, so if I fail again today...then I am going to change to madcow's 5x5. Wish me good luck! 🙏

Question to all pro:

I read everything on madcow's site (some articles wasn't that clear like dual factory and I'm still trying to fully understand it, I had to use dictionary since I'm not english), but I'm not sure about one thing. Am I supposed to deload with that program or is it the same as yours? I mean, does it have a built in deload? Because I did not find anything about deloading or maybe I just missed it.

There is no built in deload on the intermediate program. Normally you just run the program until you fail, then reset the weight for that exercise by reducing by 25 pounds. The advanced version has a built in deload. Both versions are flat out excellent.

06-21-2010, 03:34 PM#4284

Originally Posted by **Time-Man**

Well tnx to AP and ironwill's observations i realised why my bench is stuck and i am battling with getting it better . My gym only has 2.5 kg disks so when i'm finished with a cycle i can't up my weight by 10 % but 5 kg !! So in that aspect thats why i am struggling , and added to the fact that my bench really suck in comparison with my other lifts . So any idea's ? To buy two 1 kg disks is not viable as i don't want to shlep my 2 disks all over with me when i train . I thought to maybe use collars and no collars on the barbell to "micro" up the weight but these damn collars also weight 2.5kg's each 🙄

So what i am currently trying is to keep my bench the same weight for 2 cycles and then up it the 5 kg's . I guess others also have the same problem , have did you over come it ? Any advice please ?

Well you have 2 options. Buy smaller weights and take them with you or keep repeating the weight. There isn't much else you can do.

06-24-2010, 04:00 PM#4324

Originally Posted by **borimrr**

Awesome spreadsheet, repped. I thought he said that on the 5th set you add the weight from set 1 and set 2 for 10 reps or something like that? Also, can you follow the same pattern as the core exercises for the assistance exercises (5 sets)?

On the first work out add the weight of the first 2 sets together. That will give you 75% of the weight of set 3. Do that 75% for 10 reps.

The assistance work is just 2 sets.

Well this entire thread is really for beginners and I've been trying to avoid getting into all of the various combinations, but....

If you reduce the rep range you'll have to add another set. Typically 3 sets is ideal when working single qualities anyway. I gave beginners a break by only giving them 2 sets to worry about. As a beginner 8-12 is a better rep range to use to split the difference between size and strength and 2 sets is tolerable. As time goes by I would have someone add 1

more set to squats, bench press and bent over rows AND reduce the rep range to 4-6. But I would also overhaul the entire program and reduce it to twice per week. I would also change the programming. I guess this is as good a place as any to 'rough out' a tougher next step program.

Work out 1

squats, bench press and bent over rows for a total of 4 sets.

set 1 @ 25% of work set weight for 10 reps. Set 2 @ 50% of work set weight for 10 reps.

set 3 @ 100% for 5 reps. **set 4 add the weight of set 1 and set 2 together and do 10 reps with it. Any assistance work you do 1 set of 8 reps then reduce the weight by half and do 1 set of 20 reps.** The assistance work can be ANYTHING that you think you need. I always include stiff leg dead lifts, shoulder press and curls.

Work out 2

Use the exact same weight that you used for work out 1 BUT do 3 sets of 5 instead of 1 set of 5 and don't do the 10 rep set. For the assistance work use the same weight and go for 12 reps. Anytime that you can complete all of the assigned reps add 10 pounds for the next week. It's a big jump but more on this in a moment. Continue to push it for 3 weeks. Week 4 is a deload week. On week 4 reduce the work set weight to 75% of what you've been using and do just 1 work set. No 10 rep set and no assistance work. To start the next cycle if you were failing to complete every set of a given exercise then you reduce the weight by 30 pounds for week 1 for work out 2 only. You should never be failing to complete the reps on work out 1. If you're an athlete then power cleans are the first exercise of every work out. I set them up with 4 sets. 25%/50%/75%/100% for 3 reps on work out 1, then use the same weight for work out 2 and push it for 5 reps.

What I've just laid out is Soviet dual factor, mixed qualities training. It's confusing to read and that's why I've been avoiding writing it up.

A quick example of the 3 core exercises.

Work out 1

50 pounds x 10, 100 pounds x 10, 200 pounds x 5, 150 pounds x 10

Work out 2

50 pounds x 10, 100 pounds x 10, 200 pounds x 5 x 3

Deload week

Work out 1

50 pounds x 10, 100 pounds x 10, 150 pounds x 5

Work out 2

50 pounds x 10, 100 pounds x 10, 150 pounds x 5

06-24-2010, 04:06 PM#4325

Originally Posted by **eluv8**

AllPro, You have posted two different advanced programs. a Soviet Dual Factor with a 4 set and a 5 set day, and then a 5 set routine that gradually increases to maximum weight.

After my next Beginner cycle I may want to start the Advanced version and would like to get a few things figured out.

I am leaning to the Soviet based workout, **any advice that could help me choose between the two to start with would be helpful.** I am specifically looking for advantages of each program.

Also to clarify workout 2, you said " For the assistance work use the same weight and go for 12 reps. Anytime that you can complete all of the assigned reps add 10 pounds for the next week." Work out 1 is a similar statement.

My question is on the **assistance work what should I be using for my starting weight?** I was thinking of using an 8RM for assistance work workout 1, but then I would expect to bomb workout 2.

I prefer from Russia with love. But the second one that I posted is a bit simpler. I have about **TWENTY** different set ups ranging from early intermediate to advanced. Just choose one and have at it. The advantage to Soviet system is that it works all qualities at the same time. The disadvantage is that it works all qualities at the same time. It's damn tough. The Soviet peaking cycles are tougher.

06-25-2010, 11:29 AM#4337

Originally Posted by **spindlyman** 

I have been doing this beginner routine for three weeks, and so far, my biceps are still 13 inches and my chest is still 40 inches, and my belly is still 36 inches. I have been eating one gram of protein per lb. and no results yet,

You're on week 3 of your first cycle. You haven't said which way the scale is going. You haven't stated your primary goal, to loose the belly or to gain size.....**CHOOSE ONE!** Don't try to go in 2 opposite directions at the same time. Don't expect to gain muscle at less than 1.5 grams of protein per pound of body weight. Don't expect to loose the belly any time soon if you're eating 15 calories per pound of body weight. If you want the belly gone over night buy a girdle. If you want instant muscle buy a suit with padding in all the right places.

10-15 weeks. 2-3 cycles and with proper diet there WILL be a dramatic difference.

06-26-2010, 06:00 AM#4346

Originally Posted by **Time-Man** 

Just a quick question and yeah i know it is noobish to ask but this is after all the beginner's routine 

When i do my exersizes a PT told me it is best to use slow movement down and fast movement up . I tried it today and damn i am finished !! So is there any truth in this that you will get better muscle mass using this or doesn't it really matter ?

MORE BRO SCIENCE Slow eccentric [slow down] will cause a lot of damage. That will increase recovery time. So far the jury is still out on whether or not there's any benefit. Lower the weight under control. Don't allow it to bounce at the bottom. In rep ranges above 6, use a 'normal' contraction speed. Your body knows what it has to do. As fatigue sets in you'll increase your contraction speed automatically or you wont be able to lift the weight. In the 1-6 rep range, lift the weight **AS FAST AS POSSIBLE**. For all standard lifts, non explosive olympic lifts, lock out at the top and pause at the bottom for a 1 count. That eliminates the use of the S.S.C., stretch, shortening cycle. For explosive 'O' lifts, use the S.S.C.

You feel wiped out because you burned up a lot more resources lowering the weight slowly and induced a lot more damage. As I've already stated, in my humble opinion the pay off isn't worth the cost. Remember, you aren't doing a once per week body part split. You can't afford the extra recovery time.

06-26-2010, 06:12 PM#4349

Originally Posted by **ikillreid** 

Um, I have a rather fundamental question to ask:

Given the fact that I should be decreasing/increasing the weight used by 10% all the time (i.e. decreasing by 10% on 2nd workout day, and decreasing another 10% on the 3rd workout day, and increasing by 10% after 5 weeks of successful rep completions), how exactly do I go about doing this if I am at an awkward weight number? For instance, if someone was curling 75 lbs, they would need to decrease to 67.5 lbs on the second workout day, and then 60 on the third. Where would that person get a 67.5 lbs weight? In that case, would 65 lbs suffice? I see any number that isn't like a 50/100/150 being problematic for following the prescribed weight addition/subtractions. Is there some basic trick that I'm missing, or should I just be taking the 10% as a rough guideline?

The only reason I ask is that I worry I'll be screwing it all up because you sound like you have it calculated fairly precisely, but I'm unsure how to follow it with an equal amount of precision.

Thank you.

I would round down to the nearest number. I have 1.25 pound plates. But if I didn't have them then in your example I would be doing 75 pounds, 65 pounds, 60 pounds. The bottom line is to get as close as you can. Within a pound or 2 wont make enough of a difference to worry about.

06-27-2010, 01:02 PM#4357

Originally Posted by **LivingStrong**

After 5 cycles I failed on 3 exercises on week 5 on heavy day. So I'll be repeating that tomorrow. After I do that week I'm thinking of taking a week off. Sound good?

Don't repeat the week. It wont help and will probably make it worse. Go ahead and take a week off if you need to. Just repeat the weight for the next cycle or switch programs if you didn't get at least the first set. You've been at it for like 6 months so this had to happen sooner or later.

06-29-2010, 03:22 AM#4393

Originally Posted by **N1980V**

I can easily put this together for you but what number are trying to enter? The weight and reps on the left side and then you want to calculate what the weight and reps would be based on the percentages you have on the top?

Sets 4 and 5 are the top set weight so their 100%. Set 1 is 25%, set 2 is 50%, set3 is 75% and set 6 is 75%. So if some one just entered the weight for set 4 and excel did the rest that would be great. Oh and round down to the nearest 5 pound increment.

06-30-2010, 03:22 PM#4430

Originally Posted by **budnik22**

a few more questions:

- 1) I read previously one could do 2 "heavy" days instead of 3 days with varying weights. If I were to do the 2 heavy days instead of the 100/90/80 3 day routine, what would I be giving up?
- 2) when should I do ab/core exercises? before/after these workouts, or on cardio days?
- 3) when I do SLDL, do i keep my legs straight or slight bend in the knee? I feel like its the latter, but that seems to weaken the work my legs do. and how far down should i go?
- 4) why are people doing, or not doing, warm ups on the last 3 exercises? If its a waste of time, why do it, but if it has value, why skip it?

thanks!

1) You would be giving up volume. But as you get stronger you will need the extra recovery time that twice per week affords and the fact that you are stronger will increase the volume that you're doing. You will be capable of inflicting a lot more damage than you were capable of when you first started. And your CNS will be a lot more efficient. Unfortunately that isn't a good thing when it comes to recovery. It will burn itself out going 3x per week even if you do fewer reps. I've tested that before on myself and several others. It doesn't work. That's why the soviets used mixed qualities training. My intermediate programs are a very simple mixed qualities, dual factor format. They avoid the problems for as long as possible, then deload and start back up the ladder again.

3) Slight bend. The name is a misnomer.

4) After the first 4 exercises you are completely warmed up. I included warm ups for everything because many people don't feel comfortable without them.

Anyone that wants to learn more about this should buy a copy of Supertraining by Mel Siff. WARNING! It's very heavy reading. It won't tell you how to structure a program but it will tell you what's going on and why.

07-01-2010, 02:26 PM#4450

Originally Posted by **credico**

This is a pretty good workout, but I have a question:

I am trying to improve my strength for parkour and I run 3 days a week (3 miles or more). I also ride my bike to the gym (9 miles there and back). Do you think this will be detrimental in anyway? I am not necessarily looking to gain size, just strength and endurance, and running is obviously pretty important for parkour.

It might create recovery issues but the only way you'll find out is to do it.

07-01-2010, 02:27 PM#4451

Originally Posted by **heartbreaker**

Sorry AP 😊

Could any one answer me if there is any alternative exercise for bench presses cause i donna have bench 😞

Weighted dips.

07-01-2010, 02:29 PM#4452

Originally Posted by **GooseFlaba**

I got a bit of a cold, and today I'm supposed to the light work out of my week 3 cycle. I'll most likely be skipping it, does this mean I'll have to week 3 again ?

No. It's the lite day so missing it for a cold wont kill you and you don't have to repeat the week.

07-04-2010, 03:34 PM#4475

Originally Posted by **leftvertical**

yeah, fair enough, thanks for the quick reply btw 😊

the only thing depressing for me about your routine is that 99% of the people in my gym who've seen me doing it, don't understand/appreciate it. I'd love to prove them wrong in the long run 😊

Anyway, thx.

You will prove the majority wrong. Just read the comments in this thread. Long after most beginner's routines have stalled, because this program has.....PROGRAMING, it's still running strong and producing results. Others might do better in the first month of training but after that you'll go right by them. Once you see what dual factor programing can do you'll be addicted to it no matter what level you're training on.

07-04-2010, 06:36 PM#4482

Originally Posted by **budnik22**

All Pro - can you give us the pros/cons of doing 2 heavy days vs the 3 (heavy, medium, light) day routine? 2 days a week is much easier for me, but would like to know what I'm giving up by just doing 2 heavy days.

I plan to go either Monday/Thursday so 2 day minimum between lifts

Recovery. After a while that wont be an issue. That's when you reduce to twice per week and increase the volume per work out. That's one part of it. The other part is that the high frequency helps the CNS learn the firing pattern faster. Like playing the scales when learning to play the piano. But after a while that wont be an issue either. Twice per week when both work outs are heavy is tougher on the CNS but easier on the muscles recovery wise. This is when dual factor programing really shows it's stuff.

The other major difference is the loss of volume per week when the frequency is reduced. Both work outs are heavy in an effort to regain some of that lost volume. As one becomes stronger that wont be an issue because you're lifting heavier and that will bring the volume up also.

07-05-2010, 01:25 PM#4498

Originally Posted by **mrssocksfox**

between working sets 1-1:30

otherwise 30-1:00 for warmup

Only thing I can think of is since I'm paticularly weak I'm getting fatigued from the previous exercises? =\

Not 1-1:30 between work sets. **1:30** Also rows work your biceps. Make sure that you rest 1:30 in between those work sets and see what happens.

07-06-2010, 11:36 AM#4509

Originally Posted by **bassettjason**

Can I sub anything for PULL UPS or Chin Ups. I'd hate to touch the routine, but I feel may be more efficient than curls? Advice?

Also would this routine promote hypertrophy for a HARD GAINER as a opposed to a 3 day split in the sticky.

If you have a cable and pulley you can add pull downs. If you don't have a cable you add pull overs. The only real problem with adding pull ups is adjusting the weight, unless you want to add them on off days with body weight only. Don't get to crazy because the will have an impact on rows and curls.

07-09-2010, 03:17 PM#4560

Originally Posted by **LakerNation**

Would my results be slower or less effective if i used dumbells instead of machines or barbells?

1, in general machines suck. There are 2 exceptions, leg curls and pull overs.
2, Dumb bells can be clumsy because there a bit tougher on the CNS. But they're a God send when you need a lighter weight that you can't get with a bar bell.

07-12-2010, 12:08 PM#4580

Originally Posted by **Newx**

Hi, I'm sure this question has been asked before in here but there are 150 or so pages to sift through in order to find it.

I have a barbell set going up to 85kg, I however do not own any other equipment such as a bench or rack. I am thinking of using milk crates with a pillow or something on top to substitute as a bench, just to get a larger range of motion than I would off the floor. For squats I don't think there is anything I can use to substitute for a rack. What do you suggest to substitute the standard squat in this case?

Dead lifts.

07-12-2010, 06:10 PM#4592

Originally Posted by **Newx**

So don't attempt front or hack squats? If I replace squats with deadlifts should I still continue doing stiff legged deadlifts?

Yes.

07-14-2010, 01:04 PM#4621

Originally Posted by **SEX**

what can I do with I can't get the required 8 reps for one particular exercise in my first week? do I lower the weight for monday's workout or continue at same weight until I can get 8 reps?

You started to heavy. Way to heavy, like 10-20% to heavy. Re figure the weight and start again or you will be crushed on weeks 3-5.

07-14-2010, 01:12 PM#4623

Originally Posted by **PartTimeJedi**

So from what I have read, it is not necessary to do the warmup sets after the overhead barbell press for the remaining lifts, just the work sets. Is this correct or am I just making that up?

You got it right. I included warm ups for everything because some people don't feel comfortable with out them. The reality is, if you aren't warmed up after the first 4 exercises, check your pulse, you might be dead.

07-18-2010, 09:35 AM#4687

Originally Posted by **SlyWolf**

Just wondering for future reference, what is a beginner? Let's say you do some compound exercises for a few cycles until you get a decent build and strength then you move onto intermediate workouts.

Now let's say you stop working out for a while and get into bad shape, so if you want to start working out again it's best to do a beginner's routine. It doesn't matter what experience you have because your body is in the beginner phase again.

Is that correct?

There aren't any pure cut off points. When your rate of progression slows to less than 2 pounds per week on your 1 rep max or when you can bench 1 1/2 times your body weight and squat double your body weight, you are definitely not a beginner. Intermediate can't do much better than a 1 pound increase per week on their 1 rep max, they can handle more volume, they require less frequency per muscle group and tend to take a bit longer to recover because they are capable of inflicting a lot more damage because they have a more efficient central nervous system, can lift more weight and have a higher work capacity. If you can make progress from cycle to cycle on this program then your 1 rep max is increasing by a lot more than 1 pound per week. That's why I've said repeatedly, when it stops working, choose something else.

An example, 2x10 at 150 pounds = about 72.5%. That's a 1 rep max of about 207.
2x12 at 150 pounds = about 67.5%. That's a 1 rep max of about 222.
That's a 15 pound increase in 5 weeks. 3 pounds per week. That's about 3x what an intermediate is going to be able to do on a regular basis.

07-18-2010, 03:48 PM#4700

Originally Posted by **RichL1982**

Oh man. Maybe I am doing this wrong! For my first week I just picked a weight that I thought I could do 8 reps with and started from there. Was I supposed to use a day to do some maxing out? I'm not a big fan of maxing out.

For instance..

My bench press workout sets are 185 and for week 1 I did them 8x and then decreased for my next workout day by 10 percent then 20 percent. I start week two tomorrow where I just do 9 reps now instead of 8 and so on and so on...

Well, you might have a problem. Keep going and try to finish the 5 weeks. You can adjust the weight for the next cycle but you're gonna get your butt kicked. A 10 rep max gave you a chance at 2x12 on week 5. If you started with an 8 rep max for everything you can reduce the weight by 20% and restart. But if you just took a guess, well.....we'll see.

07-18-2010, 04:10 PM#4702

Originally Posted by **RichL1982**

LOL damn. I should of just done a 10 rep max before starting. I didn't see that or (didn't read it) in the original write up. I will give it my best shot but 12x is gonna be tough. Also, What if I cannot hit one of my reps. Do I have to start all over?

You won't be able to hit any of the 12s. No way. No how! If you know you approximate 1x8 rep max reduce the weight by 20% or you WILL be crushed!

07-22-2010, 11:22 AM#4745

Originally Posted by **homersheineken**

Why is that? Even the video on BB.com says parallel.

Btw - did the testing yesterday for my weights will be on each exercise and damn am I sore today from it (3 hrs of sand volleyball didn't help @ nite). This is going to kick my butt. Nice 😊

At least parallel. I tell everyone to go a bit lower to make sure that they're going low enough to take the stress of of their knees.

Partial Squats: Contrary to popular belief, squatting above the parallel position -- knees at approximately 90 degrees flexion -- is actually more dangerous than going to parallel or below. There are two reasons for this. When you look at the structure of the knee, you'll note that at about 90 degrees flexion, the tibia's sloped shape allows it to shear upwards and over the femur. This causes a lot of compressive force against the patella, and pulls forcefully against the posterior cruciate ligament. These potentially destructive forces become significantly less as you descend further into the squat position, largely due to the fact that the tibia's surface isn't as sloped posteriorly, where it articulates with the femur. The second reason is that, because of better leverage while doing partials, you're obliged to use a far heavier weight in order to gain any sort of adaptive overload on the muscles involved -- dangerous to the entire shoulder girdle, neck, low back and knees.

<http://www.dieselcrew.com/articles-p...beyondtoes.pdf>

07-23-2010, 11:15 AM#4756

Originally Posted by **Midwakh**

hey man,
ive read most of the pages on this and i just got into bodybuilding and I started doing your routine a while ago and i tried to stick to it as much as i could but my question is this.... when do you stop becoming a beginner on your routine and become more advance that can start to separate the muscle groups??? pretty much how much should a person progress till they should change routines...

ps.. my avatar is my best friend and motivator

When you can't progress on this program after 2 or 3 times through with the same weight then it's time to move along. If you're moving forward then it's still working.

07-23-2010, 03:35 PM#4772

Originally Posted by **Masi23**

Ok thanks. Where should i put the hammer grip order wise? (also, incline or flat?)

Also, I've been doing cardio 4 times a week. Will now run on non-lift days (30-45 minutes: incline/flat). Is it ok if i continue this?

I would put hammer grip AFTER over head press. Otherwise you might drop the bar on your head. I do them flat. But it's your choice. You shouldn't need more than 2 days of cardio, but if it isn't bothering your lifting and you like it, keep going.

07-26-2010, 12:23 PM#4796

Originally Posted by **2SSCAMARO**

Could you do this program say 6 days a week, or would that be overtraining?

It wouldn't be over training.....it would be a comma.....possibly leading to death.

07-26-2010, 03:18 PM#4798

Originally Posted by **RichL1982**

AP-

Hey man I went on to my first day of week 3 (10 reps) I was able to do all my work sets except. I was cheating a lot on the bench press, couldnt get all my shoulder presses in (7,7) and curls were to heavy. Do I have to decrease the ones I couldnt get and start over or do I have to decrease everything and start all over?

Week 3 is your 10 rep max. You only got 7 reps on shoulder press and had to cheat on bench.

You started to heavy. It wasn't your 10 rep max. Did you test before you started or did you guess? About the only thing you can do is stop, retest and restart.

07-27-2010, 10:34 AM#4818

Originally Posted by **Masi23**

Hey All_Pro

I tweaked my wrist weirdly last Friday while i was doing military presses...

I went to the gym today and had my heavy day... had my wrist compressed and wrapped. Surprisingly, i went through all the lifts with just a hint of pain. Except when i got to the barbel curls (biceps). Right from the start it was too painful even with half the weight, so i just dropped it and went on to calves... anyway around this? or should i just rest it for the whole week?

P.S. Almost died doing squats... 205x9... I slept late and skipped breakfast 🤔 definitely gets your blood pumping though 🏋️

Drop the curls for the rest of the cycle. Next cycle just use the same weight.

07-27-2010, 03:29 PM#4822

Originally Posted by **bigot10**

Hi AllPro

Been going for a few week. Picked the weight of my 10 RM and tried to do 2 sets of 8 in the first week. Got 8 set 1 fine but failed on 8 reps set 2 straight away. Week after got 9 set 1 and 7 set 2. Dont no what im doing wrong. Would you suggest maybe taking longer than 1.5 min rest between sets. Im on my normal bulk diet/rest routine which i generally gain on.

I do know from my own experience that my recovery between sets is not great hence the reason why iv generally trained with HIT like programmes.

Could the programme maybe not be as effective for me as im not a beginner and wont experience the inevitable newby gains?

Reduce the weight by another 10% and be patient. The reason is because you only got 9 reps with your tested 10 rep max weight. That should never happen.

07-28-2010, 04:33 PM#4835

Originally Posted by **so far away**

This workout looks great and I started it a week ago, everything has gone well so far. now i'm just curious....for tuesday/thursday you said cardio/abs

on tuesday I run 2 miles and don't do anything for abs but on thursday, I usually go to a recruiting station for the Marines and do a weekly thing through them...and that usually consists of 1 set of max pullups, 1 set of max sit ups, 1 set of max push ups, maybe 2-3 mile run...will doing these exercises hinder my gains? also will running too much affect progress with legs since they'll always be getting worked?

Running will hinder your gains. So I guess just do the best you can.

07-29-2010, 12:09 PM#4856

Originally Posted by **LakerNation**

Two questions:

1) Is there any way I can do these exercises with only dumbbells and no bench to do say the bench press? What can I substitute or adjust to work my chest like the bench press would?

2) Would playing sports competitively every other day affect anything? like maybe increase or decrease my results?

If you're an athlete, get out of this thread. Starr's 5x5 would be a much better choice.

07-29-2010, 12:19 PM#4860

Originally Posted by **embeddedtech**

This has some similarities to HST. Three full bodies a week, lowering weight some workouts to allow for the high exercise frequency.

However, HST starts with low weight and progressed up to maximal load. What is rational behind the two approaches.

Also, the allpro workout starts uses reps quantities of 8,9,10,11,12 for 5 weeks, whereas HST says start with 15 reps for two weeks, then 10 reps for 2 weeks and then 5 reps for 2 weeks. Again these are similar but backwards and with more extreme differences in rep quantity. Could you explain the rational behind these two approaches as well please.

This would really help me choose which one to begin. Right now I'm doing a split which doesn't seem to be working too well for me. I think I will like the 3 day per week full body, I just don't know which one to do.

Any help is appreciated.

HST is a remake of a very old olympic, power lifting cycle. They made a few changes to it but for the most part that's what it is. I chose to use a much tighter rep range for beginners. I would put HST on the next step up from this program. HST and 'The Madcow' 5x5 work pretty well together for most recreational lifters....but not at the beginner level!

07-30-2010, 11:44 AM#4873

Originally Posted by **GonePhishin**

I have read about 1/3 of this thread. It has taken a fair amount of time.

AllPro - serious kudos for being so patient with people. It is amazing how many questions are repeated again and again, and how many people lack basic reading comprehension skills.

At some point you said that you listed the exercises in the order that you would do them. My issue is that my gym at work is small, and I know that I won't always be able to do them in that order.

Would it be OK to do it in whatever order possible, as long as I do the warm-up sets? You said that only the big 4 warm-ups are required, so if I end up doing one of the other 3 exercises before getting to the big 4, I would do the warm ups for those sets.

If it makes any difference, I can only do this 2x a week, so I would be doing heavy both times.

Thanks for all your help! It is genuinely appreciated.

You really want to do the first 4 first.

07-31-2010, 09:19 AM#4888

Originally Posted by **JKnockawitz**

So something that I'm not understanding is getting odd poundages when you add 10% after a cycle. I don't see many people asking about this so it must have mentioned somewhere but I can't find it. Say I start week 1 with Squats at 100lbs, the cycles that follow will look like.. 110, 121, 133, 146 etc. So what I'm wondering is if you just round them, like 121 to 120, 146 to 150 etc.? This would also clear it up for me with the warm-up sets. For example if my Curls start at 25lbs, My warm up sets would be odd numbers that I would have to round right?

Round down except in instances when it wouldn't be any increase at all. For the warm up sets round down.

08-03-2010, 01:04 PM#4945

Originally Posted by **slaimd**

Hey guys, I just started this workout today as a way to get into lifting and better muscular shape. I am starting pretty light because I am pretty weak, but also because my back is pretty crappy and I don't want to hurt myself (lessons learned).

My question is, would a weight belt help me out? Like I said above, my back is pretty crappy - too much hunched over videogame playing as a kid resulted in not so straight of a spine. It seems when I do certain (most) exercises my back will feel weak towards the end and afterwards. I am sure this is due to improper form, but will a weight belt help me get better form?

Sorry if this is a dumb question, but I am a complete newbie and want to get started on the right foot.

(additionally I will be doing cardio/abs on my off days, which will only really be a workout for my abs because my cardio is pretty decent)

Don't use the belt. I don't use them at all except for a 1 rep max attempt. Start lite, use good form. Your back will get a lot and I mean A LOT stronger doing stiff leg dead lifts.

08-05-2010, 11:38 AM#4987

Originally Posted by **weak704**

All pro,

My lifts are Squat 265x5, bench225x3, deadlift405x5 (with straps), bb row185x5, overhead press130x5

Would there be an advantage to do heavy day on Monday, light day on Wednesday, and medium day on Friday??

Can I thow in some accessory work?

I'm thinking,

Mon: incline bench

Wed: lat pulldowns/pullups

Fri: Dips

Also, do you by any chance know where that intermediate routine is (page number)??? I started looking but after about 50 pages I gave up

Heavy, medium lite is the way that I set it up to provide more recovery before you get back to that heavy work out. Don't add dips or incline bench. Pull downs or pull overs would be a good addition if you have the equipment.

08-05-2010, 11:51 AM#4993

Originally Posted by **Goshtin**

I tried increasing the weights by 11lbs on my Squats/BP for my second cycle and it worked well for me (even though things were tough on my last cycle), I was able to complete the cycle with difficulty, would it be ok if I do this again for my third cycle? what if I just retest my 10RM with 10+ lbs, if I can pull it off can I just use this weight again? Thanks!

YUP!. You won't lose anything that's for sure.

08-05-2010, 02:37 PM#5006

Originally Posted by **DRhockemeyer**

There has to be a understanding of goals and the postural distortion patterns one has then understanding the musculoskeletal system, CNS and PNS before you can say just do a bench press or overhead shoulder press or bent over rows. Especially if this individual has never been to the gym. all there going to do is end up a injury statistic in a book. Take a look at something simple like the NASM OPT model to start. You should consider starting a virgin to the gym with stability equivalent training to start to encourage the core to grow stronger and using a tempo (TUT) to teach the CNS to operate efficiently and develop stability in the joints while fixing any number of problems brought out by the simple over head squat assessment you should have had a trainer do before you got started in the first place. AND this my friend is correct not dumb

And yet Bill Starr would take the typical high school virgin, wannabe football player and start them on squats, power cleans and bench press for a 5 rep all out effort 3x per week. Your argument fails. Your position is out of ignorance and inexperience.

08-05-2010, 03:02 PM#5008

Originally Posted by **DRhockemeyer**

ignorance no your only looking at it one sided, what you bring up is the OLD school BFS program. Yes he took and here is the key word here HIGHSCHOOL so 16 17 18 year old, active, adaptive adolescent and started them in to the gym as we know it. this though is not even relative to the average individual that through life has created the problems from that accumulate from sedentary lifestyle as we know it. this sir is anterior pelvic tilt this is protraction of the shoulders this is tight adductors tight IT bands tight abductors just to name some of the simplest ones for you. yes you may be able to do this workout with a virgin high school kid but no you can not take the average individual virgin to the gym over 22 and do this and expect to succeed in the gym with out injury.

Bill Starr had NOTHING to do with the BFS program. Oh and nice try trying to neg rep me. If you want to do deep knee bends while standing on a swiss ball go for it. The best way to correct everything you listed is by doing **BIG, BASIC, COMPOUNDS**

Now reread this thread from the beginning and find someone who's been injured following my advice. **I DARE YOU!**

08-08-2010, 10:56 AM#5028

Originally Posted by **carbkilla**

You say if you can't get all the reps on week 5 repeat the cycle with the existing weight. At 50+ years of age how many times does this typically happen when the weight starts getting up there? Do some guys repeat the cycle 3 or 4 times with the same weight?

Do you take a week off to rest after X amount of 5 week cycles?

Thanks,
CK

It could happen a lot. As your lifts get bigger you'll have to gain more strength to get to the next level. Well for a beginner that's not much of a problem but after a while you'll either need to slow down the rate of progression or switch programs. When 10% becomes to much of a jump then try 5% if you want to keep using this. But on a side note us old farts would be better off reducing the frequency to twice per week and doing both work outs heavy. After about 5 or 6 cycles if you feel that you need to take a week off then take it. You've earned it.

08-10-2010, 11:31 AM#5049

Originally Posted by **mick01**

hey all pro. just wanted to say i think your program is fantastic, i continue to make good gains on it. right now i am only lifting twice a week, doing 2 heavy workouts. i was wondering if it would be possible at the end of each workout to add a set of dips and pullups ? would that be okay ? or would it hinder my progress thanks

Dips might be rough, pull ups shouldn't be a problem. Add them and see what happens. If something else suddenly stalls hard you'll know what the problem is.

08-12-2010, 12:20 PM#5075

Originally Posted by **Polak1035**

Hey, guys I'm a new member but I've been creeping around the site for a week or two reading up on routines and diets. Well I am 19 years old and I use to work out very frequently but about a year ago I've ran into some issues and haven't been able to hit the gym for a long time. I saw this routine and decided to give it a try. I must admit after only about 3 of the 7 exercises I was getting real tired. I pushed my self to finish with only struggling on the bench. My only question is with 7 exercises daily 3 times a week (including 2 days cardio in between for me) is it better than doing certain body parts on certain days? I've been reading up and there's many mixed reviews but I'm a noobie and I'm looking to gain about 20 pounds and some muscle of course

Beginners do better with very simple high frequency routines. It's like learning to play the piano. After a while your CNS will have all of these movement patterns down cold.

08-13-2010, 02:25 PM#5083

Originally Posted by **embeddedtech**

You're probably not going to like this but... I would like to reduce my number of sets to just 2 sets per exercise. For example:
1st set - 3/4 weight
2nd set - full weight

This would allow me to add some wide grip pulldowns and some lying tricep presses while still reducing overall workout length. This of course reduces fatigue, decreases recovery time and reduces the chance of over training while saving more calories for adding bulk. And shorter workouts are much easier to fit into the schedule in between family and work!

What are some thoughts on this? Clearly 2 sets will be less effective than 4 sets but would it really be MUCH less effective than 4 sets?

The main problem I see with less sets is less warmup, and therefore higher risk of injury. Is this the main problem with fewer sets?

You only have to do the warm up sets for the first 4 exercises. I would strongly discourage you from doing just 1 warmup set. But I can't stop you. Pull downs wont hurt anything, but tricep presses certainly could. If you've run a few cycles and you add tricep presses it might not hurt anything although I think hammer grip flat bench dumb bell presses are more efficient.

08-13-2010, 02:45 PM#5085

Originally Posted by **embeddedtech**

I understand what you are saying about the warmup sets. I will do the two on the first 4 exercises as you suggested.

Why would tricep presses be a problem?

If you've run the program for several cycles they 'probably' wont be. If you read through this monster thread you will discover that the lift that gives most people a problem is over head press. The reason is because bench press has already beat up the triceps. If you've run a few cycles and over head press isn't a problem then go ahead and add more tricep work. If your presses, bench or over head suddenly stall you know what the problem is.

08-15-2010, 01:11 PM#5113

Originally Posted by **kdon**

i did this a while ago for about 2 months, was good apart from some exercises i missed, felt like my forearms werent getting hit, is it ok to add a few exercises here and there? im talking 2-3 tops, and maybe only sporadically on days when i feel i can do them no problem?

Depends on what you want to add. If you want to add wrist curls then do them last. That way they wont mess up anything else.

08-17-2010, 02:58 PM#5140

Originally Posted by **clouseau**

If I understand correctly, this Program consists of Cycles of five Weeks. Is there a more generic term for "Week" that does not imply any actual length of time?

eg, if each "week" were actually six or eight days long... what would it more properly be called?

Thanks

A micro cycle.

08-19-2010, 12:41 PM#5158

Originally Posted by **shooknasty**

I would like to add/replace with shrugs or front bar raise. I REALLY need some focus on traps/neck area in general. Its just the way my body is.

If you've run 2 or 3 cycles then add standing rows.

08-20-2010, 03:38 PM#5197

Originally Posted by **fellipe**

All pro's do the medium and light workouts contribute to muscle growth as well?

Yup. They speed up recovery and add to the work volume.

08-22-2010, 03:53 AM#5230

Originally Posted by **Sight**

I dont know, when i bench I actually feel something. Like i can actually feel my muscles being worked, but with my machine it just doesnt seem to do much. either way i'll stick with it and see what happens.

is there any reason that i shouldn't stack a butterfly press onto my routine if i have enough energy?

It's got to be the machine if the feeling is that different between free weight bench and chest press. If you've run a 2 cycles and you want to add flies then do so. If bench press craps out on you then you know what the problem is. That's why I tell everyone to run the program as is to get a base line. Sometimes adding something is golden and sometimes it turns the program to crap.

08-22-2010, 05:08 PM#5246

Originally Posted by **MattR56**

Would it be ok if I did pull-ups and chin-ups at home on my off days or would that be overtraining and not giving my muscles enough time to heal?

The first time through the program I wouldn't add anything other than some lite cardio. After you've run a cycle or 2 you'll know what you can add. A pull down or pull up shouldn't hurt anything if you don't get crazy. If it's to much rows and curls will suffer for it.

08-23-2010, 09:59 AM#5254

Originally Posted by **truckerman79**

Great routine. I spent last week figuring out my 10 RMs. I'm coming back after a layoff from a shoulder injury. I feel pretty good going in.

Starting weights:

Squat: 225
Bench: 185
OH Press: 115
Rows: 165
SLDL: 185
BB Curls: 85
Dips: BW

Is it ok to substitute calf raises with dips? Calves aren't really a major focus for me.

Don't add dips until you've run a cycle or 2. That way if your presses crash and burn you'll know why.

08-23-2010, 10:10 AM#5257

Originally Posted by **Time-Man**

Maybe not the best place to post but the guys in this section seems to be much more helpfull and all like to learn . I have been on this workout now 6 cycles and yeah it kicks ass .

What i'd like to know , more for my own curiosity than anything else is : why would one do split workouts instead of a full body workout like this one ?

Is it because your body can adapt and heal faster so therefore in a split you can train more ?

Or would splits be more for very advanced bodybuilders that need to isolate diff muscles therefore need more time in the gym ?

I know it must be a very noob question but i am here to learn and just can't seem to understand the benifits between full body workout vs split program workout .

Because all of the really cool, really big steroid monsters use splits. The old school guys didn't use body part splits or steroids. The single advantage to a split is that it allows you to add insane amounts of volume that you otherwise couldn't do. If you're one those people that can handle the volume then you might find an advantage in using splits. An upper/lower split would be the next step up from a full body routine. But at that point you're using a full body routine twice per week. They probably aren't the same exact work out and one of them is high volume and the other is low volume but a lot heavier. That's pretty much what I use. Right now I'm working out the kinks on a variation of the 5-3-1 work out. When I get it right I'll add it as another option for an intermediate lifter.

08-23-2010, 03:41 PM#5262

Originally Posted by **MattyG**

Can I please chime in on what seems to be a common concern with this routine - people seem sceptical about the 'easyness' of the medium and light days.

What I would like to mention, and forgive me if I'm wrong or speaking out of place, is that a solid, progression focussed routine requires exactly that; progression.

If you hammer yourself from the start you will quickly grind to a halt.

Build up the 'momentum' gradually and you will hopefully continue to keep rolling for longer.

I haven't even started this routine yet, but this is how it works IMHO

That's the general idea. Also the medium and lite work out only feel easy for the first 2 weeks. After that your at or over your rep max. You'll need the extra recovery to keep moving forward. But you also need the volume to keep moving forward. This is a way to get out of being stuck between a rock and the proverbial hard spot.

08-24-2010, 12:53 PM#5287

Originally Posted by **Cadz**

My understanding was you did all the exercises at 25% and then went back and did them all again at 50% weight and then again 2 more times at 100% weight.

Is that correct?

It sounds like you are saying do Squats 25% then Squats 50% then Squats 100% twice then move onto Bench Press 25%-50%-100%?

I thought you ran through doing squats, bench press etc, first at 25 then 50 then 100%.

I know bumpers are not needed for this program but since I have to buy more weights my question is is it worth getting them as they just might be needed later on.

I didn't set this up on a circuit. You do all of the sets for squats before moving on to bench press, etc, etc, etc. I didn't use a circuit because I know how hard that can be to do in a commercial gym. A circuit would be set up differently in so far as exercise order goes. So please don't try to run this set up in a circuit.

08-28-2010, 12:40 PM#5355

Originally Posted by **HVYDUTY**

HIT training isnt dogg crap its far more effective than the workout you have listed here but each to their own if you think hit traning is crap then you stick to what your doing and miss out on a training system which is much more effective than others

To be blunt, HIT is no longer a training system. It has become a religious cult. It's been around for 35 years. It still sucks. It's antiquated, out of date, a dinosaur that should have gone extinct and would have if people weren't still able to pimp it to people that don't know any better and make money off it. In one years time my simple beginners program will leave any HIT program in the dust. Bill Starr's programs crushed HIT in the NFL. No one has ever used HIT to get bigger or stronger. In short, HIT's track record sucks. HIT's creator, Arther Jone's continued to pimp HIT even after his own research, entitle the AE factor showed it's flaws. He was making money and that's all that counted. I was professionally trained using HIT and the nautilus machines. After 6 months I had lost weight, size and strength. I was over trained. It took one full year to get back to where I was.

08-29-2010, 08:44 AM#5363

Originally Posted by **bighamsterneck**

Thank God for All Pro and creating an awesome lifting routine for a beginner like me. I am absolutely loving this routine and excited to see my gains down the road.

All Pro, I am also trying to drop my BF by 3-4%. Are you stating that basically I should continue to just follow this routine with light cardio instead of HIIT cardio? Seems like HIIT cardio will help drop BF better, but sacrifice muscle size and strength?

I prefer HIIT cardio. It's better for performance athletes and I find regular cardio mind numbingly boring.

08-29-2010, 12:01 PM#5376

Originally Posted by **King Jug**

Two questions...

Generally speaking, how many cycles can the average person complete before they can not continue progressing and have to switch over to the 2 day a week routine? Just trying to get a rough idea. 4? 10? more?

My current plan is to keep bulking through the rest of the year (using SS as long as possible) and then begin a 3 month cut in January. When I begin cutting, would it be in my best interest to continue SS as normal and just add cardio/lower cal's or would that not work? I'm concerned that it would be senseless because of strength declining while cutting.

If you started as an absolute beginner you might get anywhere from 6 months to a year out of this. So from 6-12 cycles. The end of the road is when failure begins to happen on the first work set. At that point even strength isn't improving anymore. Starting strength might last from 6 months to a year before it completely craps out on you. When you get bored and you've run a program for at least 12 weeks then maybe you start looking around for a change of pace.

08-30-2010, 04:40 PM#5398

Originally Posted by **fellipe**

I suck at bench press. Currently my lift is 114lbs and I already missed 3 reps at my 4th week (1st cycle). Any tips?

First work set or second?

08-30-2010, 05:46 PM#5400

Originally Posted by **fellipe**

the second (last) one...

That's endurance related. Keep pushing you'll get it. You're in trouble when failure starts happening on the first set. That means that strength gains have stalled.

09-02-2010, 12:42 PM#5431

Originally Posted by **somm**

I just finished reading about 90% of this entire thread. I'm about to finish my 4th cycle of the program and was thinking about doing 1 more before changing it up. I haven't changed anything during the first 3 cycles but for the 4th one I cut down to a 5% increase in weight because I'm on a calorie deficit. I've read that this was ok and may cause failure more often but I'm still noticing the progression still. I've also slowly added pull downs to the workout and am now doing them every workout day. I feel that my strength is progressing nicely but my endurance is lacking a bit behind. But where do I go from here?

1) Should I do the 2 heavy days a week doing 3 work sets in a lower rep range(4-6) or should I try out the soviet dual factor that was mentioned earlier in the thread?

2) Would both of those programs be doable on maintenance calories? I'm trying to avoid the 5x5's because of the calorie requirements.

The simplest switch would be to go with twice per week, add the work set for the first 3 exercises and reduce the rep range. Also slowing down the progression to 5% is a good idea. Oh and pretty much all of my stuff is dual factor.

09-02-2010, 04:16 PM#5436

Originally Posted by **sommm**

thanks for the advice. Are both days heavy days? I'll give it a try after the next cycle.

I run both days heavy on that set up. Some of my friends run it heavy/lite. It depends on your own recovery ability.

09-03-2010, 11:15 AM#5442

Originally Posted by **sommm**

Heavy/Light as in regular work set then 80% of work set? I guess I'll try the heavy/light setup to see how it goes and ease into a heavy/medium and eventually heavy/heavy if my body can handle it

And 1 last one before I should be set for the next few months. Do I continue my normal weight or should I be working at a higher percentage of the 1 rep max since it's less reps?

thanks again

I probably should clarify every time. I'm used to talking to the same group. But yes, heavy is always 100%, medium is 90% of that and lite is 80% of that. How hard you can on twice per week just comes down to what you as an individual can tolerate.

You should be increasing the weight from cycle to cycle. It will be a higher percentage of your 1 rep max.

09-03-2010, 12:36 PM#5446

Originally Posted by **tonylikeBody-B**

Hi All Pro,

I am currently in Cycle 1 - week 4 of your weight routine but have a few queries...

1) The free weights room is always packed out by some GIANT people so I use resistance machine instead. Is this ok? The weight stack machines I use are....

For Squats = **Lying down leg press**

For Bench Presses = **Seated Chest Press**

For Bent-Over Rows = **Seated rows**

Overhead Barbell Presses = **Shoulder Press**

Stiff-Legged Deadlifts = Doing these with 2 x dumbbells as there are no barbells

Barbell Curls = **Bicep curls using pulley rack stack machine**

Calf Raises = **Calf raises on the stack machine**

I have added 2 x sets of Lat pull downs and 2 x set of tricep extensions on the pulley rack stack machine too.

2) I have not been decreasing the weight on the medium and lite days for any of the exercises but is this a necessity?

Cheers,

Tony

Leg press isn't as good as squats by a very large margin. You shouldn't have added anything to the program on your first cycle and yes if you go heavy every work out it will be a problem. The program will stall just like every other routine that has no programming. You will stop recovering and when that happens you will stop supercompensation. When supercompensation stops the program will stall. When recovery stops you will go backwards.

09-04-2010, 01:04 PM#5460

Originally Posted by **JKnockawitz**

Would it be okay if I only put one rest day in between my 1st and 2nd cycle? For example, I lift T/T/S, but I want to move my workout days to M/W/F because in two weeks I'll be going out of town on a Saturday, and won't be able to fit my 3rd workout in before I leave, and I wan't to complete my first week of my 2nd cycle before I go. So is that alright?

Oh and I took this advice with a grain of salt, but I was recently talking to this dude that's been in the game for quite a while and he told me Squatting, Benching, and Deadlifting should never be put together in one workout. Basically saying Full body routines are useless and you should split all the big exercises into different days. Isn't this BS, especially for a beginner? I mean come on, he's never even heard of SS.

For the first part, yes. If you have to squeeze things together every now and then you can get away with it.

For the second part, it depends on the volume. You aren't doing 5-8 sets of each exercise and a beginner will always do better with higher frequency.

09-06-2010, 04:13 PM#5488

Originally Posted by **kerb1**

Is it bad to rest for a couple of seconds between reps?

That technique is called rest pause. Don't use it with this program. The idea is to increase endurance and you're slowing your gains by doing that. If you can't complete all of the reps then so be it.

09-07-2010, 01:56 PM#5500

Originally Posted by **budnik22**

I know its not ideal, but what if i swim after this routine? I typically do a 15-20 minute swim, and although i know I'll be pretty beat when getting into the pool, will swimming take away from the workout at all?

Swimming after word wont bother the program unless you drown.

09-20-2010, 11:15 AM#5647

Originally Posted by **chocolatemixer**

Hey folks,

What are your opinions on changing the stiff legged deadlifts on this program to something else, maybe a standard deadlift or any other suggestions that will work on this?

I've never liked stiff leg deads, its on exercise I dont feel safe doing. No problem with squats and standard deads though.

Would appreciate suggestions

They're there to work your lower back and hamstring complex. Squats and dead lifts both done heavy will fry your CNS. I could have fixed that but then it wouldn't be a 'SIMPLE' beginner's program. If you don't want to do them then you'll have to replace them with hamstring curls AND reverse crunches.....I don't recommend that at this level. Reverse weighted crunches are no joke.

09-20-2010, 03:25 PM#5656

Originally Posted by **Mcsheehy**

Just completed second week on routine feeling great. Muscles aren't feeling as sore as they did first time I done the routine so I'm unsure as to whether somethings amiss. Also taking an intake of roughly 1gram protein per lb body weight, total calorie intake around 2200-2600 not sure of ratios. Finding it little hard mapping out my food and stuff as very active during day with school keeps me busy, then football practice 4 times week, studying etc.. Any suggestions as to increase my mass without interrupting any of my current activities.

My first suggestion is, if you're playing a sport **GET THE HELL OUT OF THIS THREAD!**
Go here http://www.wackyhq.com/madcow5x5/geo...Linear_5x5.htm
If you still have questions post them on the board or PM me.

09-21-2010, 11:25 AM#5684

Originally Posted by **Jabba03**

Starting this program on Monday but just want to clear up a few things:

On my light day with my warmups, the weight can sometimes drop below the weight of the bar, of course this will be extremely easy for me so i was wondering do i just use the weight of the bar, or should i put a bit of weight on the bar also so i actually use my muscles during the warm up.

Also i was wondering if any of these exercises hit the serratus anterior, and if not what exercises do??

And i think i read somewhere that it is acceptable to add in Pull Ups on the light day?
Wondering whether do do all 4 sets of these or just stick to 3 sets of failure?

Help would be greatly appreciated so i can kick this program off =D

thanks very much!

- 1) Try to avoid training to failure.
- 2) For something like pull ups or any other body weight exercise choose a rep target and vary it from work out to work out and week to week. You'll avoid a lot of problems that way.
- 3) Both presses and the rows.
- 4) Don't add anything until you've run a cycle or 2.

09-21-2010, 11:32 AM#5686

Originally Posted by **gal313**

Im gon'a try this workout. After gaining str but not vol from SS, I was tending to the classic A-B split workout, but now after seeing this one, must give it a try.

just few questions before starting it:

- 1) I'm a soldier [fighter] as a main occupation, and I do a little boxing [1-3 times a week] for about 20-60 minutes which includes runing and sometimes sprinting too, and of course punching the sack. I do the boxing training personally in a room, currently as a soldier I cant get into an officialy boxing club.
Anyway, as a soldier+boxing training, I use to walk a lot with gear on me, somtimes even run with it, and i have the massive[or not?] cardio

boxing training which I run there too. Is this workout program can fit me? I do have the time to go 3 times a week to the gym [at base] and even more.

2) I love the 7 exercises where given in this program. Is it matter the order of the exercises? for ex: stiff-leg DL can come before the squat, or MP before BP etc? or must it have a specific order?

3) Lets say I fail the HEAVY DAY with 10 reps. I still continue on the MID DAY with the same weight-10% ?

4) By this program, you add 10% more weight every 6 weeks. If I bench now 25 Kg, it means i'll add 2.5 Kg 6 weeks later. Later on, as things go further, I will reach the 50 Kg bench, which from that point i'll add 5 Kg every 6 weeks. This isn't logic to me, cause it suppose to get tougher to add weight with time goes on.

5) And for last.. is there any replacement for the DL? just in case.. or should I say just for assurance ? :P

Thx a lot in advance, Gal!

1) With all of the cardio that you're doing any weight training is going to be tough. Starr's 5x5 would probably be a better choice.

2)The first 4 exercises must be done first.

3)If you start the program with your 10 rep max weight for each exercise you won't have a problem for a while.

4)It will take more 5 week cycles to complete all of the reps as you get stronger.

5) STIFF LEG DEAD LIFTS. The replacement would be reverse hypers and leg curls.

09-22-2010, 02:14 PM#5716

Originally Posted by **1979soma**

All pro or someone else who knows,

I am finishing week 1 cycle 1. I understand don't add anything for a few cycles, I understand that each exercise was chosen for a specific reason. I prefer doing DLs over SLDLs. In fact DLs are my favorite exercise. What muscles will I either be overstimulating or understimulating by substituting DLs for SLDLs. Are DLs not in the program due to the stress on the body for the amount of exercises on any given day? Thank you for your response.

Your spinal erectors and your CNS. Don't do it.

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