

3 Rules-

- 1.) You Must Track Your Weight/Sets/Reps.
- 2.) You must move up 5lbs if you successfully did all 5/5/5.
- 3.) You Must workout 2x a week for 1 hour.

The Workout:

Workout A- Squats 3x5, Overhead Press 3x5

Workout B- Bench 3x5, Deadlift 3x5

Your gym notebook should look something like:

Squats	OHP		Bench	Deadlift
180	120		185	305
5/5/5	4/3/2		5/5/2	5/5/5
185	120		185	310
5/5/5	5/4/2		5/5/5	5/5/5
190	120		190	315
5/5/5	5/5/3		5/5/4	5/5/5
195	95		190	320
5/5/5	5/5/5		5/5/5	5/5/5

Start at a lighter weight, something that feels medium. Move up 5 lbs a week.

You will be able to move up 5lbs, every week. Follow the program and track your weights.

Decide if you are bulking or cutting and stick to it. Diet is 80% of the battle. The other 20% is remembering to write your lift weights down. Did you hit your weight loss or weight gain goals for this week? Write down daily weight on a calendar and compare vertically. If your method of dieting isn't giving results, Counting Calories will. It's thermodynamics.

Deload: If you failed 3 weeks in a row- reduce weight to 80% of your max. Continue program, focus on form. Move up 5lbs a week. After 2 deloads, change programs. (typically ~8 months from starting depending on the lift)

Things to Remember:

Focus on Form. Think about it consciously during every rep.

If someone gives you advice, they think you are doing something weird. Record your lifts on your phone often. Compare to Youtube.

Useful Broscience:

Arms First Always, Bench and Overhead Press before doing your back/leg lifts.

Dessert is encouraged. To be blunt, Men work on Arms and Biceps. Ladies, Legs.

No Gym Voodoo, don't ask yourself if the floor is crooked. It isn't.



Cheats: Hype Music on heavy sets. Having your partner slap your chest before a lift. Dancing prior to lift. Think of how hott you are going to be by Summer. Creatine works. Get Hype- You are moving up in weight this week