

StrongLifts 5x5: Beginner Strength Training Program

More info, read: [StrongLifts 5x5](#) [StrongLifts 5x5 FAQ](#)

Enter Your data dd/mm/yyyy

Start date 1/1/2011

Body fat 10.00%

Body-weight 70.0 154.3 11.0

 (kg) (lb) (st)

		Week1			Week2	
		mo	we	fr	mo	we
		1/1/2011	1/3/2011	1/5/2011	1/8/2011	1/10/2011
kg	SQUAT	SQUAT	SQUAT	SQUAT	SQUAT	SQUAT
	5x5	5x5	5x5	5x5	5x5	5x5
	20	22.5	25	30	32.5	
lb	44	50	55	66	72	
kg	Bench Press	Overhead press	Bench Press	Overhead press	Bench Press	
	5x5	5x5	5x5	5x5	5x5	
	20	20	22.5	22.5	25	
lb	44	44	50	50	55	
kg	Barbell Row	Deadlift	Barbell Row	Deadlift	Barbell Row	
	5x5	1x5	5x5	1x5	5x5	
	20	20	22.5	25	25	
lb	44	44	50	55	55	
kg	Dips	Pull-ups	Dips	Chin-ups	Dips	
	3xF	3xF	3xF	3xF	3xF	
lb						
kg	Reverse Crunch	Prone Bridges	Reverse Crunch	Prone Bridges	Reverse Crunch	
	3x12	3x30sec	3x12	3x30sec	3x12	
lb						

kg	20	17.5	15
lb	44	39	33

Measure body fat using a fat caliper & weigh yourself every 2 weeks

Body fat

10.0%

Body-weight

70.0

How To Use This Spreadsheet

Include the weight of the bar. Olympic bars weigh 45lbs/20kg and are 7 feet/2 Use bigger increments if the workouts are too easy & your technique is good. Never lower the weight if you miss reps. Do as many reps as you can with good If you miss 5x5, try again the next workout. If you miss it again, try again the Deload after 3 missed attempts with the same weight by lowering the weight Measure body fat (using a fat calliper) & weigh yourself every 2 weeks. Take fu

	Week3				
fr	mo	thu	fr	mo	
1/12/2011	1/15/2011	1/17/2011	1/19/2011	1/22/2011	
SQUAT 5x5	SQUAT 5x5	SQUAT 5x5	SQUAT 5x5	SQUAT 5x5	
35	37.5	40	42.5	45	
77	83	88	94	99	
Overhead press 5x5	Bench Press 5x5	Overhead press 5x5	Bench Press 5x5	Overhead press 5x5	
25	27.5	27.5	30	30	
55	61	61	66	66	
Deadlift 1x5	Barbell Row 5x5	Deadlift 1x5	Barbell Row 5x5	Deadlift 1x5	
30	27.5	35	30	40	
66	61	77	66	88	
Pull-ups 3xF	Dips 3xF	Chin-ups 3xF	Dips 3xF	Pull-ups 3xF	
Prone Bridges 3x30sec	Reverse Crunch 3x12	Prone Bridges 3x30sec	Reverse Crunch 3x12	Prone Bridges 3x30sec	

12.5
28

10
22

Body fat

0.0%

Body-weight

0.0

m20 long.

But resist the temptation to go too fast, think long-term.

d technique and without help. Aim for 5x5.

ext workout. If you still miss it, deload for that exercise only.

by 10% for that exercise only. Increase the weight from there.

ill length pictures (front/back/sides) and measurements every 2 weeks.

Week4		Week5		
we	fr	mo	we	fr
1/24/2011	1/26/2011	1/29/2011	1/31/2011	2/2/2011
SQUAT 5x5	SQUAT 5x5	SQUAT 5x5	SQUAT 5x5	SQUAT 5x5
47.5	50	52.5	55	57.5
105	110	116	121	127
Bench Press 5x5	Overhead press 5x5	Bench Press 5x5	Overhead press 5x5	Bench Press 5x5
32.5	32.5	35	35	37.5
72	72	77	77	83
Barbell Row 5x5	Deadlift 1x5	Barbell Row 5x5	Deadlift 1x5	Barbell Row 5x5
32.5	45	35	50	37.5
72	99	77	110	83
Dips 3xF	Chin-ups 3xF	Dips 3xF	Pull-ups 3xF	Dips 3xF
Reverse Crunch 3x12	Prone Bridges 3x30sec	Reverse Crunch 3x12	Prone Bridges 3x30sec	Reverse Crunch 3x12

7.5
17

5
11

2.5
6

Body fat

0.0%

Body-weight

0.0

Week6			Week7	
mo	we	fr	mo	we
2/5/2011	2/7/2011	2/9/2011	2/12/2011	2/14/2011
SQUAT 5x5	SQUAT 5x5	SQUAT 5x5	SQUAT 5x5	SQUAT 5x5
60	62.5	65	67.5	70
132	138	143	149	154
Overhead press 5x5	Bench Press 5x5	Overhead press 5x5	Bench Press 5x5	Overhead press 5x5
37.5	40	40	42.5	42.5
83	88	88	94	94
Deadlift 1x5	Barbell Row 5x5	Deadlift 1x5	Barbell Row 5x5	Deadlift 1x5
55	40	60	42.5	65
121	88	132	94	143
Chin-ups 3xF	Dips 3xF	Pull-ups 3xF	Dips 3xF	Chin-ups 3xF
Prone Bridges 3x30sec	Reverse Crunch 3x12	Prone Bridges 3x30sec	Reverse Crunch 3x12	Prone Bridges 3x30sec

0		0	
0		0	

Body Fat

0.0%

Body-weight

0.0

	Week8				
fr	mo	we	fr	mo	
2/16/2011	2/19/2011	2/21/2011	2/23/2011	2/26/2011	
SQUAT 5x5	SQUAT 5x5	SQUAT 5x5	SQUAT 5x5	SQUAT 5x5	
72.5	75	77.5	80	82.5	
160	165	171	176	182	
Bench Press 5x5	Overhead press 5x5	Bench Press 5x5	Overhead press 5x5	Bench Press 5x5	
45	45	47.5	47.5	50	
99	99	105	105	110	
Barbell Row 5x5	Deadlift 1x5	Barbell Row 5x5	Deadlift 1x5	Barbell Row 5x5	
45	70	47.5	75	50	
99	154	105	165	110	
Dips 3xF	Pull-ups 3xF	Dips 3xF	Chin-ups 3xF	Dips 3xF	
Reverse Crunch 3x12	Prone Bridges 3x30sec	Reverse Crunch 3x12	Prone Bridges 3x30sec	Reverse Crunch 3x12	



Body Fat
0.0%

Body-weight
0.0

Week9		Week10		
we	fr	mo	we	fr
2/28/2011	3/2/2011	3/5/2011	3/7/2011	3/9/2011
SQUAT 5x5	SQUAT 5x5	SQUAT 5x5	SQUAT 5x5	SQUAT 5x5
85 187	87.5 193	90 198	92.5 204	95 209
Overhead press 5x5	Bench Press 5x5	Overhead press 5x5	Bench Press 5x5	Overhead press 5x5
50 110	52.5 116	52.5 116	55 121	55 121
Deadlift 1x5	Barbell Row 5x5	Deadlift 1x5	Barbell Row 5x5	Deadlift 1x5
80 176	52.5 116	85 187	55 121	90 198
Pull-ups 3xF	Dips 3xF	Chin-ups 3xF	Dips 3xF	Pull-ups 3xF
Prone Bridges 3x30sec	Reverse Crunch 3x12	Prone Bridges 3x30sec	Reverse Crunch 3x12	Prone Bridges 3x30sec



Body Fat
0.0%

Body-weight
0.0

Week11			Week12	
mo	we	fr	mo	we
3/12/2011	3/14/2011	3/16/2011	3/19/2011	3/21/2011
SQUAT 5x5	SQUAT 5x5	SQUAT 5x5	SQUAT 5x5	SQUAT 5x5
97.5	100	102.5	105	107.5
215	220	226	231	237
Bench Press 5x5	Overhead press 5x5	Bench Press 5x5	Overhead press 5x5	Bench Press 5x5
57.5	57.5	60	60	62.5
127	127	132	132	138
Barbell Row 5x5	Deadlift 1x5	Barbell Row 5x5	Deadlift 1x5	Barbell Row 5x5
57.5	95	60	100	62.5
127	209	132	220	138
Dips 3xF	Chin-ups 3xF	Dips 3xF	Pull-ups 3xF	Dips 3xF
Reverse Crunch 3x12	Prone Bridges 3x30sec	Reverse Crunch 3x12	Prone Bridges 3x30sec	Reverse Crunch 3x12

StrongLifts 5x5 doesn't stop here

Keep doing StrongLifts 5x5 until you stall/deload 2-3 times on your Squat. You'll be squattin

fr
3/23/2011
SQUAT
5x5
110
243
Overhead press
5x5
62.5
138
Deadlift
1x5
105
231
Chin-ups
3xF
Prone Bridges
3x30sec



Body Fat

0.0%

Body-weight

0.0

ing 1x to 1.5x your body-weight for 5x5 when switching.

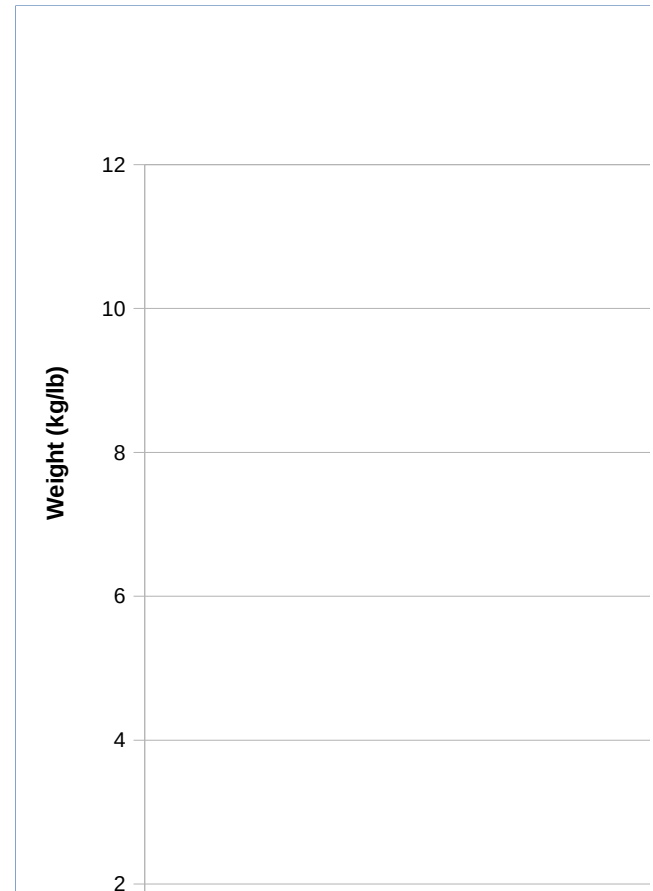
StrongLifts 5x5 Progress with Graphs

How to use this

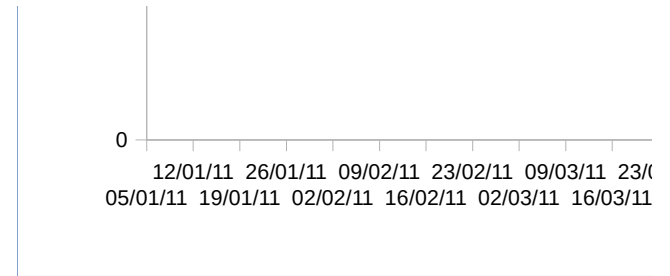
- * Enter the total weight you lifted (in kg or lb) the first day you started, then enter your strength stats every Friday (the graph plots from the first Friday, not you
- * Don't leave empty rows in between or the graphs won't work

Date	Body-weight	Body fat	Squat	Deadlift	Bench	Overhead
dd/mm/yy	kg	%	5x5	1x5	5x5	5x5

01/01/11						
05/01/11						
12/01/11						
19/01/11						
26/01/11						
02/02/11						
09/02/11						
16/02/11						
23/02/11						
02/03/11						
09/03/11						
16/03/11						
23/03/11						




StrongLifts 5x5 Progress with G



Think Long-Term

- * 1-3 months is just the start. If the abc
- * Then think were you'll be 2 years from
- * Aim high with your goals, progress slc

StrongLifts 5x5 Progress with G

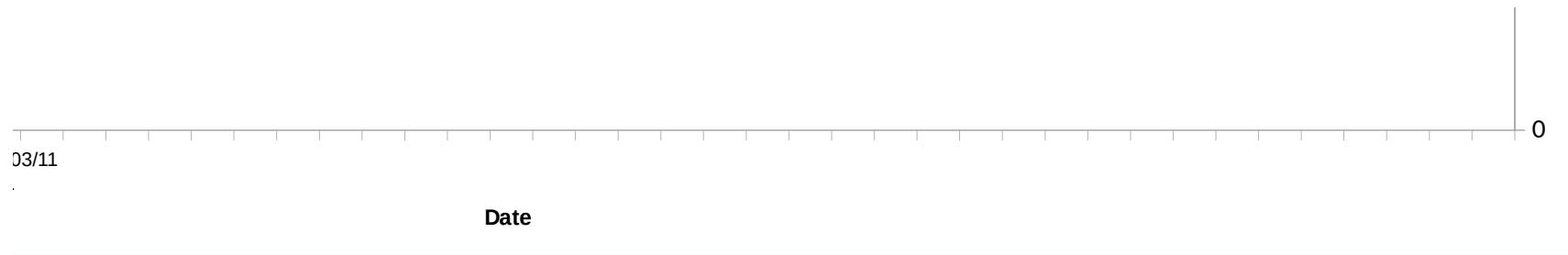


StrongLifts 5x5 Progress with G

r first day). Just enter the maximal weight you lifted that week.



StrongLifts 5x5 Progress with G



ve represents what you could achieve in 12 weeks, imagine what you'd achieve in 52 weeks.

n now if you keep doing this. You would fix this problem of building muscle/losing fat/getting stronger forever.

owly but gradually. 1% fat loss/month is 12% fat loss/year. 2Lbs weight gain/month is 25lbs/year. And these are CONSERVATIVE goals.

Your Goals and How to Achieve Them

Fat Loss

- * Get a fat calliper and measure your body fat every 2 weeks. Shoot pictures every 2 weeks: front/back/side
- * You can track your body-weight too, but remember to focus on body fat. Body-weight can stay the same while fat loss occurs
- * 2% fat loss/month is very do-able if you a) get stronger b) eat plenty of healthy foods c) add cardio
- * Nutrition: read Nutrition on StrongLifts 5x5: What Should You Eat?
- * For cardio: add 15mins moderate intensity cardio (60-70% BPM) directly post strength training
- * No need to get lower than 10-12% body fat (15% for females). Anything below isn't worth it. (Unless you're a bodybuilder)

Weight Gain

- * Weigh yourself every 2 weeks, like every Friday morning. Shoot pictures front/back/side from the same angle
- * Measure also body fat every 2 weeks so you can measure fat gain vs. Muscle gains. If body-weight goes up but body fat stays the same, you're gaining muscle
- * Fastest way to gain muscle is by drinking 1 gallon milk/day. You'll gain fat too that way, usually
- * Check how to gain weight for skinny guys

Strength Goals (1st ones)

- * You can achieve these goals within 2-6 months doing StrongLifts 5x5, whatever happens. Ever
- * Focus on the Squat. Don't lose too much time with the ab exercises or whatever, the Squat matters

	5x5 (kg)	5x5 (lb)
Squat	70	154
Deadlift	105	231 (only 1x5 here)
Bench Press	52.5	116
Overhead Press	35	77
Inverted Rows	15 reps on set 1 with good technique. Wear a rucksack	
Pull-ups & Chin-ups	15 reps on set 1 with good technique. Wear a rucksack	
Push-ups	15 reps on set 1 with good technique. Get a resistance band	
Prone Bridges	3x30sec	
Reverse Crunch	3x12	

Strength Goals (2nd ones)

- * You may or may not achieve these goals doing StrongLifts 5x5. Some can get even stronger than these goals
- * What you should care about: aim high with your goals and keep doing the routine until you start to fail
- * Remember: the benefit of a beginner program is that you can add weight each workout. Intermediate programs don't allow for this

	5x5 (kg)	5x5 (lbs)
Squat	91	201

Your Goals and How to Achieve T

Deadlift	126	278 (only 1x5 here)	
Bench Press	63	139	
Overhead Press	49	108	
	3x5 (kg)	3x5 (lbs)	Use x-vest, ch
Inverted Rows	10	25	
Pull-ups & Chin-ups	10	25	
Push-ups	10	25	For Push-ups:
Prone Bridges	3x30 sec on 1 leg When you can do that, move to prone		
Reverse Crunch	without dumbbells as counter-weight, with hands behi		

Your Goals and How to Achieve Them

front/back/side, from feet to neck. Take measurements arms/chest/waist/legs/neck every 2 weeks. Weight should stay the same or even increase because of the muscle gains. And body-weight is unreliable: water fluctuations. Remember cardio is useless without strength training & healthy nutrition.

3, without any food in between. Add 1min each workout until you get at 45mins/post workout. Keep getting stronger, eat healthier, you'll look good at 10-12%. This is strength training, not bodybuilding

feet to neck. Take measurements arms/chest/waist/legs/neck every 2 weeks. Weight goes up and strength goes up, but body fat hardly moves, you are gaining muscle. Keep about 3% body fat the 1st month while gaining 25lbs weight. Stop the milk once you have your goal

anybody can do this, including women. Just go up as fast as possible, that will help you achieve your goals.

filled with plates or x-vest or chains when you got that and do 3x5, adding 2.5lb/1.25kg each workout. Or filled with plates or x-vest or chains when you got that and do 3x5, adding 2.5lb/1.25kg each workout. Or wear a rucksack/chains/x-vest and add 2.5lb/1.25kg each band and do 3x10 when that gets easy.

Reach all the goals below on StrongLifts 5x5, some have to switch routine sooner. Much depends on a) body type b) effort. Do all at least 2-3x on Squats. Get as close as you can to the goals below. If you can get over it, do it. Intermediate programs use weekly increases. You'll progress faster on a beginner than on an intermediate

Your Goals and How to Achieve T

ains or rucksack with weights

: you can also use a mini band, then monster mini, then light band, etc.

e bridges while moving weight from one side to the other.

nd head and good technique. When you can do that, move to dragon flags.

Your Goals and How to Achieve Them

situation, bowel content, etc. Focus on losing fat.

Keep tracking body fat in the meanwhile.

Total body-weight and your body fat will decrease.

Workout.

Workout.

Each workout doing 3x5.

Body-weight b) attitude c) a lot of other things you shouldn't care about.

But don't switch too soon: stay on the program as long as you can.

Continue program. Don't lose this benefit, stay on the program as long as you can.