

INVICTUS

SPORTS PERFORMANCE AND FITNESS

5x5 Program

Five-by-five training is a simple, efficient, time-tested program for gaining strength and muscle using compound lifts. And it's really as simple as the name says: 5 sets of 5 reps.

There have been many different versions of 5x5 over the decades, each one focused on a different set of core lifts and a different schedule. This is just one approach. If another one works for you, you can actually swap out lifts in the Bodybuilding.com BodyFit Elite app.

No matter how you do it, this classic program is designed to hit all your muscles hard three times per week, and allow enough time in between to optimize growth and recovery. It was designed to build strength, but you'll likely see an increase in muscle mass, as well. It is truly a "best of both worlds" program where you can just take 70-80 percent of your 1RM, do the work, and keep progressing.

The Schedule

The 5x5 program only has two workouts. You'll switch between them and do three workouts a week. You'll be lifting hard and putting in serious volume, so you'll need the rest of the days to recover. Here are the basics of your three weekly workouts:

Workout A

- Squat
- Bench press
- Barbell row

Optional accessories:

- Triceps
- Abs

Workout B

- Front squat
- Overhead press
- Deadlift
- Pull-up (weighted if necessary)

Optional accessories:

- Biceps
- Abs

Workout C

- Squat
- Bench press
- Barbell row

Optional accessories:

- Triceps
- Abs

You'll do 5 sets of 5 reps of each big exercise. Some people prefer to only do 1 or 3 sets of 5 for deadlifts so they can perform them with heavier weight. Others do 5 sets of 5, but keep the weights conservative. Take at least one day off between workouts. A Monday-Wednesday-Friday or Tuesday-Thursday-Saturday schedule works perfectly with 5x5. On your off days, do active recovery or light cardio, but don't do any other lifting. You won't need to! On these days, recovery is the highest priority for progress. If you really want to lift more, just include the optional accessory moves in the three weekly workouts.