

## **9 Week Strength Training Program for: Solomon Foster**

This is a popular style of training called the 5X5 Program. This workout is designed to be done three times per week to allow enough time to promote growth and recovery. It is for athletes looking for an increase in strength. An increase in muscle mass often occurs, provided you are eating enough kilojoules to support this muscle growth.

What the 5 X 5 program specialises in is periodisation, which is changing the program and weight levels as you progress through it to challenging your muscles each week allowing enough recovery time to not overtrain.

You are basically going to complete the 5X5 Program for a total of 9 weeks, which includes 6 weeks of prep work and then a 3 week peak phase. After you have completed the full cycle it is a good idea to do a **deloading** week where you workout with less intensity or spend time in the pool.

### **GETTING STARTED Wk 1 - 6**

*\*\*\*Before starting the first week it would be a good idea to set a 5 rep max for each of the exercises so that you know what weight it is you are specifically trying to beat.\*\*\**

During week 1 you will pick a weight that you can do for a total of 5 sets with 5 reps. This weight should be challenging but you must be able to complete the given protocol. One of the most essential factors of this program is that you do 5 sets of 5 reps. **It is a key factor in the success of the program and must be followed.**

### **INCREASING WEIGHT**

If after the first week you have managed to successfully complete all your sets at a specified weight then bump it up 2.5 – 5 kg's for the following week. With the new weight for the following week you should be able to successfully complete all 5 reps with proper form.

If struggling to lift the amount of weight you are using, keep it the same for one more week and then hopefully after that you can raise it higher.

By the time you hit weeks 4-6 you will hopefully be setting new rep maxes and will be seeing a significant increase in strength, provided you are in kilojoule (Energy) surplus. You can sometimes still see strength increases even if you are in a deficit however it is much more unlikely, especially among advanced individuals.

### **PEAKING PHASE Wk 7 - 9**

After you have finished week 6 (Prep Phase) it is then time to move onto the peaking phase. What you will do for the first two weeks is drop your sets and reps down to more of a **3X3 set-up**. This will allow you to push each set even harder and therefore hopefully lift more weight, thus upping your week 1 5RM and even 1RM.

You may also want to only perform squats twice per week rather than three times to allow for extra recovery (only in Seasonal Footy) since the large leg muscles take longer; when lifting with such intensity.

During the *Peaking Phase* the most important thing you must focus on is the weight increases. Here is where you need to push yourself to new levels.

Finally during the last week of the cycle you can warm up and find your 5RM of each exercise and then try for a PR lift or 1RM (focus only on the 3 exercises in the big black box). If you choose to end the cycle after the initial 4-6 weeks of 5X5 that is alright too; and in some cases (such as for those who are training for sports) the intensity levels during the peak phases may be too much for athletes to handle along with their other physical pursuits.

**GETTING STARTED**  
**Workout Log 5x5 PROGRAM A**

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_  
 TIME: \_\_\_\_\_ am/pm. DURATION: \_\_\_\_\_  
 LOCATION: \_\_\_\_\_  
 MOOD WHEN STARTING: \_\_\_\_\_

**WEEK 1**  
5X5 Protocol

CARDIO TODAY? YES/NO TYPE: \_\_\_\_\_  
 LENGTH OF WORKOUT: \_\_\_\_\_

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 kg's for 5 reps, you would write "100 X 5". The black boxes below are not used.

| Exercise                              | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|---------------------------------------|--------|--------|--------|--------|--------|
| <i>Back Squat (deep /milk crate)</i>  |        |        |        |        |        |
| <i>Bench Press (medium grip)</i>      |        |        |        |        |        |
| <i>Bent Over Row (Barbell)</i>        |        |        |        |        |        |
| <i>*Toes Through Ring</i>             |        |        |        |        |        |
| <i>*DB Over Head Tricep Extension</i> |        |        |        |        |        |

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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**Workout Log 5x5 PROGRAM B**

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_  
 TIME: \_\_\_\_\_ am/pm. DURATION: \_\_\_\_\_  
 LOCATION: \_\_\_\_\_  
 MOOD WHEN STARTING: \_\_\_\_\_

CARDIO TODAY? YES/NO TYPE: \_\_\_\_\_  
 LENGTH OF WORKOUT: \_\_\_\_\_

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 kgs for 5 reps, you would write "100 X 5". The black boxes below are not used.

| Exercise                        | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|---------------------------------|--------|--------|--------|--------|--------|
| <i>Front Squat</i>              |        |        |        |        |        |
| <i>Strict Press</i>             |        |        |        |        |        |
| <i>Barbell Deadlift</i>         |        |        |        |        |        |
| <i>DB Curls</i>                 |        |        |        |        |        |
| <i>Dynamic Lunges (Jumping)</i> |        |        |        |        |        |

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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**Workout Log 5x5 PROGRAM C**

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_  
 TIME: \_\_\_\_\_ am/pm. DURATION: \_\_\_\_\_  
 LOCATION: \_\_\_\_\_  
 MOOD WHEN STARTING: \_\_\_\_\_

CARDIO TODAY? YES/NO TYPE: \_\_\_\_\_  
 LENGTH OF WORKOUT: \_\_\_\_\_

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 kgs for 5 reps, you would write "100 X 5". The black boxes below are not used.

| Exercise                             | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|--------------------------------------|--------|--------|--------|--------|--------|
| <i>Over Head Squat or Back Squat</i> |        |        |        |        |        |
| <i>Pull Ups</i>                      |        |        |        |        |        |
| <i>Bench Press (medium grip)</i>     |        |        |        |        |        |
| <i>Ring Dips</i>                     |        |        |        |        |        |
| <i>Inch Worms</i>                    |        |        |        |        |        |

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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**Workout Log 5x5 PROGRAM A**

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_  
 TIME: \_\_\_\_\_ am/pm. DURATION: \_\_\_\_\_  
 LOCATION: \_\_\_\_\_  
 MOOD WHEN STARTING: \_\_\_\_\_

**WEEK 2**

5X5 Protocol

CARDIO TODAY? YES/NO TYPE: \_\_\_\_\_  
 LENGTH OF WORKOUT: \_\_\_\_\_

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 kg's for 5 reps, you would write "100 X 5". The black boxes below are not used.

| Exercise                             | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|--------------------------------------|--------|--------|--------|--------|--------|
| <i>Back Squat (deep /milk crate)</i> |        |        |        |        |        |
| <i>Bench Press (medium grip)</i>     |        |        |        |        |        |
| <i>Bent Over Row (Barbell)</i>       |        |        |        |        |        |
| <i>Toes Through Ring</i>             |        |        |        |        |        |
| <i>DB Over Head Tricep Extension</i> |        |        |        |        |        |

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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**Workout Log 5x5 PROGRAM B**

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_  
 TIME: \_\_\_\_\_ am/pm. DURATION: \_\_\_\_\_  
 LOCATION: \_\_\_\_\_  
 MOOD WHEN STARTING: \_\_\_\_\_

CARDIO TODAY? YES/NO TYPE: \_\_\_\_\_  
 LENGTH OF WORKOUT: \_\_\_\_\_

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 kgs for 5 reps, you would write "100 X 5". The black boxes below are not used.

| Exercise                        | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|---------------------------------|--------|--------|--------|--------|--------|
| <i>Front Squat</i>              |        |        |        |        |        |
| <i>Strict Press</i>             |        |        |        |        |        |
| <i>Barbell Deadlift</i>         |        |        |        |        |        |
| <i>DB Curls</i>                 |        |        |        |        |        |
| <i>Dynamic Lunges (Jumping)</i> |        |        |        |        |        |

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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**Workout Log 5x5 PROGRAM C**

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_  
 TIME: \_\_\_\_\_ am/pm. DURATION: \_\_\_\_\_  
 LOCATION: \_\_\_\_\_  
 MOOD WHEN STARTING: \_\_\_\_\_

CARDIO TODAY? YES/NO TYPE: \_\_\_\_\_  
 LENGTH OF WORKOUT: \_\_\_\_\_

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 kgs for 5 reps, you would write "100 X 5". The black boxes below are not used.

| Exercise                             | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|--------------------------------------|--------|--------|--------|--------|--------|
| <i>Over Head Squat or Back Squat</i> |        |        |        |        |        |
| <i>Pull Ups</i>                      |        |        |        |        |        |
| <i>Bench Press (medium grip)</i>     |        |        |        |        |        |
| <i>Ring Dips</i>                     |        |        |        |        |        |
| <i>Inch Worms</i>                    |        |        |        |        |        |

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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**Workout Log 5x5 PROGRAM A**

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_  
 TIME: \_\_\_\_\_ am/pm. DURATION: \_\_\_\_\_  
 LOCATION: \_\_\_\_\_  
 MOOD WHEN STARTING: \_\_\_\_\_

**WEEK 3**

5X5 Protocol

CARDIO TODAY? YES/NO TYPE: \_\_\_\_\_  
 LENGTH OF WORKOUT: \_\_\_\_\_

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 kg's for 5 reps, you would write "100 X 5". The black boxes below are not used.

| Exercise                             | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|--------------------------------------|--------|--------|--------|--------|--------|
| <i>Back Squat (deep /milk crate)</i> |        |        |        |        |        |
| <i>Bench Press (medium grip)</i>     |        |        |        |        |        |
| <i>Bent Over Row (Barbell)</i>       |        |        |        |        |        |
| <i>Toes Through Ring</i>             |        |        |        |        |        |
| <i>DB Over Head Tricep Extension</i> |        |        |        |        |        |

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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**Workout Log 5x5 PROGRAM B**

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_  
 TIME: \_\_\_\_\_ am/pm. DURATION: \_\_\_\_\_  
 LOCATION: \_\_\_\_\_  
 MOOD WHEN STARTING: \_\_\_\_\_

CARDIO TODAY? YES/NO TYPE: \_\_\_\_\_  
 LENGTH OF WORKOUT: \_\_\_\_\_

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 kgs for 5 reps, you would write "100 X 5". The black boxes below are not used.

| Exercise                        | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|---------------------------------|--------|--------|--------|--------|--------|
| <i>Front Squat</i>              |        |        |        |        |        |
| <i>Strict Press</i>             |        |        |        |        |        |
| <i>Barbell Deadlift</i>         |        |        |        |        |        |
| <i>DB Curls</i>                 |        |        |        |        |        |
| <i>Dynamic Lunges (Jumping)</i> |        |        |        |        |        |

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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**Workout Log 5x5 PROGRAM C**

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_  
 TIME: \_\_\_\_\_ am/pm. DURATION: \_\_\_\_\_  
 LOCATION: \_\_\_\_\_  
 MOOD WHEN STARTING: \_\_\_\_\_

CARDIO TODAY? YES/NO TYPE: \_\_\_\_\_  
 LENGTH OF WORKOUT: \_\_\_\_\_

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 kgs for 5 reps, you would write "100 X 5". The black boxes below are not used.

| Exercise                             | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|--------------------------------------|--------|--------|--------|--------|--------|
| <i>Over Head Squat or Back Squat</i> |        |        |        |        |        |
| <i>Pull Ups</i>                      |        |        |        |        |        |
| <i>Bench Press (medium grip)</i>     |        |        |        |        |        |
| <i>Ring Dips</i>                     |        |        |        |        |        |
| <i>Inch Worms</i>                    |        |        |        |        |        |

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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**Workout Log 5x5 PROGRAM A**

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_  
 TIME: \_\_\_\_\_ am/pm. DURATION: \_\_\_\_\_  
 LOCATION: \_\_\_\_\_  
 MOOD WHEN STARTING: \_\_\_\_\_

**WEEK 4**  
 5X5 Protocol

CARDIO TODAY? YES/NO TYPE: \_\_\_\_\_  
 LENGTH OF WORKOUT: \_\_\_\_\_

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 kg's for 5 reps, you would write "100 X 5". The black boxes below are not used.

| Exercise                             | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|--------------------------------------|--------|--------|--------|--------|--------|
| <i>Back Squat (deep /milk crate)</i> |        |        |        |        |        |
| <i>Bench Press (medium grip)</i>     |        |        |        |        |        |
| <i>Bent Over Row (Barbell)</i>       |        |        |        |        |        |
| <i>Toes Through Ring</i>             |        |        |        |        |        |
| <i>DB Over Head Tricep Extension</i> |        |        |        |        |        |

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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**Workout Log 5x5 PROGRAM B**

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_  
 TIME: \_\_\_\_\_ am/pm. DURATION: \_\_\_\_\_  
 LOCATION: \_\_\_\_\_  
 MOOD WHEN STARTING: \_\_\_\_\_

CARDIO TODAY? YES/NO TYPE: \_\_\_\_\_  
 LENGTH OF WORKOUT: \_\_\_\_\_

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 kgs for 5 reps, you would write "100 X 5". The black boxes below are not used.

| Exercise                        | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|---------------------------------|--------|--------|--------|--------|--------|
| <i>Front Squat</i>              |        |        |        |        |        |
| <i>Strict Press</i>             |        |        |        |        |        |
| <i>Barbell Deadlift</i>         |        |        |        |        |        |
| <i>DB Curls</i>                 |        |        |        |        |        |
| <i>Dynamic Lunges (Jumping)</i> |        |        |        |        |        |

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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**Workout Log 5x5 PROGRAM C**

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_  
 TIME: \_\_\_\_\_ am/pm. DURATION: \_\_\_\_\_  
 LOCATION: \_\_\_\_\_  
 MOOD WHEN STARTING: \_\_\_\_\_

CARDIO TODAY? YES/NO TYPE: \_\_\_\_\_  
 LENGTH OF WORKOUT: \_\_\_\_\_

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 kgs for 5 reps, you would write "100 X 5". The black boxes below are not used.

| Exercise                             | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|--------------------------------------|--------|--------|--------|--------|--------|
| <i>Over Head Squat or Back Squat</i> |        |        |        |        |        |
| <i>Pull Ups</i>                      |        |        |        |        |        |
| <i>Bench Press (medium grip)</i>     |        |        |        |        |        |
| <i>Ring Dips</i>                     |        |        |        |        |        |
| <i>Inch Worms</i>                    |        |        |        |        |        |

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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**Workout Log 5x5 PROGRAM A**

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_  
 TIME: \_\_\_\_\_ am/pm. DURATION: \_\_\_\_\_  
 LOCATION: \_\_\_\_\_  
 MOOD WHEN STARTING: \_\_\_\_\_

**WEEK 5**

5X5 Protocol

CARDIO TODAY? YES/NO TYPE: \_\_\_\_\_  
 LENGTH OF WORKOUT: \_\_\_\_\_

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 kg's for 5 reps, you would write "100 X 5". The black boxes below are not used.

| Exercise                             | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|--------------------------------------|--------|--------|--------|--------|--------|
| <i>Back Squat (deep /milk crate)</i> |        |        |        |        |        |
| <i>Bench Press (medium grip)</i>     |        |        |        |        |        |
| <i>Bent Over Row (Barbell)</i>       |        |        |        |        |        |
| <i>Toes Through Ring</i>             |        |        |        |        |        |
| <i>DB Over Head Tricep Extension</i> |        |        |        |        |        |

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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**Workout Log 5x5 PROGRAM B**

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_  
 TIME: \_\_\_\_\_ am/pm. DURATION: \_\_\_\_\_  
 LOCATION: \_\_\_\_\_  
 MOOD WHEN STARTING: \_\_\_\_\_

CARDIO TODAY? YES/NO TYPE: \_\_\_\_\_  
 LENGTH OF WORKOUT: \_\_\_\_\_

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 kgs for 5 reps, you would write "100 X 5". The black boxes below are not used.

| Exercise                        | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|---------------------------------|--------|--------|--------|--------|--------|
| <i>Front Squat</i>              |        |        |        |        |        |
| <i>Strict Press</i>             |        |        |        |        |        |
| <i>Barbell Deadlift</i>         |        |        |        |        |        |
| <i>DB Curls</i>                 |        |        |        |        |        |
| <i>Dynamic Lunges (Jumping)</i> |        |        |        |        |        |

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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**Workout Log 5x5 PROGRAM C**

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_  
 TIME: \_\_\_\_\_ am/pm. DURATION: \_\_\_\_\_  
 LOCATION: \_\_\_\_\_  
 MOOD WHEN STARTING: \_\_\_\_\_

CARDIO TODAY? YES/NO TYPE: \_\_\_\_\_  
 LENGTH OF WORKOUT: \_\_\_\_\_

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 kgs for 5 reps, you would write "100 X 5". The black boxes below are not used.

| Exercise                             | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|--------------------------------------|--------|--------|--------|--------|--------|
| <i>Over Head Squat or Back Squat</i> |        |        |        |        |        |
| <i>Pull Ups</i>                      |        |        |        |        |        |
| <i>Bench Press (medium grip)</i>     |        |        |        |        |        |
| <i>Ring Dips</i>                     |        |        |        |        |        |
| <i>Inch Worms</i>                    |        |        |        |        |        |

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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**Workout Log 5x5 PROGRAM A**

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_  
 TIME: \_\_\_\_\_ am/pm. DURATION: \_\_\_\_\_  
 LOCATION: \_\_\_\_\_  
 MOOD WHEN STARTING: \_\_\_\_\_

**WEEK 6**

5X5 Protocol

CARDIO TODAY? YES/NO TYPE: \_\_\_\_\_  
 LENGTH OF WORKOUT: \_\_\_\_\_

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 kg's for 5 reps, you would write "100 X 5". The black boxes below are not used.

| Exercise                             | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|--------------------------------------|--------|--------|--------|--------|--------|
| <i>Back Squat (deep /milk crate)</i> |        |        |        |        |        |
| <i>Bench Press (medium grip)</i>     |        |        |        |        |        |
| <i>Bent Over Row (Barbell)</i>       |        |        |        |        |        |
| <i>Toes Through Ring</i>             |        |        |        |        |        |
| <i>DB Over Head Tricep Extension</i> |        |        |        |        |        |

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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**Workout Log 5x5 PROGRAM B**

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_  
 TIME: \_\_\_\_\_ am/pm. DURATION: \_\_\_\_\_  
 LOCATION: \_\_\_\_\_  
 MOOD WHEN STARTING: \_\_\_\_\_

CARDIO TODAY? YES/NO TYPE: \_\_\_\_\_  
 LENGTH OF WORKOUT: \_\_\_\_\_

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 kgs for 5 reps, you would write "100 X 5". The black boxes below are not used.

| Exercise                        | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|---------------------------------|--------|--------|--------|--------|--------|
| <i>Front Squat</i>              |        |        |        |        |        |
| <i>Strict Press</i>             |        |        |        |        |        |
| <i>Barbell Deadlift</i>         |        |        |        |        |        |
| <i>DB Curls</i>                 |        |        |        |        |        |
| <i>Dynamic Lunges (Jumping)</i> |        |        |        |        |        |

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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**Workout Log 5x5 PROGRAM C**

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_  
 TIME: \_\_\_\_\_ am/pm. DURATION: \_\_\_\_\_  
 LOCATION: \_\_\_\_\_  
 MOOD WHEN STARTING: \_\_\_\_\_

CARDIO TODAY? YES/NO TYPE: \_\_\_\_\_  
 LENGTH OF WORKOUT: \_\_\_\_\_

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 kgs for 5 reps, you would write "100 X 5". The black boxes below are not used.

| Exercise                             | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|--------------------------------------|--------|--------|--------|--------|--------|
| <i>Over Head Squat or Back Squat</i> |        |        |        |        |        |
| <i>Pull Ups</i>                      |        |        |        |        |        |
| <i>Bench Press (medium grip)</i>     |        |        |        |        |        |
| <i>Ring Dips</i>                     |        |        |        |        |        |
| <i>Inch Worms</i>                    |        |        |        |        |        |

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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**Workout Log 5x5 PROGRAM A**

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_  
 TIME: \_\_\_\_\_ am/pm. DURATION: \_\_\_\_\_  
 LOCATION: \_\_\_\_\_  
 MOOD WHEN STARTING: \_\_\_\_\_

CARDIO TODAY? YES/NO TYPE: \_\_\_\_\_  
 LENGTH OF WORKOUT: \_\_\_\_\_

**WEEK 7**  
 PEAK PHASE 3X3

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 kg's for 5 reps, you would write "100 X 5". The black boxes below are not used.

| Exercise                             | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|--------------------------------------|--------|--------|--------|--------|--------|
| <i>Back Squat (deep /milk crate)</i> |        |        |        |        |        |
| <i>Bench Press (medium grip)</i>     |        |        |        |        |        |
| <i>Bent Over Row (Barbell)</i>       |        |        |        |        |        |
| <i>Toes Through Ring</i>             |        |        |        |        |        |
| <i>DB Over Head Tricep Extension</i> |        |        |        |        |        |

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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**Workout Log 5x5 PROGRAM B**

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_  
 TIME: \_\_\_\_\_ am/pm. DURATION: \_\_\_\_\_  
 LOCATION: \_\_\_\_\_  
 MOOD WHEN STARTING: \_\_\_\_\_

CARDIO TODAY? YES/NO TYPE: \_\_\_\_\_  
 LENGTH OF WORKOUT: \_\_\_\_\_

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 kgs for 5 reps, you would write "100 X 5". The black boxes below are not used.

| Exercise                        | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|---------------------------------|--------|--------|--------|--------|--------|
| <i>Front Squat</i>              |        |        |        |        |        |
| <i>Strict Press</i>             |        |        |        |        |        |
| <i>Barbell Deadlift</i>         |        |        |        |        |        |
| <i>DB Curls</i>                 |        |        |        |        |        |
| <i>Dynamic Lunges (Jumping)</i> |        |        |        |        |        |

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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**Workout Log 5x5 PROGRAM C**

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_  
 TIME: \_\_\_\_\_ am/pm. DURATION: \_\_\_\_\_  
 LOCATION: \_\_\_\_\_  
 MOOD WHEN STARTING: \_\_\_\_\_

CARDIO TODAY? YES/NO TYPE: \_\_\_\_\_  
 LENGTH OF WORKOUT: \_\_\_\_\_

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 kgs for 5 reps, you would write "100 X 5". The black boxes below are not used.

| Exercise                             | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|--------------------------------------|--------|--------|--------|--------|--------|
| <i>Over Head Squat or Back Squat</i> |        |        |        |        |        |
| <i>Pull Ups</i>                      |        |        |        |        |        |
| <i>Bench Press (medium grip)</i>     |        |        |        |        |        |
| <i>Ring Dips</i>                     |        |        |        |        |        |
| <i>Inch Worms</i>                    |        |        |        |        |        |

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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**Workout Log 5x5 PROGRAM A**

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_  
 TIME: \_\_\_\_\_ am/pm. DURATION: \_\_\_\_\_  
 LOCATION: \_\_\_\_\_  
 MOOD WHEN STARTING: \_\_\_\_\_

**WEEK 8**  
 PEAK PHASE 3X3

CARDIO TODAY? YES/NO TYPE: \_\_\_\_\_  
 LENGTH OF WORKOUT: \_\_\_\_\_

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 kg's for 5 reps, you would write "100 X 5". The black boxes below are not used.

| Exercise                             | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|--------------------------------------|--------|--------|--------|--------|--------|
| <i>Back Squat (deep /milk crate)</i> |        |        |        |        |        |
| <i>Bench Press (medium grip)</i>     |        |        |        |        |        |
| <i>Bent Over Row (Barbell)</i>       |        |        |        |        |        |
| <i>Toes Through Ring</i>             |        |        |        |        |        |
| <i>DB Over Head Tricep Extension</i> |        |        |        |        |        |

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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**Workout Log 5x5 PROGRAM B**

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_  
 TIME: \_\_\_\_\_ am/pm. DURATION: \_\_\_\_\_  
 LOCATION: \_\_\_\_\_  
 MOOD WHEN STARTING: \_\_\_\_\_

CARDIO TODAY? YES/NO TYPE: \_\_\_\_\_  
 LENGTH OF WORKOUT: \_\_\_\_\_

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 kgs for 5 reps, you would write "100 X 5". The black boxes below are not used.

| Exercise                        | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|---------------------------------|--------|--------|--------|--------|--------|
| <i>Front Squat</i>              |        |        |        |        |        |
| <i>Strict Press</i>             |        |        |        |        |        |
| <i>Barbell Deadlift</i>         |        |        |        |        |        |
| <i>DB Curls</i>                 |        |        |        |        |        |
| <i>Dynamic Lunges (Jumping)</i> |        |        |        |        |        |

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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**Workout Log 5x5 PROGRAM C**

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_  
 TIME: \_\_\_\_\_ am/pm. DURATION: \_\_\_\_\_  
 LOCATION: \_\_\_\_\_  
 MOOD WHEN STARTING: \_\_\_\_\_

CARDIO TODAY? YES/NO TYPE: \_\_\_\_\_  
 LENGTH OF WORKOUT: \_\_\_\_\_

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 kgs for 5 reps, you would write "100 X 5". The black boxes below are not used.

| Exercise                             | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|--------------------------------------|--------|--------|--------|--------|--------|
| <i>Over Head Squat or Back Squat</i> |        |        |        |        |        |
| <i>Pull Ups</i>                      |        |        |        |        |        |
| <i>Bench Press (medium grip)</i>     |        |        |        |        |        |
| <i>Ring Dips</i>                     |        |        |        |        |        |
| <i>Inch Worms</i>                    |        |        |        |        |        |

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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**Workout Log 5x5 PROGRAM A**

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_  
 TIME: \_\_\_\_\_ am/pm. DURATION: \_\_\_\_\_  
 LOCATION: \_\_\_\_\_  
 MOOD WHEN STARTING: \_\_\_\_\_

CARDIO TODAY? YES/NO TYPE: \_\_\_\_\_  
 LENGTH OF WORKOUT: \_\_\_\_\_

**WEEK 9**  
 PEAK PHASE 5&1RM

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 kg's for 5 reps, you would write "100 X 5". The black boxes below are not used.

| Exercise                             | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|--------------------------------------|--------|--------|--------|--------|--------|
| <i>Back Squat (deep /milk crate)</i> |        |        |        |        |        |
| <i>Bench Press (medium grip)</i>     |        |        |        |        |        |
| <i>Bent Over Row (Barbell)</i>       |        |        |        |        |        |
| <i>Toes Through Ring</i>             |        |        |        |        |        |
| <i>DB Over Head Tricep Extension</i> |        |        |        |        |        |

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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**Workout Log 5x5 PROGRAM B**

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_  
 TIME: \_\_\_\_\_ am/pm. DURATION: \_\_\_\_\_  
 LOCATION: \_\_\_\_\_  
 MOOD WHEN STARTING: \_\_\_\_\_

CARDIO TODAY? YES/NO TYPE: \_\_\_\_\_  
 LENGTH OF WORKOUT: \_\_\_\_\_

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 kgs for 5 reps, you would write "100 X 5". The black boxes below are not used.

| Exercise                        | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|---------------------------------|--------|--------|--------|--------|--------|
| <i>Front Squat</i>              |        |        |        |        |        |
| <i>Strict Press</i>             |        |        |        |        |        |
| <i>Barbell Deadlift</i>         |        |        |        |        |        |
| <i>DB Curls</i>                 |        |        |        |        |        |
| <i>Dynamic Lunges (Jumping)</i> |        |        |        |        |        |

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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**Workout Log 5x5 PROGRAM C**

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_  
 TIME: \_\_\_\_\_ am/pm. DURATION: \_\_\_\_\_  
 LOCATION: \_\_\_\_\_  
 MOOD WHEN STARTING: \_\_\_\_\_

CARDIO TODAY? YES/NO TYPE: \_\_\_\_\_  
 LENGTH OF WORKOUT: \_\_\_\_\_

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 kgs for 5 reps, you would write "100 X 5". The black boxes below are not used.

| Exercise                             | Set #1 | Set #2 | Set #3 | Set #4 | Set #5 |
|--------------------------------------|--------|--------|--------|--------|--------|
| <i>Over Head Squat or Back Squat</i> |        |        |        |        |        |
| <i>Pull Ups</i>                      |        |        |        |        |        |
| <i>Bench Press (medium grip)</i>     |        |        |        |        |        |
| <i>Ring Dips</i>                     |        |        |        |        |        |
| <i>Inch Worms</i>                    |        |        |        |        |        |

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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