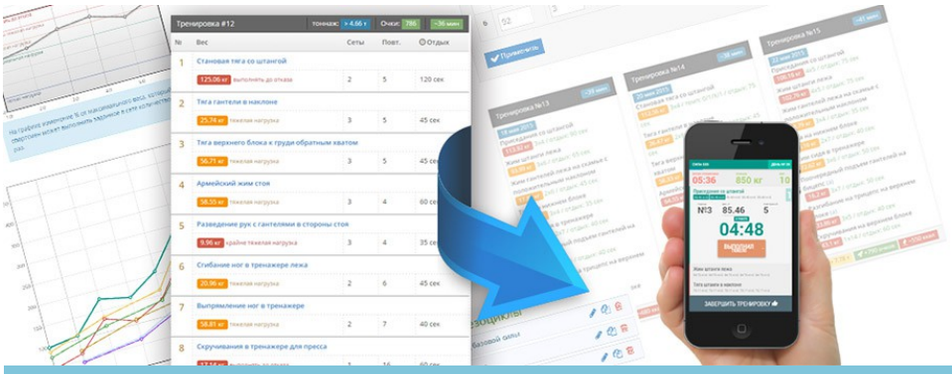
Strength Development 5x5

Exercise for professional level with the program "5×5" for strength and mass gain

Intermediate | 47 days | 26 workouts | ~33 minutes

The lack of progress in training is a clear sign that the practiced approach should be radically changed. Brilliantly simple intensive training program "Strength 5 × 5", on the principles of which not one generation of eminent athletes has grown, catalyzes the development of strength and muscle growth.

https://atletiq.com/en/programms/166



Mobile Fitness Assistant

Exercising with AtletIQ, you get exactly the load established by the author of the routine at any one time performing a workout. In training you will spend only as much force as necessary to fulfill the tasks set by coach

Install App «Mobile Fitness Assistant AtletIQ»: https://atletiq.com/app

The content of of the program

1 «1-2 неделя / Адаптация»

Duration in days: 11 | Amount of training days: 6 | Rest days: 5

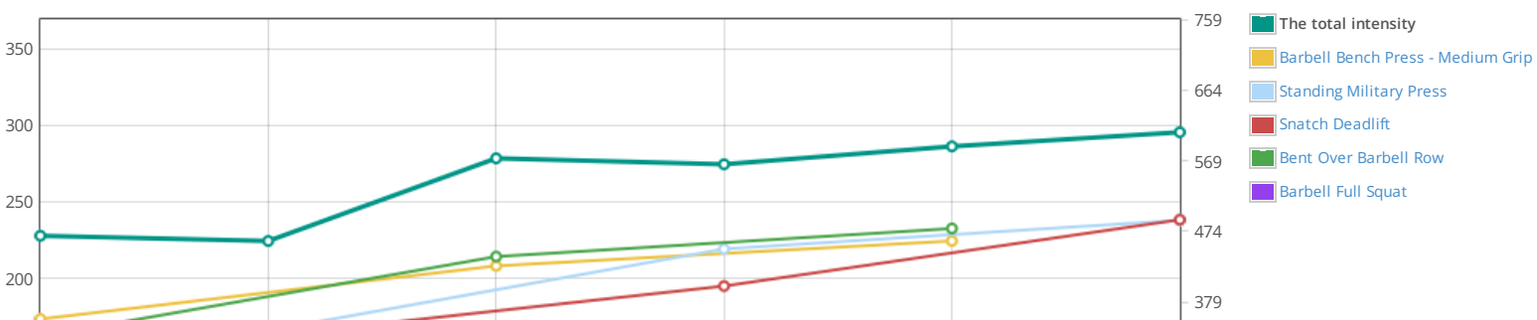
Первые две недели в достаточно легком режиме позволят организму адаптироваться к нагрузке и плавно войти в рабочий режим. Не стоит игнорировать этот блок, попробуйте выполнять упражнения как можно медленнее.

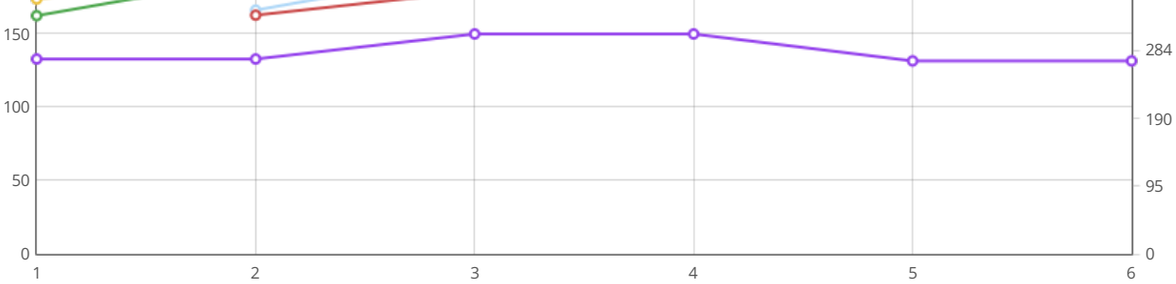
This summary table shows the boundary values of the main parameters of training. This helps to better understand in what mode will be carried out workouts. All training programs of the AtletIQ are developed considering principle of variability of the training scheme.

#	Exercise (superset)	Sets	Reps	Rest between sets
	1 day			
1	Barbell Full Squat	5	5	60-90 sec
2	Barbell Bench Press - Medium Grip	5	5	60-80 sec
3	Bent Over Barbell Row	5	5	60-80 sec
	2 day (rest)			
	3 day			
1	Barbell Full Squat	5	5	60-90 sec
2	Standing Military Press	5	5	60-80 sec
3	Snatch Deadlift	5	5	60-90 sec
	4 day (rest)			

Training intensity for each exercise

This graph provides information about how the intensity of the workouts in this program will change, and what contribution to the overall load each of the exercises will make. In other words, you can assess which workouts will be easier, and which — heavier.





For each exercise AtletIQ calculate a weight (or adjust the number of repetitions), so that you can perform a specified number of repetitions with a given load level.

Workout #1 — 26 min

- Barbell Full Squat — 5×5 — Tempo: 2/0/X/1 — Rest: 60 sec — easy
- Barbell Bench Press - Medium Grip — 5×5 — Tempo: 3/0/X/1 — Rest: 60 sec — easy
- Bent Over Barbell Row — 5×5 — Tempo: 3/0/X/1 — Rest: 60 sec — easy

468 scores

Workout #2 — 26 min

- Barbell Full Squat — 5×5 — Tempo: 2/0/X/1 — Rest: 60 sec — easy
- Standing Military Press — 5×5 — Tempo: 3/0/X/1 — Rest: 60 sec — easy
- Snatch Deadlift — 5×5 — Tempo: 2/0/1/0 — Rest: 60 sec — easy

461 scores

Workout #3 — 30 min

- Barbell Full Squat — 5×5 — Tempo: 2/0/X/1 — Rest: 70 sec — easy
- Barbell Bench Press - Medium Grip — 5×5 — Tempo: 3/0/X/1 — Rest: 80 sec — easy
- Bent Over Barbell Row — 5×5 — Tempo: 3/0/X/1 — Rest: 80 sec — easy

572 scores

Workout #4 — 30 min

- Barbell Full Squat — 5×5 — Tempo: 2/0/X/1 — Rest: 70 sec — easy
- Standing Military Press — 5×5 — Tempo: 3/0/X/1 — Rest: 80 sec — easy
- Snatch Deadlift — 5×5 — Tempo: 2/0/1/0 — Rest: 80 sec — easy

564 scores

Workout #5 — 31 min

- Barbell Full Squat — 5×5 — Rest: 80 sec — easy
- Barbell Bench Press - Medium Grip — 5×5 — Tempo: 2/0/X/1 — Rest: 80 sec — moderate
- Bent Over Barbell Row — 5×5 — Tempo: 2/0/X/1 — Rest: 80 sec — moderate

588 scores

Workout #6 — 32 min

- Barbell Full Squat — 5×5 — Rest: 80 sec — easy
- Standing Military Press — 5×5 — Tempo: 2/0/X/1 — Rest: 80 sec — moderate
- Snatch Deadlift — 5×5 — Tempo: 2/0/1/0 — Rest: 90 sec — moderate

607 scores

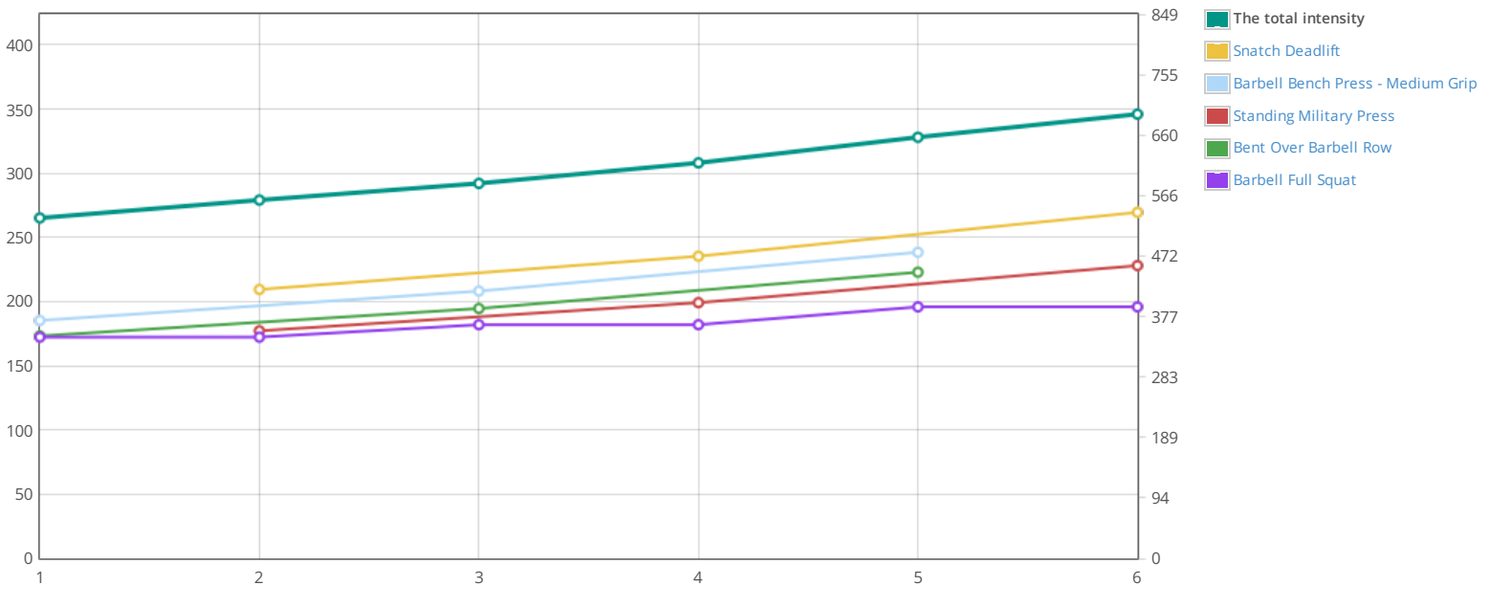
2 «3-4 неделя»

Duration in days: 11 | Amount of training days: 6 | Rest days: 5

Постепенно увеличиваем интенсивность, пока все еще без тренировок до отказа.

#	Exercise (superset)	Sets	Reps	Rest between sets
	1 day			
1	Barbell Full Squat	4-5	5	90-150 sec
2	Barbell Bench Press - Medium Grip	5	5	90-120 sec
3	Bent Over Barbell Row	5	5	90-120 sec
	2 day (rest)			
	3 day			
1	Barbell Full Squat	4-5	5	90-150 sec
2	Standing Military Press	5	5	70-120 sec
3	Snatch Deadlift	5	5	80-120 sec
	4 day (rest)			

Training intensity for each exercise



Workout #1 — 33 min

- Barbell Full Squat — 5×5 — Rest: 90 sec — moderate
- Barbell Bench Press - Medium Grip — 5×5 — Rest: 90 sec — moderate
- Bent Over Barbell Row — 5×5 — Rest: 90 sec — moderate

531 scores

Workout #2 — 31 min

- Barbell Full Squat — 5×5 — Rest: 90 sec — moderate
- Standing Military Press — 5×5 — Rest: 70 sec — moderate
- Snatch Deadlift — 5×5 — Rest: 80 sec — moderate

559 scores

Workout #3 — 37 min

- Barbell Full Squat — 5×5 — Rest: 110 sec — moderate
- Barbell Bench Press - Medium Grip — 5×5 — Rest: 100 sec — heavy
- Bent Over Barbell Row — 5×5 — Rest: 100 sec — heavy

585 scores

Workout #4 — 35 min

- Barbell Full Squat — 5×5 — Rest: 110 sec — moderate
- Standing Military Press — 5×5 — Rest: 90 sec — heavy
- Snatch Deadlift — 5×5 — Rest: 90 sec — heavy

617 scores

Workout #5 — 43 min

- Barbell Full Squat — 5×5 — Rest: 150 sec — heavy
- Barbell Bench Press - Medium Grip — 5×5 — Rest: 120 sec — heavy
- Bent Over Barbell Row — 5×5 — Rest: 120 sec — heavy

657 scores

Workout #6 — 43 min

- Barbell Full Squat — 5×5 — Rest: 150 sec — heavy
- Standing Military Press — 5×5 — Rest: 120 sec — heavy
- Snatch Deadlift — 5×5 — Rest: 120 sec — heavy

693 scores

3 «5 неделя (4 тяжелых тренировки)»

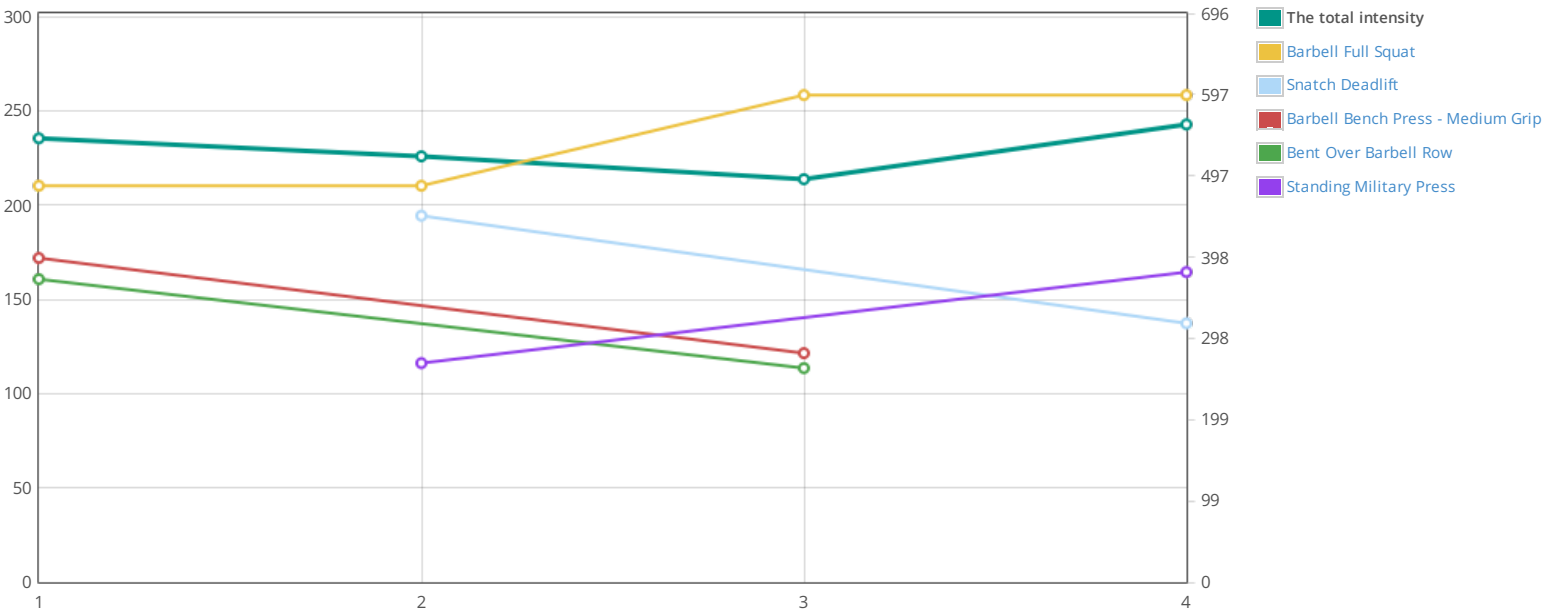
Duration in days: 7 | Amount of training days: 4 | Rest days: 3

Ударная неделя, с максимальной интенсивностью в конце блока. Включаем работу до отказа.

#	Exercise (superset)	Sets	Reps	Rest between sets
	1 day			
1	Barbell Full Squat	2-5	5 (+max)	100-180 sec
2	Barbell Bench Press - Medium Grip	2-4	5 (+max)	120-180 sec
3	Bent Over Barbell Row	2-4	5 (+max)	120-180 sec
	2 day (rest)			
	3 day			

1	Barbell Full Squat	2-5	5 (+max)	100-180 sec
2	Standing Military Press	2-4	5 (+max)	120-180 sec
3	Snatch Deadlift	2-4	5 (+max)	120-180 sec
4 day (rest)				

Training intensity for each exercise



Workout #1 — 37 min

Barbell Full Squat
5×5 Rest: 120 sec — heavy

Barbell Bench Press - Medium Grip
4×5 Rest: 120 sec — heavy

Bent Over Barbell Row
4×5 Rest: 120 sec — heavy

543 scores

Workout #2 — 35 min

Barbell Full Squat
5×5 Rest: 120 sec — heavy

Standing Military Press
2×5 max Rest: 180 sec — to failure

Snatch Deadlift
4×5 Rest: 120 sec — heavy

521 scores

Workout #3 — 34 min

Barbell Full Squat
5×5 max Rest: 130 sec — very hard

Barbell Bench Press - Medium Grip
2×5 max Rest: 180 sec — to failure

Bent Over Barbell Row
2×5 max Rest: 180 sec — to failure

493 scores

Workout #4 — 36 min

Barbell Full Squat
5×5 max Rest: 130 sec — very hard

Standing Military Press
4×5 Rest: 120 sec — heavy

Snatch Deadlift
2×5 max Rest: 180 sec — to failure

560 scores

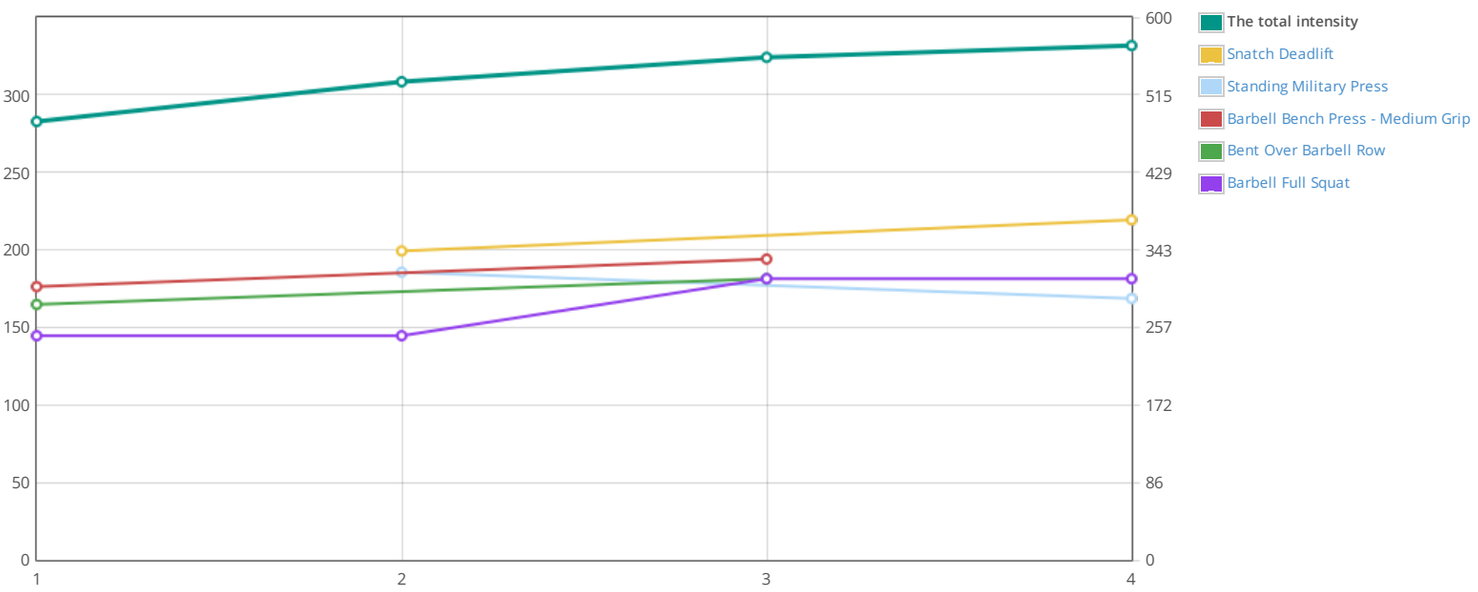
4 «6-7 неделя»

Duration in days: 7 | Amount of training days: 4 | Rest days: 3

Восстановительный период, даем организму время восполнить свои ресурсы.

#	Exercise (superset)	Sets	Reps	Rest between sets
	1 day			
1	Barbell Full Squat	4-5	5	80-100 sec
2	Barbell Bench Press - Medium Grip	5	5	90-100 sec
3	Bent Over Barbell Row	5	5	90-100 sec
	2 day (rest)			
	3 day			
1	Barbell Full Squat	4-5	5	80-100 sec
2	Standing Military Press	5	5	90-100 sec
3	Snatch Deadlift	5	5	90-100 sec
	4 day (rest)			

Training intensity for each exercise



Workout #1 — 33 min

Barbell Full Squat
5×5 Rest: 80 sec — easy

Barbell Bench Press - Medium Grip
5×5 Rest: 90 sec — moderate

Bent Over Barbell Row
5×5 Rest: 90 sec — moderate

485 scores

Workout #2 — 33 min

Barbell Full Squat
5×5 Rest: 80 sec — easy

Standing Military Press
5×5 Rest: 100 sec — heavy

Snatch Deadlift
5×5 Rest: 90 sec — moderate

529 scores

Workout #3 — 36 min

Barbell Full Squat
5×5 Rest: 100 sec — moderate

Barbell Bench Press - Medium Grip
5×5 Rest: 100 sec — heavy

Bent Over Barbell Row
5×5 Rest: 100 sec — heavy

556 scores

Workout #4 — 35 min

Barbell Full Squat
5×5 Rest: 100 sec — moderate

Standing Military Press
5×5 Rest: 90 sec — moderate

Snatch Deadlift
5×5 Rest: 100 sec — heavy

569 scores

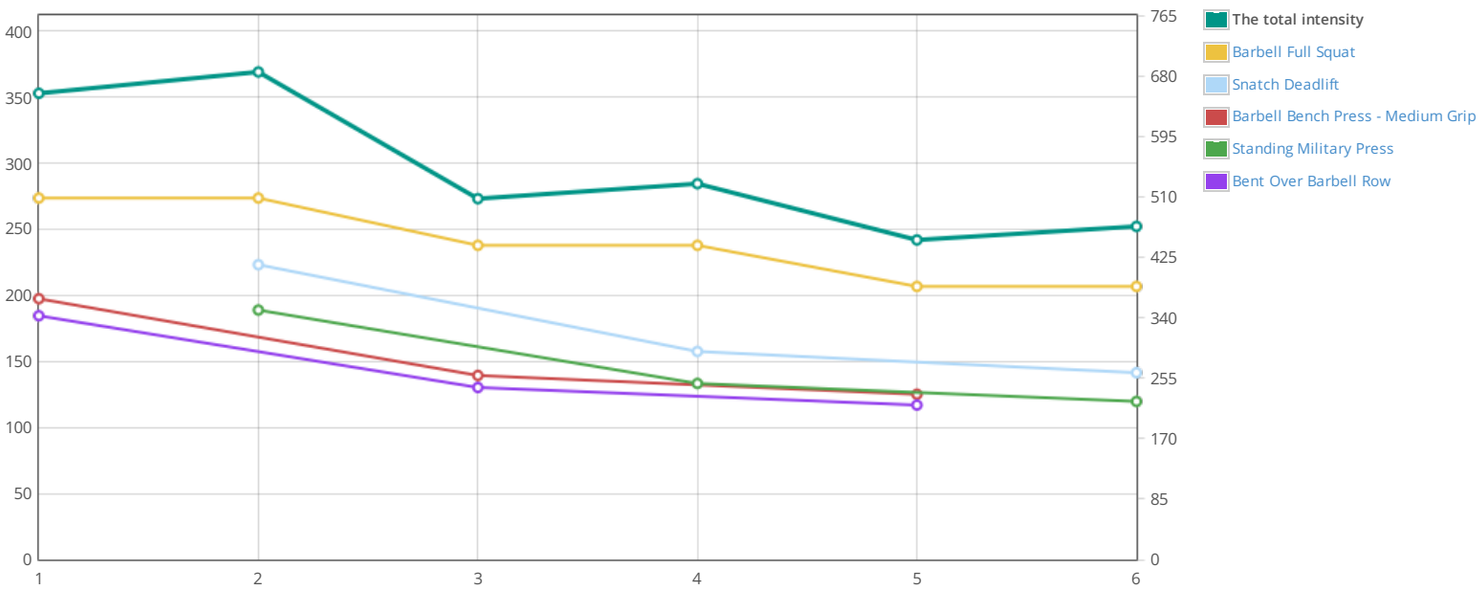
5 «8-9 неделя (сила+гипертрофия)»

Duration in days: 11 | Amount of training days: 6 | Rest days: 5

Увеличиваем количество повторений в сетах и смещаем вектор тренировочного воздействия в сторону развития мышечной гипертрофии.

#	Exercise (superset)	Sets	Reps	Rest between sets
1 day				
1	Barbell Full Squat	3-6	3-9 (+max)	90-150 sec
2	Barbell Bench Press - Medium Grip	2-4	5-7 (+max)	90-150 sec
3	Bent Over Barbell Row	2-4	5-7 (+max)	90-150 sec
2 day (rest)				
3 day				
1	Barbell Full Squat	3-6	3-9 (+max)	90-150 sec
2	Standing Military Press	2-4	5-7 (+max)	90-150 sec
3	Snatch Deadlift	2-4	5-7 (+max)	90-150 sec
4 day (rest)				

Training intensity for each exercise



Workout #1 — 34 min

Barbell Full Squat
6×3 Rest: 110 sec — heavy

Barbell Bench Press - Medium Grip
4×5 Rest: 90 sec — very hard

Bent Over Barbell Row
4×5 Rest: 90 sec — very hard

655 scores

Workout #2 — 34 min

Barbell Full Squat
6×3 Rest: 110 sec — heavy

Standing Military Press
4×5 Rest: 90 sec — very hard

Snatch Deadlift
4×5 Rest: 90 sec — very hard

686 scores

Workout #3 — 33 min

Barbell Full Squat
5×4 Rest: 120 sec — very hard

Barbell Bench Press - Medium Grip
3×6 Rest: 120 sec — heavy

Bent Over Barbell Row
3×6 Rest: 120 sec — heavy

507 scores

Workout #4 — 33 min

Workout #5 — 30 min

Workout #6 — 30 min

Barbell Full Squat
5×4 Rest: 120 sec very hard

Standing Military Press
3×6 Rest: 120 sec heavy

Snatch Deadlift
3×6 Rest: 120 sec heavy

529 scores

Barbell Full Squat
4×5 max Rest: 140 sec very hard

Barbell Bench Press - Medium Grip
2×7 max Rest: 150 sec to failure

Bent Over Barbell Row
2×7 max Rest: 150 sec to failure

449 scores

Barbell Full Squat
4×5 max Rest: 140 sec very hard

Standing Military Press
2×7 max Rest: 150 sec to failure

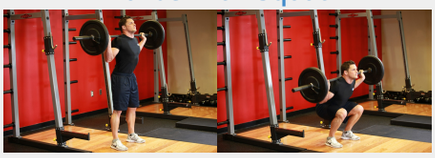
Snatch Deadlift
2×7 max Rest: 150 sec to failure

468 scores

Directory of the exercises

Barbell Bench Press - Medium Grip

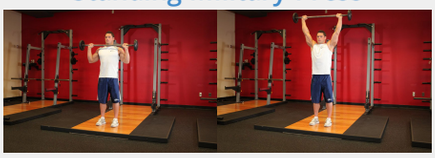
Barbell Full Squat



Bent Over Barbell Row

Snatch Deadlift

Standing Military Press



General recommendations on training with AtletIQ

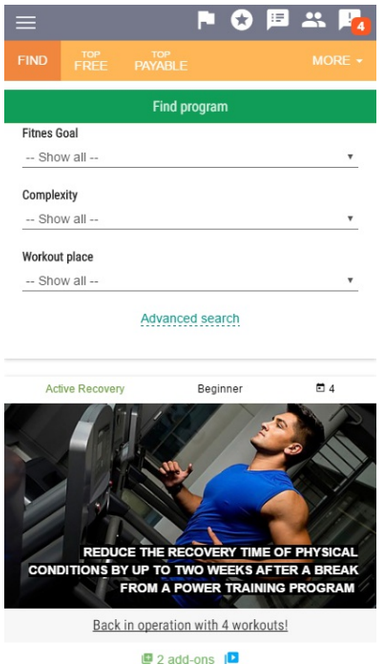
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

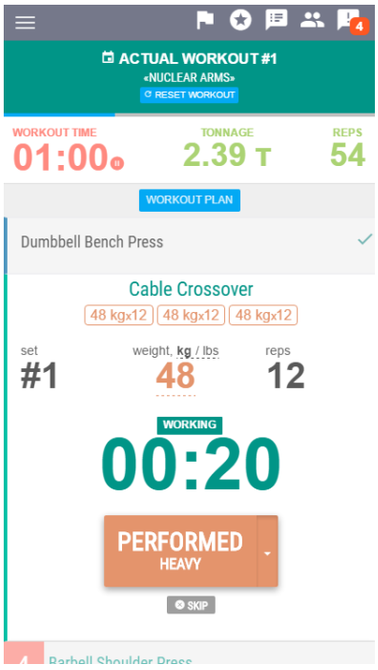
- The load in the programs is calculated relative to the maximum weight with which you can do the exercise for 1 repetition. This indicator is also calculated and adjusted automatically in the future.
- This application requires access to the Internet. There is also the opportunity to train on the special training Form, data is transferred after a workout to your personal account and are considered in the following training.
- During training, you will carry out step by step application and assess the level of load obtained after the completion of each set.
- The application will compare your score with the planned load and adjust the level of your performance in the up or down so that you will always receive a predetermined level of load according to the program.
- On training days, on which work is scheduled to failure, take care of the presence of helper
- If you go back to training after a long rest, your power rates will be recalculated in accordance with the duration of the break.
- Try to set the weights as close to the calculated considering the capabilities of your gym
- Precisely follow the instructions on the pace of the exercise, if they are specified. Otherwise, the load level will not match the the planned.

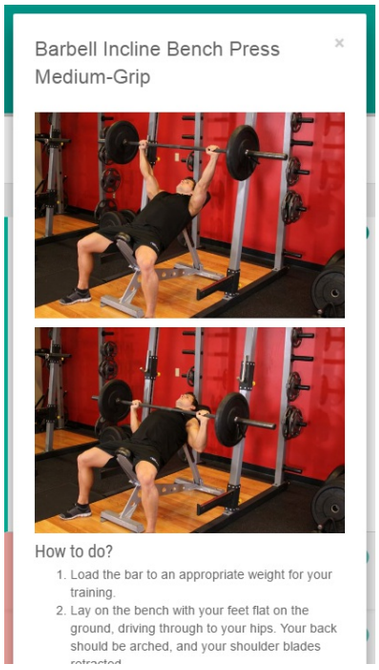
How to use mobile assistant?

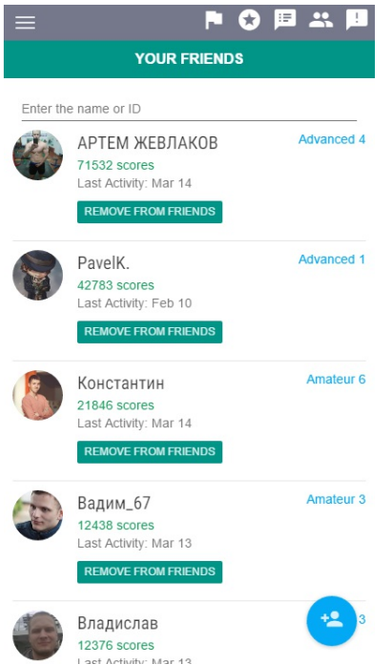
Universal programs designer AtletIQ allows to keep workouts in a special format that can be read by mobile app.

> Automatic timer programming, the tempo-indicator of exercise, instant adjustment of load to suit your force capabilities - these are not all application features.









Install App

Workout routines

Gain Strength / Bulking / Cutting

AtletIQ — fitness service that brings together coaches and athletes into one social network with a special designer of workout routines and mobile assistant for their performance.

Affiliate program for coaches

© 2017 — AtletIQ.com