



5, 3, 2 Strength Program Phase 1 (weeks 1-5)

Add To Calendar

Do these 5 workouts each week during weeks 1-5 of the 5, 3, 2 Strength Program. Your goal is to try and increase the weight you use on each exercise over the five week period. Remember to read the full 5, 3, 2 Strength Progam article in my Training section on the site for the full details on this program. And also read my 5, 3, 2 Strength Program Diet and Supplement plan in my Nutrition section of the site.

eek 1			
Day 1 Exercise	Sets	Reps	Muscle Group
Bench Press	5	5	Chest
ncline Bench Press	3	6-8	Chest
Dumbbell Bench Press	3	6-8	Chest
Incline Dumbbell Flye	3	8-10	Chest
Crunch	3	to failure	Abs
Reverse Crunch	3	to failure	Abs
Oblique Crunch	3	to failure	Abs
Oblique Crunch	3	to failure	Abs
Day 2			
Exercise	Sets	Reps	Muscle Group
Squat	5	5	Legs
<u>Leg Press</u>	3	6-8	Legs
<u>Leg Extension</u>	3	8-10	Legs
Romanian Deadlift	3	6-8	Legs
Lying Leg Curl	3	8-10	Legs
Standing Calf Raise	4	12-15	Calves
Seated Calf Raise	4	15-20	Calves
Day 3			
Exercise	Sets	Reps	Muscle Group
Barbell Bent-Over Row	5	5	Back
Wide-Grip Lat Pulldown	3	6-8	Back
Seated Cable Row	3	6-8	Back
Straight-Arm Pulldown	3	8-10	Back
Hanging Leg Raise	3	to failure	Abs
Rope Cable Crunch	3	8-10	Abs
<u>Plank</u>	3	60-90 sec.	Core
Pari (
Day 4 Exercise	Sets	Reps	Muscle Group
Barbell Shoulder Press	5	5	Shoulders
Seated Dumbbell Shoulder Press	3	6-8	Shoulders
Dumbbell Lateral Raise	3	8 - 10	Shoulders
Dumbbell Bent-Over Lateral Raise	3	10-12	Shoulders
Barbell Shrug	5	5	Traps
<u>Dumbbell Shruq</u>	3	6-8	Traps
Pou 5			
Day 5 Exercise	Sets	Reps	Muscle Group
Deadlift	5	5	Legs
Close-Grip Bench Press	5	5	Triceps
Barbell Lying Triceps Extension	3	6-8	Triceps
Triceps Pressdown	3	8 - 10	Triceps
Barbell Curl	5	5	Biceps

Incline Dumbbell Curl	3	6-8	Biceps
Barbell Preacher Curl	3	8-10	Biceps
Barbell Wrist Curl	5	5	Forearms
Barbell Reverse Wrist Curl	3	8-10	Forearms
eek 2			
Day 1			
Exercise	Sets	Reps	Muscle Group
Bench Press	5	5	Chest
ncline Bench Press	3	6-8	Chest
umbbell Bench Press	3	6-8	Chest
ncline Dumbbell Flye	3	8-10	Chest
runch	3	to failure	Abs
leverse Crunch	3	to failure	Abs
blique Crunch	3	to failure	Abs
blique Crunch	3	to failure	Abs
day 2			
xercise	Sets	Reps	Muscle Group
<u>quat</u>	5	5	Legs
<u>eg Press</u>	3	6-8	Legs
eg Extension	3	8-10	Legs
Romanian Deadlift	3	6-8	Legs
ying Leg Curl	3	8-10	Legs
itanding Calf Raise	4	12-15	Calves
eated Calf Raise	4	15-20	Calves
Day 3			
ixercise	Sets	Reps	Muscle Group
arbell Bent-Over Row	5	5	Back
Vide-Grip Lat Pulldown	3	6-8	Back
eated Cable Row	3	6-8	Back
traight-Arm Pulldown	3	8-10	Back
langing Leg Raise	3	to failure	Abs
Rope Cable Crunch	3	8-10	Abs
<u>Plank</u>	3	60-90 sec.	Core
lay 4			
exercise	Sets	Reps	Muscle Group
arbell Shoulder Press	5	5	Shoulders
eated Dumbbell Shoulder Press	3	6-8	Shoulders
umbbell Lateral Raise	3	8-10	Shoulders
umbbell Bent-Over Lateral Raise	3	10-12	Shoulders
Barbell Shrug	5	5	Traps
<u>Dumbbell Shrug</u>	3	6-8	Traps
lay 5			
xercise	Sets	Reps	Muscle Group
<u>leadlift</u>	5	5	Legs
close-Grip Bench Press	5	5	Triceps
arbell Lying Triceps Extension	3	6-8	Triceps
riceps Pressdown	3	8-10	Triceps
Barbell Curl	5	5	Biceps
ncline Dumbbell Curl	3	6-8	Biceps
Barbell Preacher Curl	3	8-10	Biceps
	-	5	Forearms
arbell Wrist Curl	5	J	rulealilis

Day 1			
≡ Exercise	Sets	Reps	Muscle Group
Bench Press	5	5	Chest
Incline Bench Press	3	6-8	Chest
<u>Dumbbell Bench Press</u>	3	6-8	Chest
Incline Dumbbell Flye	3	8-10	Chest
Crunch	3	to failure	Abs
Reverse Crunch	3	to failure	Abs
Oblique Crunch	3	to failure	Abs
<u>Oblique Crunch</u>	3	to failure	Abs
Day 2			
Exercise	Sets	Reps	Muscle Group
Squat	5	5	Legs
<u>Leg Press</u>	3	6-8	Legs
Leg Extension	3	8-10	Legs
Romanian Deadlift	3	6-8	Legs
Lying Leg Curl	3	8-10	Legs
Standing Calf Raise	4	12 - 15	Calves
Seated Calf Raise	4	15-20	Calves
Day 3			
Exercise	Sets	Reps	Muscle Group
Barbell Bent-Over Row	5	5	Back
Wide-Grip Lat Pulldown	3	6-8	Back
Seated Cable Row	3	6-8	Back
Straight-Arm Pulldown	3	8-10	Back
Hanging Leg Raise	3	to failure	Abs
Rope Cable Crunch	3	8-10	Abs
<u>Plank</u>	3	60-90 sec.	Core
Day 4			
Exercise	Sets	Reps	Muscle Group
Barbell Shoulder Press	5	5	Shoulders
Seated Dumbbell Shoulder Press	3	6-8	Shoulders
<u>Dumbbell Lateral Raise</u>	3	8-10	Shoulders
<u>Dumbbell Bent-Over Lateral Raise</u>	3	10 - 12	Shoulders
<u>Barbell Shrug</u>	5	5	Traps
<u>Dumbbell Shrug</u>	3	6-8	Traps
Day 5			
Exercise	Sets	Reps	Muscle Group
<u>Deadlift</u>	5	5	Legs
Close-Grip Bench Press	5	5	Triceps
Barbell Lying Triceps Extension	3	6-8	Triceps
<u>Triceps Pressdown</u>	3	8-10	Triceps
Barbell Curl	5	5	Biceps
Incline Dumbbell Curl	3	6-8	Biceps
Barbell Preacher Curl		8-10	Biceps
Barbell Wrist Curl	3		
Book all Book are Wilder Out	3 5	5	Forearms
Barbell Reverse Wrist Curl			
_ 	5	5	Forearms
Week 4	5	5	Forearms
_ 	5	5	Forearms
Week 4 Day 1 Exercise	5 3	5 8-10	Forearms Forearms
Week 4 Day 1	5 3 Sets	5 8-10 Reps	Forearms Forearms Muscle Group
Week 4 Day1 Exercise Bench Press	5 3 Sets	5 8-10 Reps 5	Forearms Forearms Muscle Group Chest

<u>Crunch</u>	3	to failure	Abs
Reverse Crunch	3	to failure	Abs
Oblique Crunch	3	to failure	Abs
Oblique Crunch	3	to failure	Abs
Day 2			
Exercise	Sets	Reps	Muscle Group
<u>Squat</u>	5	5	Legs
Leg Press	3	6-8	Legs
Leg Extension	3	8-10	Legs
Romanian Deadlift	3	6-8	Legs
Lying Leg Curl	3	8-10	Legs
Standing Calf Raise	4	12-15	Calves
Seated Calf Raise	4	15-20	Calves
Day 3			
Exercise	Sets	Reps	Muscle Group
Barbell Bent-Over Row	5	5	Back
Wide-Grip Lat Pulldown	3	6-8	Back
Seated Cable Row	3	6-8	Back
Straight-Arm Pulldown	3	8-10	Back
	3		
Hanging Leg Raise		to failure	Abs
Rope Cable Crunch	3	8-10	Abs
<u>Plank</u>	3	60-90 sec.	Core
Day 4			
Exercise	Sets	Reps	Muscle Group
Barbell Shoulder Press	5	5	Shoulders
Seated Dumbbell Shoulder Press	3	6-8	Shoulders
Dumbbell Lateral Raise	3	8-10	Shoulders
Dumbbell Bent-Over Lateral Raise	3	10-12	Shoulders
Barbell Shrug	5	5	Traps
<u>Dumbbell Shruq</u>	3	6-8	Traps
Day 5			
Exercise	Sets	Reps	Muscle Group
<u>Deadlift</u>	5	5	Legs
Close-Grip Bench Press	5	5	Triceps
Barbell Lying Triceps Extension	3	6-8	Triceps
Triceps Pressdown	3	8-10	Triceps
Barbell Curl	5	5	Biceps
Incline Dumbbell Curl	3	6 - 8	Biceps
Barbell Preacher Curl	3	8-10	Biceps
Barbell Wrist Curl	5	5	Forearms
Barbell Reverse Wrist Curl	3	8-10	Forearms
e ek 5 Day 1			
Exercise	Sets	Reps	Muscle Group
Bench Press	5	5	Chest
Incline Bench Press	3	6-8	Chest
Dumbbell Bench Press	3	6-8	Chest
Incline Dumbbell Flye	3	8-10	Chest
Crunch	3	to failure	Abs
Reverse Crunch	3	to failure	Abs
Oblique Crunch	3	to failure	Abs
			Abs
<u>Oblique Crunch</u>	3	to failure	AUS
<u>Oblique Crunch</u>	3	to faiture	Aus

<u>Squat</u>	5	5	Legs
<u>Leg Press</u>	3	6-8	Legs
<u>Leg Extension</u>	3	8-10	Legs
Romanian Deadlift	3	6-8	Legs
Lying Leg Curl	3	8-10	Legs
Standing Calf Raise	4	12-15	Calves
Seated Calf Raise	4	15-20	Calves
Day 3			
Exercise	Sets	Reps	Muscle Group
Barbell Bent-Over Row	5	5	Back
Wide-Grip Lat Pulldown	3	6-8	Back
Seated Cable Row	3	6-8	Back
Straight-Arm Pulldown	3	8-10	Back
Hanging Leg Raise	3	to failure	Abs
Rope Cable Crunch	3	8-10	Abs
<u>Plank</u>	3	60 - 90 sec.	Core
Day 4			
Exercise	Sets	Reps	Muscle Group
Barbell Shoulder Press	5	5	Shoulders
Seated Dumbbell Shoulder Press	3	6-8	Shoulders
<u>Dumbbell Lateral Raise</u>	3	8-10	Shoulders
Dumbbell Bent-Over Lateral Raise	3	10 - 12	Shoulders
Barbell Shrug	5	5	Traps
<u>Dumbbell Shrug</u>	3	6-8	Traps
Day 5			
Exercise	Sets	Reps	Muscle Group
<u>Deadlift</u>	5	5	Legs
Close-Grip Bench Press	5	5	Triceps
Barbell Lying Triceps Extension	3	6-8	Triceps
<u>Triceps Pressdown</u>	3	8-10	Triceps
Barbell Curl	5	5	Biceps
Incline Dumbbell Curl	3	6-8	Biceps
Barbell Preacher Curl	3	8-10	Biceps
Barbell Wrist Curl	5	5	Forearms