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WORKOUTS



Top-Notch Workouts
— THAT BREED —
Superior Physiques

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1.1 BASE 3x5 Full Body Strength Specific Training Program

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Workout A 1. Squat 3x5 2. Bench Press 3x5 3. Row 3x5 4. Dip 1xFail	Off	Workout B 1. Squat 3x5 2. Overhead Press 3x5 3. Deadlift 1x5 4. Chin Up 1xFail	Off	Workout A 1. Squat 3x5 2. Bench Press 3x5 3. Row 3x5 4. Dip 1xFail	Off	Off
2	Workout B 1. Squat 3x5 2. Overhead Press 3x5 3. Deadlift 1x5 4. Chin Up 1xFail	Off	Workout A 1. Squat 3x5 2. Bench Press 3x5 3. Row 3x5 4. Dip 1xFail	Off	Workout B 1. Squat 3x5 2. Overhead Press 3x5 3. Deadlift 1x5 4. Chin Up 1xFail	Off	Off
Repeat							

Explanation of Program: This program is for beginners or for people who have been lifting weights but have never focused on building a strength base first. This program is also good for people who need to learn how to do the best exercises properly. Most everyone should start with this program as most people never started weight training properly. Once you learn proper form and begin to take your strength to new levels, you will be amazed at the changes in your body and your life. All sets for a given exercise are done with the same weight. For example, you would do squats with the same weight for all 3 sets. You would then change the weight and do bench press with the same weight for all 3 sets.

Starting Weights: Start with extra light weights because you need to take your time learning proper form and technique on all of the 7 different exercises within this program. Do not start out with heavy weight or weight that gives you any trouble for the first few weeks. You have plenty of time to increase the weight and the workouts will become very tough just a short time down the road. So spend your time now with light weights and ensure your form is good before moving up in weight. I've seen way too many people ignore this advice and never make progress. Learn the exercises.

Plan of Progression: (Squat, Bench, Row, Press) Once you get all 3 sets of 5 reps each set with a given weight with good form and technique, it's time to increase the weight for the next workout by 2.5%. (Deadlift) If you get all 5 reps with good form and technique, increase the weight by 2.5% for the next workout. (Dip and Chin Up) Once you get to 8 reps, it's time to begin adding weight with a weight belt. Add 2.5 pounds once you reach 8 reps with a given weight.

Stalling and What to Do: You are officially stalling on an exercise if you haven't been able to increase the weight in 3 consecutive workouts. Once this happens on any exercise, reset that exercise only by decreasing the weight by 10%. Continue increasing the weight by 2.5% each workout on that exercise. It will take 4 workouts to get back to where you were but you should be able to surpass your previous weights.

When to Stop this Program: Once progress stalls for the third time on either squats or deadlifts, it's time to stop the program. No more resets. This means you have 2 chances to reset squats or deadlifts. When it's time for the third reset on either exercise, it's time to stop the program. Reset the other exercises as many times as needed. As long as you are making progress on squats and deadlifts, you must continue this program. The squat and deadlift are the most important exercises and are treated as such. This program should last for several months. Your goal should be to stick with this program as long as possible. Squats and deadlifts are so special because they allow you to lift the heaviest amount of weight. Heavy weight does special things to your body and for your body.

Intensity Level: You should not be anywhere near failure for any set of any exercise for at least 3 to 4 weeks. As you continue through this program, your strength will continue to increase and you shouldn't have to go to failure for a long period of time. As the weight continues to increase and you get closer to stalling, you will automatically increase the intensity in an attempt to get all your reps for each set. You will get closer to failure and will probably go to complete failure every once in a while. But for the large majority of this program, you will not be going to failure.

Learning the Exercises: In order to learn proper form and technique for these exercises, you can watch the videos on the Weight Lifting Complete website: [7 Core Weight Lifting Exercises](#). Within those videos, you will see a man by the name of Mark Rippetoe coaching others. He has written a book and made a DVD that you really should have if you want to learn how to do the exercises properly. Here is a link to his book named "[Starting Strength](#)" and his "[Starting Strength DVD](#)." The book along with the DVD are great for learning how to do the exercises properly on your own. I highly, highly recommend them.

Weight Lifting Equipment: In order to do this weight lifting program as laid out for you, you'll need the following pieces of equipment: (1) [Power Rack](#), (2) [Olympic Barbell Sets](#), (3) [Extra Weight Plates](#), (4) [Adjustable Bench](#), (5) [Chin Up/Dip Station](#), (6) [Fractional Plates](#), and (7) [Adjustable Dumbbells](#). If you're short on equipment, see the list of alternative exercises below.

Exercise Alternatives: If you need different exercises for any reason, please see the following list of alternatives at each link: (1) [Squats](#), (2) [Deadlifts](#), (3) [Bench Press](#), (4) [Rows](#), (5) [Overhead Press](#), (6) [Chin Ups](#), and (7) [Dips](#). There are a huge number of great exercises you can substitute at those links.

Help with Chin Ups and Dips: If you can't yet do chin ups and dips with your body weight, don't worry. You will be there soon. You can take a resistance band or two and wrap them around your leg for extra help while doing the exercises. The resistance bands will take away some of your body weight and make yourself lighter. This is MUCH better than using an assisted machine. Here's a link to resistance bands that you can use for Chin Ups and Dips: [Resistance Bands](#).

Adding Weight to Chin Ups and Dips: Eventually, if not now, you will need a way to add weight around your waist for chin ups and dips. No matter where you are at right now, it's going to happen sometime in the near future. Men and women of all sizes will not only be able to do chin ups and dips but will also be adding extra weight around their waists to make the exercises even more difficult. I highly recommend a [hip belt](#) but there are much cheaper alternatives that will work such as a [dip belt](#).

WLC System Starter Programs: All of these workouts were designed to be used with the WLC System. If you don't yet have a copy of this manual, you can get one for free right here: [Get Your Copy of the WLC System](#). In order to learn how the WLC System works, I have starter programs that tell you what to do step by step with weight lifting programs. You should start with those programs rather than starting with this workout. Once you have completed a starter program, all of these workouts are here for you so you can continue your amazing progress while using the WLC System. Here are links to the starter programs: (1) [Big Time Muscle and Strength for Men](#), (2) [Slice and Dice the Fat for Men](#), (3) [Curvaceous Curve Building for Women](#), and (4) [Fabulous Fat Loss for Women](#).

Warming-Up: You need to warm-up properly for this workout. All details for warming up properly are within the [WLC System Manual](#) so make sure you've went over EVERYTHING in the WLC System Manual before starting any weight lifting workouts here at WLC. Warming up is a vital part of your weight lifting workout. You will be able to make faster progress by lifting heavier weights.

Weight Lifting Gloves: Your hands (especially your fingertips) are very sensitive. When the weight gets heavy, you can injure yourself in other areas of your body just from the pressure on your hands and fingertips. I had a huge number of issues before I realized this. I switched to a pair of grips that I cannot recommend more highly. I am 100% serious here. You need to get a pair of [NEW GRIPS](#) for your weight lifting workouts. I could spend a few pages explaining why you need them, but let's just say they will help you improve strength on any exercises where you have to grip the weight. They did wonders for me many years ago and still work great today. My first pair lasted many years! You don't even hardly feel the weights in your hands. For example, I just used 130 pound dumbbells for an exercise the other day and didn't stress my hands at all.

Weight Lifting Shoes: Besides protecting your hands and fingers, you need to also wear the right shoes for your feet. You need a firm and stable base and there's nothing better than [finger shoes](#) to provide you with that stable base. You don't want thick padding between your feet and the ground. You need your feet and toes to be strong and nothing is better than finger shoes when it comes to that. I highly recommend finger shoes for your weight lifting workouts.

Questions or Help: You can contact me ANY TIME you need something. I am more than glad to help with anything you need. Email me or leave a comment on any page of the website. Here's my email address: josh@weight-lifting-complete.com – I wish you the absolute best in everything you do. Always remember as you go through these workouts that YOU have strength and power within you that you could never imagine. You can do this.

Printable Workout Log for Workout A

Workout A		Date	Date	Date	Date	Date	Date	Date	Date
#	Exercise								
1	Squat 3x5								
2	Bench Press 3x5								
3	Row 3x5								
4	Dip 1xFail								

Workout A		Date	Date	Date	Date	Date	Date	Date	Date
#	Exercise								
1	Squat 3x5								
2	Bench Press 3x5								
3	Row 3x5								
4	Dip 1xFail								

Printable Workout Log for Workout B

Workout B		Date	Date	Date	Date	Date	Date	Date	Date
#	Exercise								
1	Squat 3x5								
2	Overhead Press 3x5								
3	Deadlift 1x5								
4	Chin Up 1xFail								

Workout B		Date	Date	Date	Date	Date	Date	Date	Date
#	Exercise								
1	Squat 3x5								
2	Overhead Press 3x5								
3	Deadlift 1x5								
4	Chin Up 1xFail								

Weight Increase Percentage Table for 2.5% Increases

Weight	2.50%	Weight	2.50%	Weight	2.50%	Weight	2.50%	Weight	2.50%
5.00	0.13	105.00	2.63	205.00	5.13	305.00	7.63	405.00	10.13
10.00	0.25	110.00	2.75	210.00	5.25	310.00	7.75	410.00	10.25
15.00	0.38	115.00	2.88	215.00	5.38	315.00	7.88	415.00	10.38
20.00	0.50	120.00	3.00	220.00	5.50	320.00	8.00	420.00	10.50
25.00	0.63	125.00	3.13	225.00	5.63	325.00	8.13	425.00	10.63
30.00	0.75	130.00	3.25	230.00	5.75	330.00	8.25	430.00	10.75
35.00	0.88	135.00	3.38	235.00	5.88	335.00	8.38	435.00	10.88
40.00	1.00	140.00	3.50	240.00	6.00	340.00	8.50	440.00	11.00
45.00	1.13	145.00	3.63	245.00	6.13	345.00	8.63	445.00	11.13
50.00	1.25	150.00	3.75	250.00	6.25	350.00	8.75	450.00	11.25
55.00	1.38	155.00	3.88	255.00	6.38	355.00	8.88	455.00	11.38
60.00	1.50	160.00	4.00	260.00	6.50	360.00	9.00	460.00	11.50
65.00	1.63	165.00	4.13	265.00	6.63	365.00	9.13	465.00	11.63
70.00	1.75	170.00	4.25	270.00	6.75	370.00	9.25	470.00	11.75
75.00	1.88	175.00	4.38	275.00	6.88	375.00	9.38	475.00	11.88
80.00	2.00	180.00	4.50	280.00	7.00	380.00	9.50	480.00	12.00
85.00	2.13	185.00	4.63	285.00	7.13	385.00	9.63	485.00	12.13
90.00	2.25	190.00	4.75	290.00	7.25	390.00	9.75	490.00	12.25
95.00	2.38	195.00	4.88	295.00	7.38	395.00	9.88	495.00	12.38
100.00	2.50	200.00	5.00	300.00	7.50	400.00	10.00	500.00	12.50

Instructions: Use the table above to increase the weight between workouts. Round up or down to the closest weight increment you have based on how you feel about your strength levels. If you're feeling strong, round up to the nearest. If you had some trouble the previous set with the lower weight but still got the number of reps, round down to the nearest weight increment.