

WLIC

WORKOUTS



Top-Notch Workouts
— THAT BREED —
Superior Physiques

WWW.WEIGHT-LIFTING-COMPLETE.COM

3.1 BASE 7 Full Body Size Specific Training Program

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Workout A Quads/Hamstrings/Calves 1. Squat 5x5 2. Glute/Ham Raise 5x5 3. Standing Calf Raise 5x5	Off	Workout B Chest/Shoulders/Triceps 1. Bench Press 5x5 2. Overhead Press 5x5 3. Parallel Dips 5x5	Off	Workout C Back/Biceps 1. Trap Bar Deadlift 5x5 2. Wide Grip Chin Up 5x5 3. Barbell Curls 5x5	Off	Off
Repeat							

Explanation of Program: This is one of my favorite programs for advanced lifters who have already built large amounts of strength. If you are very strong already, it's difficult to follow the level 1 strength training programs because it's tough to squat and deadlift with very heavy weights that frequently. This is a program that works very well for the large majority of people. You will use a constant weight on all 5 sets of each exercise. If you know that you have some recovery issues, you can ramp the weight up the first 4 sets and do a final heavy set for the 5th set.

Starting Weights: Start with 20% lighter weights than your current 5 rep maxes for each exercise.

Plan of Progression: Increase weight by 10% each workout until you get to your current rep maxes. In the third week, you will be doing your current rep maxes. In week 4, increase by 2.5% over your current rep maxes and continue increasing by 2.5% each week as possible. Use your experience to help you out on whether or not you should increase the weight for the following week. If you get all reps and sets at a given weight with good form, definitely increase the weight the next workout.

Stalling and What to Do: If you haven't increased the weight in 3 consecutive workouts, you are stalling. Reset the exercise by decreasing weight by 10%. Once you have stalled for the second time on squats or trap bar deadlifts, it's time for a change. You will decrease the volume and continue. Instead of 5 sets of 5 reps for each workout, do 3 sets of 3 reps for each exercise. Continue increasing the weight from there.

When to Stop this Program: Continue increasing the weight each week with the 3 sets of 3 reps for each exercise until you begin stalling on squats or trap bar deadlifts. Once you begin stalling on one of those, it's time to stop the program and take a full break. You should know your body very well by now so take a break as you see fit.

Intensity Level: You can get closer to failure with this workout program depending on your recovery abilities. This program is only working each muscle group once per week so you have the option to go closer to failure since you have more recovery time. If you know your body can't handle failure, then stay away from failure. You should already know your body very well if you are using this program. You do have the option of pushing the limits with this program since frequency is low and volume is moderate.

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. You will also need a [glute/ham raise machine](#) for the glute/ham raise exercise. You’ll also need a [trap bar](#) to perform Trap Bar Deadlifts.

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. Lunges or stiff legged deadlifts are a good alternative to the glute/ham raise if needed.

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 – Workout A

WLC 3-Way 5x5		Date	Date	Date	Date	Date	Date	Date	Date
#	Exercise								
1	Squat								
2	Glute Ham Raise								
3	Standing Calf Raise								

WLC 3-Way 5x5		Date	Date	Date	Date	Date	Date	Date	Date
#	Exercise								
1	Squat								
2	Glute Ham Raise								
3	Standing Calf Raise								

Printable Workout Log – Workout B

WLC 3-Way 5x5		Date	Date	Date	Date	Date	Date	Date	Date
#	Exercise								
1	Bench Press								
2	Overhead Press								
3	Parallel Dips								

WLC 3-Way 5x5		Date	Date	Date	Date	Date	Date	Date	Date
#	Exercise								
1	Bench Press								
2	Overhead Press								
3	Parallel Dips								

Printable Workout Log – Workout C

WLC 3-Way 5x5		Date	Date	Date	Date	Date	Date	Date	Date
#	Exercise								
1	Trap Bar Deadlift								
2	Wide Grip Chin Up								
3	Barbell Curls								

WLC 3-Way 5x5		Date	Date	Date	Date	Date	Date	Date	Date
#	Exercise								
1	Trap Bar Deadlift								
2	Wide Grip Chin Up								
3	Barbell Curls								

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 as needed. You may need this for warm-up sets or for calculating weights you will use in your workouts. If you need help, remember to just let me know.