

WLCC

WORKOUTS



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Superior Physiques

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1.3 Rotated 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. Chin Up 3x5	Off	Workout B 1. Squat 2x5 2. Overhead Press 3x5 3. Rows 3x5	Off	Workout C 1. Squat 3x5 2. Bench Press 3x5 3. Pull Up 3x5	Off	Off
2	Workout D 1. Squat 3x5 2. Overhead Press 3x5 3. Chin Up 3x5	Off	Workout E 1. Squat 2x5 2. Bench Press 3x5 3. Deadlift 1x5	Off	Workout F 1. Squat 3x5 2. Overhead Press 3x5 3. Pull Up 3x5	Off	Off
Repeat							

Explanation of Program: You can see that the squat movement is done every workout. During the middle workout of each week, the weight will be decreased by 20% to give your body and mind a chance to recover. Rows and deadlifts are alternated on a weekly basis. Notice that the bench press and the overhead press are alternated every other workout. Chin ups are done once per week during the first workout of the week while pull ups are done once per week during the last workout of the week. Each exercise will use a constant amount of weight for all sets.

Starting Weights: You should start with 10% less than your previous rep maxes on each exercise. This means you will not reach new personal records until the end of Week 4. So take your current rep maxes on each exercise and reduce them by 10%. That will be your starting weight for each exercise. Each exercise will be increased by 2.5% each week as possible.

Plan of Progression: Only increase the weight when you have done all sets with good form at a given weight. Squat weight will be increased by 2.5% once per week during Workout C and Workout F. For the Squat, Workout B and Workout E will use 20% less weight than the previous Workout A and Workout D, respectively. Workout D for the Squat will use same weight as previous Workout C. Workout A will use previous Squat weight from Workout F. Bench and Press will be increased by 2.5% every other time the exercise is done. Chin Ups and Pull Ups will increase by 2.5% each time they are done, if possible. Rows and Deadlifts are alternated each week and will increase by 5% each time the exercise is done.

Stalling and What to Do: If you haven't increased the weight on a given exercise for 3 consecutive chances, you are stalling on that exercise. Decrease the weight by 10% on that exercise, and continue increasing from there once again. You may end up stalling on the overhead press sooner than other exercises. To prevent this, you might decrease weight increases from 2.5% to 2% or less. Use fractional plates as needed to prevent stalling. Simply monitor your progress each workout and make smaller jumps in weight as the exercise gets harder. Any weight increase is progress even if it's a small increase.

When to Stop this Program: Stop this program once squats or deadlifts stall for the second time. As long as you are making progress on squats and deadlifts, you must continue the program. Make this program last as long as possible. This means you are getting stronger and stronger the longer you can last with this program. Reset the other exercises as many times as needed and use fractional plates to prevent stalling for as long as possible.

Intensity Level: This program is very low volume. Intensity will stay rather low up until you begin to reach new levels of strength. Intensity will increase as the program continues and the weight gets heavier. You will most likely be going to failure on several sets by the end of the program.

Other Details: 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.

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 from Ironmind](#) but there are much cheaper alternatives that will work: [weight belt](#).

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	Chin Up 3x5								

Workout A		Date	Date	Date	Date	Date	Date	Date	Date
#	Exercise								
1	Squat 3x5								
2	Bench Press 3x5								
3	Chin Up 3x5								

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	Rows 3x5								

Workout B		Date	Date	Date	Date	Date	Date	Date	Date
#	Exercise								
1	Squat 3x5								
2	Overhead Press 3x5								
3	Rows 3x5								

Printable Workout Log for Workout C

Workout C		Date	Date	Date	Date	Date	Date	Date	Date
#	Exercise								
1	Squat 3x5								
2	Bench Press 3x5								
3	Pull Up 3x5								

Workout C		Date	Date	Date	Date	Date	Date	Date	Date
#	Exercise								
1	Squat 3x5								
2	Bench Press 3x5								
3	Pull Up 3x5								

Printable Workout Log for Workout D

Workout D		Date	Date	Date	Date	Date	Date	Date	Date
#	Exercise								
1	Squat 3x5								
2	Overhead Press 3x5								
3	Chin Up 3x5								

Workout D		Date	Date	Date	Date	Date	Date	Date	Date
#	Exercise								
1	Squat 3x5								
2	Overhead Press 3x5								
3	Chin Up 3x5								

Printable Workout Log for Workout E

Workout E		Date	Date	Date	Date	Date	Date	Date	Date
#	Exercise								
1	Squat 2x5								
2	Bench Press 3x5								
3	Deadlift 1x5								

Workout E		Date	Date	Date	Date	Date	Date	Date	Date
#	Exercise								
1	Squat 3x5								
2	Bench Press 3x5								
3	Deadlift 1x5								

Printable Workout Log for Workout F

Workout F		Date	Date	Date	Date	Date	Date	Date	Date
#	Exercise								
1	Squat 3x5								
2	Overhead Press 3x5								
3	Pull Up 3x5								

Workout F		Date	Date	Date	Date	Date	Date	Date	Date
#	Exercise								
1	Squat 3x5								
2	Overhead Press 3x5								
3	Pull Up 3x5								

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.