

5,3,1 Workout

Exercise	Sets	Reps	% 1RM
1) Standing shoulder press	3		
Week 1		5	65,75,85
Week 2		3	70,80,90
Week 3		5/3/1	75,85,95
Week 4		5	40,50,60
2) Dip	5	15	
3) Chin-up	5	10	

Workout 2

Exercise	Sets	Reps	% 1RM
1) Deadlift	3		
Week 1		5	65,75,85
Week 2		3	70,80,90
Week 3		5/3/1	75,85,95
Week 4		5	40,50,60
2) Good morning	5	12	
3) Hanging leg raise	5	15	

Workout 3

Exercise	Sets	Reps	% 1RM
1) Bench press	3		
Week 1		5	65,75,85
Week 2		3	70,80,90
Week 3		5/3/1	75,85,95
Week 4		5	40,50,60
2) Dumbbell chest press	5	15	
3) Dumbbell row	5	10	

Workout 4

Exercise	Sets	Reps	% 1RM
1) Squat	3		
Week 1		5	65,75,85
Week 2		3	70,80,90
Week 3		5/3/1	75,85,95
Week 4		5	40,50,60
2) Leg press	5	15	
3) Leg curl	5	10	