



The

5x5 Report

**A Higher Gain Alternative
To 5x5 Strength Programs**

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The Classic 5x5 Programs



If you've been lifting weights for a decent length of time, you've likely heard of a "5x5" program (pronounced "5 by 5"). These programs have been around for decades and stay popular because they are simple to follow and easy to track progress. And they are great for gaining strength. The premise: do 5 sets of 5 repetitions. So you'd choose sufficient weight that you are just barely getting that 5th rep out.

It's unclear who gets the credit for the "first" 5x5 program. I have records of Reg Park using them in the 1950s but most people associate the 5x5 Routine with Bill Starr.

Glenn Pendlay also has some foundational templates for 5x5 Lifting Routines. And Mark Rippetoe advocates a 3x5 variation.

Currently popular are Mehdi's StrongLifts 5x5 and Madcow's 5x5 (though he doesn't claim his to be original).

And then there are hundreds of 5x5 variations published online in weightlifting forums.

This report isn't to tell you which of these are the best.

They are all excellent and generally are similar.

Some use a linear program where every week you increase the weight you lift, some use undulating periodicity where

you vary your weight and reps with each workout. Some have heavy days vs. light days.

Some use straight sets where every set has you lifting the same weight, some use ramped sets so that each set increases in weight.

The Exercises

Every popular 5x5 lifting variation I know of includes squats, bench press, and deadlifts (or variations).

But some add in rows. Or chin-ups/pull-ups. Or shoulder presses. Some include rows. The good news is that they are all based on compound movements so that you work multiple muscle groups at once, with fairly good simulation of natural movement patterns.

Some of the 5x5x routines have you doing 3 exercises a day, and some have up to 5. Some have you working out 3x a week and some are only 2x/wk. And some even have the exact same 3 exercises on all 3 days each week.

The rest periods are usually pretty long 2 or more minutes between sets.

But one important note: most aren't really 5x5! They advocate fewer sets or fewer reps for some exercises. Some even have only a single set of some movements!

Two examples:

Generic 5x5:

Workout A	Workout B
Squat 5x5	Squat 5x5
Bench Press 5x5	Overhead Press 5x5
Barbell Rows 3x5	Deadlift 1x5
Bench Press 5x5	Chin-ups 3 sets until failure

Rippetoe's 3x5.

Workout A	Workout B
Squat 3x5	Squat 3x5
Bench Press 3x5	Overhead Press 3x5
Deadlift 1x5	Power Cleans 3x5

So they aren't strictly "5x5".

And when you start doing heavier weight, fewer reps you really need to be careful to warm-up properly. Unfortunately, most people don't understand how to warm-up and so they either do too many warm-up sets and burn themselves out before the heavy lifts or they don't warm up enough and injure themselves.



The Science Behind It All

While 5x5 programs can be used for hypertrophy (increasing muscle size), the science behind them indicates that they are more aligned with strength gaining programs due to the high weight, low repetition schema. Sure, muscle growth comes with strength, but hypertrophy is usually secondary in 5x5 programs.

Most 5x5s are low volume, meaning that the total reps per day across the workout is relatively low. And they typically involve a lot of repeating the same exercises of different days. That repetitiveness gets boring.

In contrast, there are 5-day a week programs out there that focus on splitting up your muscle groups and doing higher reps. These have been shown by scientific studies to be great at hypertrophy but don't give you the same strength gains.

Bottom line: The various 5x5 routines are great, but not without limitations. They work for a time for just about everyone but rarely work forever for most people. And some people don't get anything out of it. Of course, there is no "golden workout" that works for every person forever.

Summary Of Pros And Cons

Pros:

- Easy to learn
- Focus on form
- Full-body
- Simple - easy to stick to it
- Great for beginners and some say even for advanced
- Tested for decades as a solid basis for weight training
- Relatively short workouts

Cons:

- Boring
- More focused on strength than hypertrophy
- Less about physique
- Same exercises and same angle over and over (e.g. squatting 3x/wk) could start to stress your joints week after week
- Because of the low rep count in some, the warm-ups are critical, yet confusing
- Intimidating
- Very few sets (in some cases, a single set - not 5 sets)
- Being full-body, 3x a week, they are hard to recover from for most people

So these programs, on the whole are great. But you can probably already see a few ways to make them even better. In fact, that's what I did when I created The 6x6x6 Routine.

See, I wasn't getting what I needed from any of the 5x5 routines I tried.



"I can see changes, such as body fat percentage going down, muscle definition as well as growth."

"It's definitely a good program. Especially since I am hitting the entire body more times in the same week rather than once a week with different exercises. I'm going to be on this program for quite some time."

Really digging it."

*Nick Alexander Dragon,
Male, 52*

The WFN 6x6x6 Program - Overview

After 20 years of lifting experience, plus extensive research into the science behind different training protocols, I decided that I needed to come up with my own variation on the 5x5. Here are the main points:

- a) It's called a "6x6x6" because each workout involves 6 exercises, you'll do 6 sets of each, and your target rep count will be 6 (there are some deviations from this, as you'll see).
- b) This is a 4-day per week program. But you work each muscle group only 2x per week for improved recovery time.
- c) Each of the 4 days is slightly different, to prevent boredom! This variation also reduces joint fatigue.
- d) You'll work out 2 days in a row, take a day off, then two more days in a row, then take two days off; you can start it on any day of the week.
- e) The 6x6x6 can follow any other program (so if you were recently doing a 5x5, you can move right into the 6x6x6; if you were doing a fat-burn, no problem - just move right into the 6x6x6, etc.).
- f) Unlike most 5x5 programs, the 6x6x6 is what I call semi-split: since it doesn't have many isolation movements, it is impossible to only hit specific muscle groups; but it does tend to emphasize different groups on different days.



"This was a great experience my strength has exploded. My gains are very noticeable at the gym - yesterday ... I was doing squats 320 lbs squat baby!!!! I remember looking at others doing deadlifts and I would say I could never lift that amount now they look at me and are totally freaked out by my transformation. I love this program and will continue to use it.

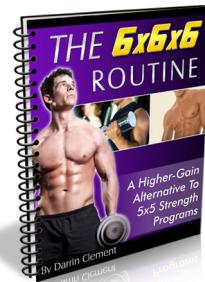
"Where have you been all my life?!? Well I guess it's never too late - thanks for the pain!!!! "

John Mantello. Male. 41

g) If you are doing cardio (and you should be doing cardio!), you'll need to adjust the timing of your cardio around your weight training (more details below).

h) Your food intake needs to be considered with respect to your overall annual program cycle; this is not a pure-hypertrophy program so it is not a cliché "bulking phase". All the typical recommendations I make about diet apply (high protein, low starches, moderate fats, lots of veggies) but some additional timing/amounts need to be considered as indicated in the daily plan below.

i) I have very specific rest periods dictated that you must follow for this to be effective; shorter rest than most 5x5 programs advocate.



Check out Jason's story. He had been doing a 5x5 routine for a year and a half and got great results. But the 6x6x6 routine took him even farther, and in just 4 weeks. His average increase in lifts was over 20%! As Jason shows, even if you've been lifting for a while a great program like the 6x6x6 can spur you on to make great gains!

Here's how he increased The Big 7:

Bench – increased 22%

Chin-ups - from 6 to 10

Military Press – increased 31%

Bent Rows – increased 43%

Squats – increased over 25%

Deadlifts – increased almost 50%!!!!

Dips - from 6 to 10

"My wife loves the results and I do too. I see much more definition in my pecs, arms and shoulders. Actually, my pecs were a tough spot for me for a long time."

- Jason Villarreal, Male 37, and former 5x5 Lifter

I'm making my 6x6x6 Routine Available for you to download as a digital PDF document. You can of course print it out once you order. It comes with a 100% refund policy, so check it out by clicking the link below:

<http://worldfitnessnetwork.com/more/6x6x6offer.html>

