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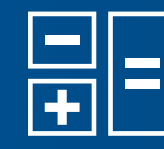
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## BILL STARR 5x5 LINEAR VERSION FOR INTERMEDIATE LIFTERS

This highly effective strength and muscle building 5x5 workout by Bill Starr illustrates the importance of making systematic progression to drive gains.

Link to Workout: <https://www.muscleandstrength.com/workouts/bill-starr-5x5-linear-version-intermediate-lifters.html>

**Main Goal:** Increase Strength

**Training Level:** Intermediate

**Program Duration:** 12 Weeks

**Days Per Week:** 3 Days

**Time Per Workout:** 75 Mins

**Equipment:** Barbell, Bodyweight

**Author:** Team Muscle & Strength

### Monday

Exercise	Sets x Reps	Details
<a href="#">Squat</a>	5 x 5	Ramping Weight to Top Set of 5 (Equal the Previous Friday's Heavy Triple)
<a href="#">Bench Press</a>	5 x 5	Ramping Weight to Top Set of 5 (Equal the Previous Friday's Heavy Triple)
<a href="#">Barbell Row</a>	5 x 5	Ramping Weight to Top Set of 5 (Equal the Previous Friday's Heavy Triple)
Assistance: 2 Sets of Weighted Hypers & 4 Sets of Weighted <a href="#">Sit Ups</a> .		

### Wednesday

Exercise	Sets	Details
<a href="#">Squat</a>	4 x 5	First 3 sets are the same as Monday. Repeat the 3rd set for your 4th set.
<a href="#">Incline Press</a> or <a href="#">Military Press</a>	4 x 5	Ramping Weight to Top Set of 5
<a href="#">Deadlift</a>	4 x 5	Ramping Weight to Top Set of 5
Assistance: 3 Sets of <a href="#">Sit-Ups</a> .		

### Friday

Exercise	Sets	Details
<a href="#">Squat</a>	4 x 5, 1 x 3, 1 x 8	First 4 sets are same as Monday, the triple is 2.5% above your Monday top set of 5. Use the weight from the 3rd set for a final set of 8.
<a href="#">Bench Press</a>	4 x 5, 1 x 3, 1 x 8	First 4 sets are same as Monday, the triple is 2.5% above your Monday top set of 5. Use the weight from the 3rd set for a final set of 8.
<a href="#">Barbell Row</a>	4 x 5, 1 x 3, 1 x 8	First 4 sets are same as Monday, the triple is 2.5% above your Monday top set of 5. Use the weight from the 3rd set for a final set of 8.
Assistance: 3 Sets of <a href="#">Weighted Dips</a> (5 - 8 Reps), 3 Sets of <a href="#">Barbell Curls</a> & 3 Sets of <a href="#">Triceps Extensions</a> (8 Reps)		

### The 5 x 5 Progression

Program Week	Lift for 5 Reps	Percentage Increase over Current PR
4	200	0.00 %
5	205	2.50 %
6	210	5.06 %
7	215	7.69 %
8	221	10.38 %
9	226	13.14 %
10	232	15.97 %
11	238	18.87 %
12	244	21.84 %
13	250	24.89 %
14	256	28.01 %
15	262	31.21 %