



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



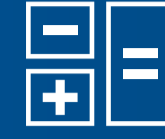
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Videos



Tools

CRAZY 5 METHOD: AN INTENSE REP SCHEME FOR MAKING SOLID GAINS

If you're looking for an excellent finisher to your lifts, look no further. Coach Myers' Crazy 5 Method is bound to give you the pump you're looking for.

Link to Workout: <https://www.muscleandstrength.com/workout/crazy-five-method>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 6 Weeks

Days Per Week: 3 Days

Time Per Workout: 60-75 Mins

Equipment: Barbell, Dumbbells

Author: Coach Dustin Myers

Monday

Exercise	Warm Up Sets	Work Sets	Reps
Dumbbell Bench Press	1x 10	5 x 5*	1 x 20 (Crazy 5)
Shoulder Press	-	5 x 5*	Crazy 5
Superset			
Lateral Raises	-	5 x 5*	Crazy 5
Dumbbell Shrugs	-	5 x 10	-
Tricep Machine Press Down	-	3 x 10	Crazy 5

*5 x 5: Last 3 sets max effort.

The [Crazy 5 Method](#) involves taking a set of 20 reps of a particular exercise and dividing it up into 4 blocks of 5 reps that incorporate a different training variable.

1 x Crazy 5:

- 5 - Plyo - super fast, but controlled
- 5 - Super Slow - 5/5/5 tempo
- 5 - Partial - 1/4 reps
- 5 - Regular

Wednesday

Exercise	Warm Up Sets	Work Sets	Reps
Superset			
Deadlift	-	4 x 5, 3, 2, 1	-
Pull Ups	-	4 x 10	-
Dumbbell Row	-	5 x 5*	Crazy 5
Underhand Lat Pulldowns	-	5 x 5*	Crazy 5
Barbell Curls	-	5 x 5*	Crazy 5

*5 x 5: Last 3 sets max effort.

Friday

Exercise	Warm Up Sets	Work Sets	Reps
Squats	1 x 10	5 x 5*	Crazy 5
Dumbbell Lunges	-	5 x 5*	Crazy 5**
Weighted Crunches	-	3 x 10	Crazy 5**

*5 x 5: Last 3 sets max effort. ** Complete the Crazy 5 with NO weight.