



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



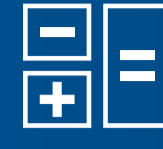
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BODYBUILDING ICONS: REG PARK INSPIRED WORKOUT & TRAINING

Learn who Reg Park was, how he impacted bodybuilding, and what the workouts he wrote looked like!

Link to Workout: <https://www.muscleandstrength.com/workouts/reg-park-inspired-workout>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 36 Weeks

Days Per Week: 3 Day

Time Per Workout: 120 Mins

Equipment: Barbell, Bodyweight

Target Gender: Male & Female

Author: Roger "Rock" Lockridge

Reg Park's 5x5 Plan Phase 1

Exercise	Sets	Reps
1. 45 Degree Back Extension	3	10
2. Squat	5	5
3. Bench Press	5	5
4. Deadlift	5	5

Reg Park's 5x5 Plan Phase 2

Exercise	Sets	Reps
1. 45 Degree Back Extension	3	10
2. Front Squat	5	5
3. Squat	5	5
4. Bench Press	5	5
5. Overhead Press	5	5
6. Rack Pull	5	5
7. Deadlift	5	5
8. Standing Barbell Calf Raise	5	25

Reg Park's 5x5 Plan Phase 3

Exercise	Sets	Reps
1. 45 Degree Back Extension	3	10
2. Front Squat	5	5
3. Squat	5	5
4. Bench Press	5	5
5. Overhead Press	5	5
6. Bent Over Row	5	5
7. Deadlift	5	5
8. Behind the Neck Shoulder Press	5	5
9. Barbell Curl	5	5
10. Lying Tricep Extension	5	8
11. Standing Barbell Calf Raise	5	25

Note that the lying triceps extension is for five sets of eight reps instead of five. Park felt that the triceps could benefit from the extra reps which is why this was different than the other exercises. Park also recommended decreasing the rest period from three minutes to two to help improve endurance and stamina.