



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



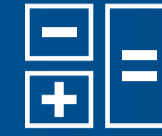
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## RIPPETOE WICHITA FALLS NOVICE PROGRAM

This routine is taught by Mark Rippetoe, but isn't available in his book Starting Strength. This 5x5 program is for beginners, and helps to build size and strength.

Link to Workout: <https://www.muscleandstrength.com/workouts/rippetoe-wichita-falls-novice-program.html>

**Main Goal:** Increase Strength

**Training Level:** Beginner

**Program Duration:** 12 Weeks

**Days Per Week:** 3 Days

**Time Per Workout:** 45-60 Mins

**Equipment:** Barbell, Bodyweight

**Author:** Team Muscle & Strength

### Monday

Exercise	Sets	Reps
<a href="#">Squat</a>	3	5
<a href="#">Bench Press</a> / <a href="#">Military Press</a> (Alternate)	3	5
<a href="#">Chin Up</a> *	3	Failure

\*Add weight if you can do 15+ reps.

### Wednesday

Exercise	Sets	Reps
<a href="#">Squat</a>	3	5
<a href="#">Military Press</a> / <a href="#">Bench Press</a> (Alternate)	3	5
<a href="#">Deadlift</a>	1	5

### Friday

Exercise	Sets	Reps
<a href="#">Squat</a>	3	5
<a href="#">Bench Press</a> / <a href="#">Military Press</a> (Alternate)	3	5
<a href="#">Pull Up</a> *	3	Failure

\*Add weight if you can do 15+ reps.

