

John McCallum's Original 20 Rep Squat Routine (1968)

Exercise	Sets	Reps
Behind The Neck Press	3	12
Squat	1	20
Pull Over	1	20
Bench Press	3	12
Bent Over Row	3	15
Stiff Legged Deadlift	1	15
Shrug	1	15
Pull Over	1	20

Scaled Down 20 Rep Squat Routine (Recommended for Beginners)

Exercise	Sets	Reps
Squat	1	20
Pull Over	1	20
Overhead Press	5	5
Power Clean	5	5

Big 3 20 Rep Squat Routine

Exercise	Sets	Reps
Squat	1	20
Pull Over	1	20
Bench Press	2-3	10
Pull Over	1	20
Bent Over Row	2-3	15

Power 20 Rep Squat Routine

Exercise	Sets	Reps
Power Clean	5	3
Squat	1	20
Overhead Press	2-3	12
Chin Ups	2	To Failure
Dips	2	10
Deadlift	1	15