

Reg Park's 3 Step 5x5 Routine: The Original Size & Strength Workout

 gymtalk.com/reg-park-5x5-routine

Phase 1

Exercise	Sets	Reps
Prone Hyperextensions	3	10
Full Squat	5	5
Bench Press	5	5
Deadlift	5	5

Phase 2

Exercise	Sets	Reps
Prone Hyperextensions	3-4	10
Front Squat	5	5
Regular Squat	5	5
Bench Press	5	5
Press Off Stands	5	5
High Pull Ups	5	5
Deadlift	5	5
Heel Raise	5	25

Phase 3

Exercise	Sets	Reps
Prone Hyperextensions	4	10
Front Squat	5	5
Regular Squat	5	5
Press Off Stands	5	5
Bench Press	5	5
Bent Over Rowing	5	5
Deadlift	5	3
Press Behind Neck or Arm Dumbbell Press	5	5
Barbell Curl	5	5
Lying Triceps Curl	5	8
Heel Raise	5	25