**Reg Park’s 5x5 Workout Program**

The classic 5x5 routine has been used for generations in weight rooms everywhere. While Park wasn’t considered the first bodybuilder to train with the 5 sets of 5 reps plan, he was considered the most famous advocate for the system at the time he was doing so and promoted it in his writing.

In his manual “Strength and Bulk Training for Weight Lifters and Bodybuilders”, Park wrote that he started with one exercise for three sets of ten reps to prepare for the other movements. He would use the first two sets as warm-up sets and build up to a weight that he used for the last three sets of five reps.

Park rested for three to five minutes between the work sets to fully recover and maximize his strength. He advocated this for lifters he trained as well. Once you were able to use the same weight on any exercises for the last three sets of five, you were to add weight.

He had three phases of his version of the 5x5 plan. Phase 1 was for beginners that were new to lifting weights and is your basic big three of squat, bench, and deadlift. Beginners would train under this plan three days a week for three months.

**Reg Park’s 5x5 Plan Phase 1**

|  |  |  |
| --- | --- | --- |
| **Exercise** | **Sets** | **Reps** |
| 1. [45 Degree Back Extension](https://www.muscleandstrength.com/exercises/hyperextension.html) | 3 | 10 |
| 2. [Squat](https://www.muscleandstrength.com/exercises/squat.html) | 5 | 5 |
| 3. [Bench Press](https://www.muscleandstrength.com/exercises/barbell-bench-press.html) | 5 | 5 |
| 4. [Deadlift](https://www.muscleandstrength.com/exercises/deadlifts.html) | 5 | 5 |

Upon graduation from this level, Park would add more movements and incorporated calves for bodybuilding purposes. Phase 2 training was also meant to be done three days a week for three more months.

**Reg Park’s 5x5 Plan Phase 2**

|  |  |  |
| --- | --- | --- |
| **Exercise** | **Sets** | **Reps** |
| 1. [45 Degree Back Extension](https://www.muscleandstrength.com/exercises/hyperextension.html) | 3 | 10 |
| 2. [Front Squat](https://www.muscleandstrength.com/exercises/front-squat.html) | 5 | 5 |
| 3. [Squat](https://www.muscleandstrength.com/exercises/squat.html) | 5 | 5 |
| 4. [Bench Press](https://www.muscleandstrength.com/exercises/barbell-bench-press.html) | 5 | 5 |
| 5. [Overhead Press](https://www.muscleandstrength.com/exercises/military-press.html) | 5 | 5 |
| 6. Rack Pull | 5 | 5 |
| 7. [Deadlift](https://www.muscleandstrength.com/exercises/deadlifts.html) | 5 | 5 |
| 8. [Standing Barbell Calf Raise](https://www.muscleandstrength.com/exercises/standing-calf-raise.html) | 5 | 25 |

As you advance past this stage you went into his final level which was Phase 3. There were more and different exercises at this point including those specifically for muscle groups like biceps and triceps.

**Reg Park’s 5x5 Plan Phase 3**

|  |  |  |
| --- | --- | --- |
| **Exercise** | **Sets** | **Reps** |
| 1. [45 Degree Back Extension](https://www.muscleandstrength.com/exercises/hyperextension.html) | 3 | 10 |
| 2. [Front Squat](https://www.muscleandstrength.com/exercises/front-squat.html) | 5 | 5 |
| 3. [Squat](https://www.muscleandstrength.com/exercises/squat.html) | 5 | 5 |
| 4. [Bench Press](https://www.muscleandstrength.com/exercises/barbell-bench-press.html) | 5 | 5 |
| 5. [Overhead Press](https://www.muscleandstrength.com/exercises/military-press.html) | 5 | 5 |
| 6. [Bent Over Row](https://www.muscleandstrength.com/exercises/bent-over-barbell-row.html) | 5 | 5 |
| 7. [Deadlift](https://www.muscleandstrength.com/exercises/deadlifts.html) | 5 | 5 |
| 8. Behind the Neck Shoulder Press | 5 | 5 |
| 9. [Barbell Curl](https://www.muscleandstrength.com/exercises/standing-barbell-curl.html) | 5 | 5 |
| 10. [Lying Tricep Extension](https://www.muscleandstrength.com/exercises/lying-tricep-extension.html) | 5 | 8 |
| 11. [Standing Barbell Calf Raise](https://www.muscleandstrength.com/exercises/standing-calf-raise.html) | 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.