

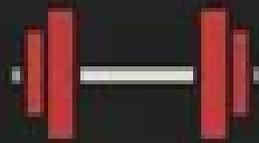
5x5 WORKOUT PROGRAM

KEY PRINCIPLES



5 SETS x 5 REPS

Strength-focused volume that balances intensity and growth.



COMPOUND LIFTS FIRST

Squat, bench, deadlift, overhead press, and row are the foundation



LINEAR PROGRESSION

Add 2.5–5 kg each workout when all reps are completed.



TRAIN 3x PER WEEK

Alternating Workout A and Workout B on non-consecutive days



FORM OVER EGO

Master technique before adding plates. Consistency beats rushing.

Strength first. Size will follow.

5x5 For Hypertrophy Strength Camp

Ying Liu



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