

THE TEXAS METHOD WORKOUT ROUTINE

Week A

Monday (Volume)

Squat

5 sets of 5 reps at 90% of 5-rep max

Bench Press

5 sets of 5 reps at 90% of 5-rep max

Deadlift

1 set of 5 reps at 90% of 5-rep max

Wednesday (Light)

Squat

2 sets of 5 reps at 70% of 5-rep max

Overhead Press

3 sets of 5 reps at 70% of 5-rep max

Bodyweight Chin-up

3 sets to failure

Hyperextension

5 sets of 10 reps

Friday (Intensity)

Squat

1 set of 5 reps at new PR weight

Bench Press

1 set of 5 reps at new PR weight

Deadlift

1 set of 5 reps at new PR weight

Week B

Squat

5 sets of 5 reps at 90% of 5-rep max

Overhead Press

5 sets of 5 reps at 90% of 5-rep max

Deadlift

1 set of 5 reps at 90% of 5-rep max

Squat

2 sets of 5 reps at 70% of 5-rep max

Bench Press

3 sets of 5 reps at 70% of 5-rep max

Bodyweight Chin-up

3 sets to failure

Hyperextension

5 sets of 10 reps

Squat

1 set of 5 reps at new PR weight

Overhead Press

1 set of 5 reps at new PR weight

Deadlift

1 set of 5 reps at new PR weight

Top Method For Home Workout Explained For Students 6394

Michael Rajnik



Top Method For Home Workout Explained For Students 6394:

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