

# 8-Week Strength Builder

## The 5×5 Method

Get strong in 8 weeks with the most proven program in history. No gimmicks. No shortcuts. Just iron, discipline, and a plan that works.

THEDIETPLANNER.COM



# What Is 5×5 Training?

Five sets of five reps on the big lifts — performed with heavy weight and progressive overload. It's brutally simple. That's the point.

## Simplicity

Two workouts. Three lifts each.  
No confusion, no wasted time.

## Progressive Overload

Add weight every session. Your body has no choice but to adapt.

## Compound Focus

Only the lifts that build real, functional strength across your entire body.



# The 5 Lifts That Matter

Every session revolves around these five movements. Master them and you master strength.



## Barbell Squat

King of lower body. Builds legs, core, and total-body power.



## Bench Press

The upper body standard. Chest, shoulders, triceps.



## Deadlift

Full posterior chain. The ultimate test of raw pulling strength.



## Overhead Press

Shoulders and core stability. Builds a strong, stable frame.



## Barbell Row

Back thickness and posture. Balances all the pressing.

# The Two Workouts

## Workout A

- **Squat** —  $5 \times 5$
- **Bench Press** —  $5 \times 5$
- **Barbell Row** —  $5 \times 5$

## Workout B

- **Squat** —  $5 \times 5$
- **Overhead Press** —  $5 \times 5$
- **Deadlift** —  $1 \times 5$

Deadlift is one heavy set — intensity is high, volume is low.  
Treat it seriously.

# 8-Week Training Calendar

Alternate Workout A and B every session. Train three times per week with at least one rest day between sessions.

| Week   | Day 1 | Day 2 | Day 3 | Week   | Day 1 | Day 2 | Day 3 |
|--------|-------|-------|-------|--------|-------|-------|-------|
| Week 1 | A     | B     | A     | Week 5 | A     | B     | A     |
| Week 2 | B     | A     | B     | Week 6 | B     | A     | B     |
| Week 3 | A     | B     | A     | Week 7 | A     | B     | A     |
| Week 4 | B     | A     | B     | Week 8 | B     | A     | B     |

# Progressive Overload: Add Weight Every Session



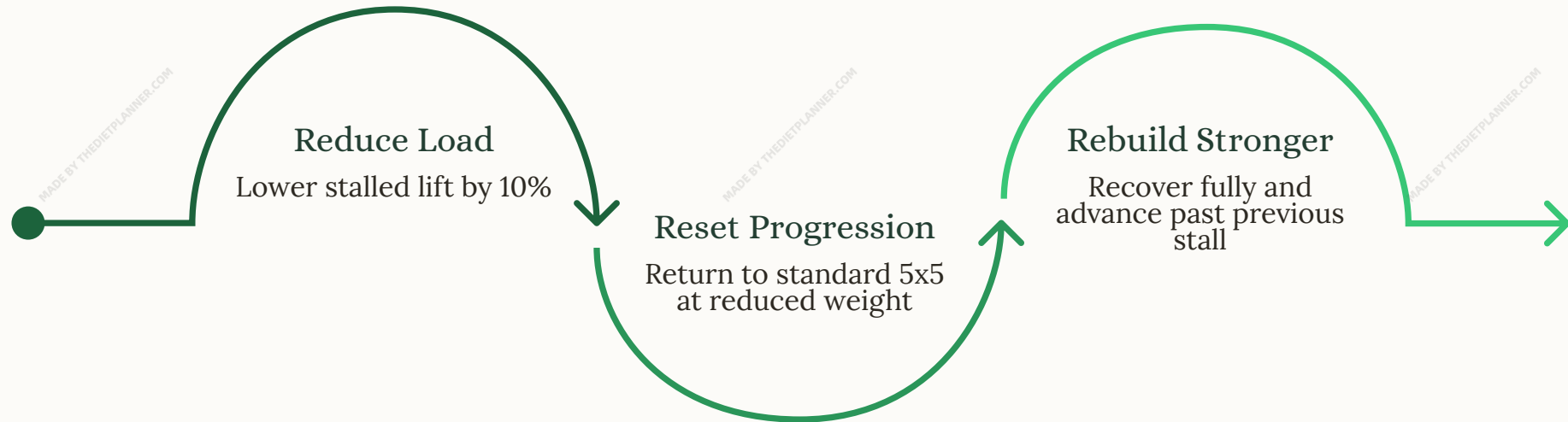
Every time you complete all 5×5 reps with good form, add weight the next session. No stalling. No plateauing. Just forward motion.

Lower Body — Squat & Deadlift  
Add **5 lbs (2.5 kg)** per session.

Upper Body — Bench, Press & Row  
Add **2.5 lbs (1.25 kg)** per session.

# When You Fail: The Deload Protocol

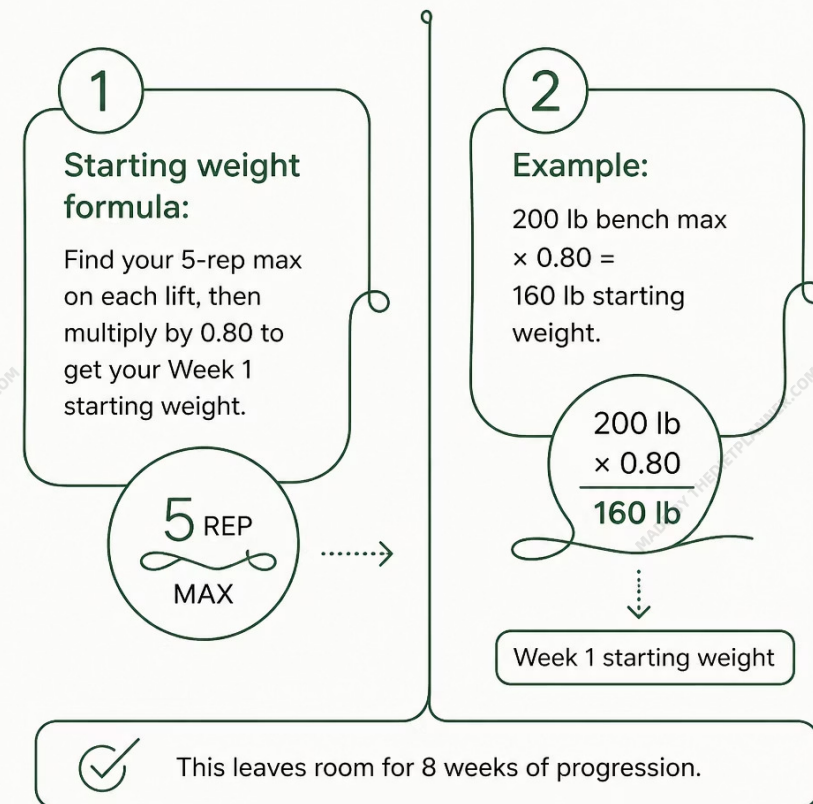
Stalling is part of the process. When you miss all 5 reps on the same lift for **three consecutive sessions**, it's time to deload — not quit.



Deloading is not failure — it's strategy. You'll surpass your old max within two weeks.

# Find Your Starting Weight

Start lighter than you think. The program only works if you can complete all sets and still add weight next time. Ego loading kills progress.



1 Use an empty bar first 45 lbs (20 kg). Practice form for one full session.

2 Add weight until bar speed slows  
That's your true starting max.  
Subtract 20%.

3 Begin the program  
Start at 80% of that weight.  
Progress from there.

# Form Guide: The 3 Most Common Errors

Fix these and your lifts will improve immediately.

| Lift           | Error 1                 | Error 2                        | Error 3                      |
|----------------|-------------------------|--------------------------------|------------------------------|
| Squat          | Knees caving inward     | Heels lifting off floor        | Chest collapsing forward     |
| Bench Press    | Elbows flared at 90°    | No arch or leg drive           | Bar bouncing off chest       |
| Deadlift       | Rounded lower back      | Bar drifting away from shins   | Hips rising before shoulders |
| Overhead Press | Excessive back lean     | Bar path not vertical          | Not locking out overhead     |
| Barbell Row    | Using momentum to heave | Not retracting shoulder blades | Elbows flaring too wide      |

# 8-Week Progress Log

Record every session. Track your max achieved per lift each week. This log is your proof of progress.

| Lift           | Wk 1 | Wk 2 | Wk 3 | Wk 4 | Wk 5 | Wk 6 | Wk 7 | Wk 8 |
|----------------|------|------|------|------|------|------|------|------|
| Squat          | —    | —    | —    | —    | —    | —    | —    | —    |
| Bench Press    | —    | —    | —    | —    | —    | —    | —    | —    |
| Deadlift       | —    | —    | —    | —    | —    | —    | —    | —    |
| Overhead Press | —    | —    | —    | —    | —    | —    | —    | —    |
| Barbell Row    | —    | —    | —    | —    | —    | —    | —    | —    |

 **thedietplanner.com** — Print this log or save a copy. Consistency is the program.