

Basic Barbell Training



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Onus Wunsler

C2 Rower 5min } warmup
Situps } everyday

A

Squat

Press

Deadlift

alt. with

Power Clean

B

Squat

Bench Press

Back Extensions

Chins

Figure 8-6 (this page and facing page). An example of the first few days of a typical beginner's program.

Programming

2/5	2/7	2/9	2/12	2/14	2/16	2/19
Mon.	Wed.	Fri.	Mon.	Wed.	Fri.	Mon
Situps	Situps	Situps	Situps	Situps	Situps	Situps
BWx12	BWx14	BWx16	BWx18	BWx20	BWx5 10lbs. x 12	10lbs x13
Squat	Squat	Squat	Squat	Squat	Squat	Squat
45x5x3	45x5x2	45x5x2	45x5x2	45x5x2	45x5x2	45x5x2
65x5x2	75x5	95x5	95x5	95x5	95x5	95x5
85x5	105x5	125x5	135x5	135x5	135x5	135x5
105x5	135x2	155x2	165x2	165x2	175x2	175x2
125x5	160x5x3	175x5x3	185x5x3	195x5x3	205x5x3	215x5x3
140x5x3						
Press	BenchPress	Press	BenchPress	Press	Bench	Press
45x5x2	45x5x2	45x5	45x5	45x5	45x5	45x5
65x5	65x5	65x5	75x5	65x5	75x5	65x5
75x5	85x5	80x5	105x5	85x5	105x5	85x5
85x5	105x5	90x2	125x2	95x2	125x2	100x2
90x5	115x5	100x5x3	140x5x3	105x5x3	145x5x3	110x5x3
95x5x3	125x5					
	135x5x3	PowerClean	BackExt.	Deadlift	BackExt.	Power
Deadlift	BackExt.	40kg x 2 x 4 hang	BWx10x5	40kg x 5	BWx10x5	Clean
40kg x 5 x 3	BWx10x3	40kg x 3 x 2 full	Chins	135x5	Chins	40kg x 3x
50kg x 5		45x3	BWx5	185x2	BWx6	45x3
135lbs. x 5	Chins	50x3	BWx4x2	225x5	BWx4x2	50x3
165x5	BWx5	55x3x5				55x2
195x5	BWx4					57.5x3x5
	BWx3					