

Basic Barbell Training



Mark Rippetoe CSCS

Onus Wunsler

C₂ Rower 5 min 3 warmy
Situps 3 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 | 10lbsx13 |
| 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 | 45x5 | 45x5 | 45x5 | 45x5 | 45x5 | 45x5 |
| 65x5 | 65x5 | 65x5 | 75x5 | 65x5 | 75x5 | 65x5 |
| 85x5 | 85x5 | 80x5 | 105x5 | 85x5 | 105x5 | 85x5 |
| 75x5 | 105x5 | 90x2 | 125x2 | 95x2 | 125x2 | 100x2 |
| 95x5 | 115x5 | 100x5x3 | 140x5x3 | 105x5x3 | 145x5x3 | 110x5x3 |
| 90x5 | 125x5 | | | | | |
| 95x5x3 | 135x5x3 | | | | | |
| Deadlift | BackExt. | Power Clean | BackExt. | Deadlift | BackExt. | Power |
| 40kgx5x3 | BWx10x3 | 40kgx2x4 hang | BWx10x5 | 40kgx5 | BWx10x5 | Clean |
| 50kgx5 | | 40kgx3x2 full | Chins | 135x5 | Chins | 40kgx3x |
| 135lbsx5 | Chins | 45x3 | Chins | 185x2 | BWx6 | 45x3 |
| 165x5 | BWx5 | 50x3 | BWx5 | 225x5 | BWx4x2 | 50x3 |
| 195x5 | BWx4 | 55x3x5 | BWx4x2 | | | 55x2 |
| | BWx3 | | | | | 57.5x3x5 |