

02 / 5 X 5 TRAINING

Simple numbers. Thoughtful loading.

An original 5 x 5-style teaching session for an adult already comfortable with these lifts. This is not Stronglifts or any other complete weekly program.

Five sets is the format, not the goal at any cost. Use one manageable working weight for each main lift. Keep warm-up sets separate from the five work sets.

PREPARE THE SPACE

Barbell, plates, rack with correctly positioned safeties, stable bench, appropriate spotting, and dumbbells with chest support for rows.

WARM UP FIRST

Start with easy movement. Rehearse squat and bench with progressively heavier practice sets, staying well short of fatigue. Prepare each lift before its work sets.

ILLUSTRATIVE SESSION - WORK SETS

MOVEMENT	ASSIGNMENT	EXECUTION / LOAD CONTEXT
Back squat	5 x 5	Use the same manageable weight across the five work sets. Keep technique and range consistent.
Bench press	5 x 5	Set safeties and suitable spotting before starting. Keep every repetition controlled.
Chest-supported dumbbell row	3 x 8	Keep the chest supported and the movement controlled. Assistance does not need the 5 x 5 format.
Optional easy walk	As appropriate	Finish with an easy walk if it fits your day. It is not another hard training assignment.

Rest: about 2-4 minutes between main work sets; extend as needed. **Effort:** for squat and bench, leave roughly 2-3 good reps available at the end of each set.

PROGRESS ONLY WHEN READY

If all five sets of a main lift stay controlled with the intended reserve, consider the smallest practical weight increase at the next appropriate session. Record actual results, not just planned numbers.

REDUCE OR CHANGE COURSE

Do not add load after missed reps or loss of technique. Repeat or reduce the weight; fewer work sets, such as 3 x 5, may fit better. Review rest, weekly workload and recovery before increasing again.

Safety: Educational example, not medical advice or an individualized prescription. Get appropriate guidance if an injury, health condition or medical restriction affects exercise. Stop for sharp or increasing pain, dizziness, chest discomfort or unusual breathlessness; seek appropriate medical help for concerning symptoms.

Original example, not a reproduction of a named 5 x 5 system. Further context:

[Stronglifts: progression rules for its own program](#)

[ACSM resistance-training guidance \(2026\)](#)

SESSION LOG

5 X 5 TRAINING

Name

Date

kg / lb

Warm-up loads / reps and equipment setup:

Record total barbell load, including the bar. For rows, record one dumbbell's weight. RIR means estimated good reps left; do not continue to failure to check it.

MOVEMENT	SET	TARGET	ACTUAL LOAD	ACTUAL REPS OR SECONDS	EFFORT RIR / NOTE	REST SEC
Back squat	1	5 reps				
Back squat	2	5 reps				
Back squat	3	5 reps				
Back squat	4	5 reps				
Back squat	5	5 reps				
Bench press	1	5 reps				
Bench press	2	5 reps				
Bench press	3	5 reps				
Bench press	4	5 reps				
Bench press	5	5 reps				
Chest-supported DB row	1	8 reps				
Chest-supported DB row	2	8 reps				
Chest-supported DB row	3	8 reps				

Review before the next session

Next main-lift loads and reason. Leave recovery time between demanding sessions.

Cross out unused sets. Use the notes to record any adjustment. Blank rows are not a reason to add work. Print a fresh log for another session.