

05 / NINE-WEEK EXTENDED RUSSIAN SBD

An early-cycle example. Not the nine-week plan.

For an experienced lifter with dependable squat, bench and deadlift technique. This sheet illustrates lower-volume squat with harder bench, not a full peaking prescription.

A double means two reps. 6 x 2 means six sets of two, not two sets of six. The full template's eventual 105% entry is an aspirational target, not a guaranteed gain or an instruction to test today.

PREPARE THE SPACE

Barbell, plates including small increments, rack with correctly set safeties, stable bench and suitable spotting. The wider SBD routine also needs a safe deadlifting area.

WARM UP FIRST

Use comfortable general movement, then several lighter squat practice sets. Warm up bench separately before its work. Keep warm-ups non-fatiguing and lifting standards consistent.

ILLUSTRATIVE SESSION - WORK SETS

MOVEMENT	ASSIGNMENT	EXECUTION / LOAD CONTEXT
Squat	6 x 2 at 80% of squat reference	Hypothetical reference: 150 kg. Working example: 120 kg for six doubles. "Light" refers to lower workload, not easy effort.
Bench press	6 x 3 at 80% of bench reference	Hypothetical reference: 100 kg. Working example: 80 kg for six triples. References are examples, not targets.
Optional chest-supported row	2 comfortable sets	Only if recovery and the wider plan allow. Choose reps appropriate to that plan. This accessory is Steadfast's illustrative addition.

Rest: about 3-5 minutes between work sets, as needed for controlled performance. Record effort alongside reps. Do not turn early-cycle work into repeated maximal efforts.

PROGRESS ONLY WHEN READY

Use credible recent reference numbers and a complete, appropriate plan. Advance only while execution and recovery support it. The opposite squat/bench pairing and a separate deadlift day are not provided on this sheet.

REDUCE OR CHANGE COURSE

If reps are missed or work is already grinding, review the reference, load, fatigue and technique before repeating, reducing or replacing the assignment. A reduced reference modifies the published loading. Never stack missed sessions.

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.

Session structure checked against the published extended layout. It does not verify the routine's origins or guarantee results:
[The Extended Russian Routine: published layout](#)

SESSION LOG

NINE-WEEK EXTENDED RUSSIAN SBD

Name

Date

kg / lb

Squat reference / bench reference (same units):

Use each lift's own reference; planned load = reference x 0.80. Record actual total barbell load and effort. RIR = estimated good reps left, not a request to test failure.

MOVEMENT	SET	TARGET	ACTUAL LOAD	ACTUAL REPS OR SECONDS	EFFORT RIR / NOTE	REST SEC
Squat	1	2 reps				
Squat	2	2 reps				
Squat	3	2 reps				
Squat	4	2 reps				
Squat	5	2 reps				
Squat	6	2 reps				
Bench press	1	3 reps				
Bench press	2	3 reps				
Bench press	3	3 reps				
Bench press	4	3 reps				
Bench press	5	3 reps				
Bench press	6	3 reps				
Optional supported row	1	Plan: ____				
Optional supported row	2	Plan: ____				

Review before the next session

Readiness / recovery / next step. No max attempt or deadlift session is prescribed here.

Optional rows are not required. Doubles = 2 reps. This sheet does not prescribe the complete nine-week cycle or a 105% attempt.