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The most effective gym workout plans, fitness timer, weight lifting log & tracker to get stronger and build muscle. Simple, effective workout program for beginners lifting... and new exercise to powerlifting-style routines. Log your lifts, to your workout planning app and crush your gym goals with 5x5 Stronglifts! Three exercises, three times a week, 45 minutes per exercise. Over 1 million people use the StrongLifts 5x5 workout app to become stronger and build muscle... no weight training more than three times a week. The StrongLifts 5x5 workout app is like having a personal strength trainer and weightlifting in your pocket. The app guides you through each 5x5 StrongLifts exercise. It shows you the exercise to do each workout, with how much weight, how long to rest between sets and more. StrongLifts takes the guessing job out of your weight training by choosing the right gym workout plan for you to focus on weight lifting!----- WHY GET STRONG WITH STRONGLIFTS 5X5? ----- ✓ FREE DOWNLOAD ✓ Simple, Easy and Intuitive Design ✓ Workout Planner, Timer and Interactive Tracking ✓ Integrated 5x5 StrongLifts exercise used by millions of people worldwide ✓ Records weights, sets and reps – no more pens and paper! ✓ Know what to exercise to do and how much to lift each workout ✓ Weight lifting program for beginners and new bodybuilders to powerlifting✓ Auto-replace workout A/B, switch manually at any time from the ✓ Automatically add weight per workout plan, set step by step/microload in settings ✓ ✓ &lt;1&gt; &lt;3&gt; Auto-load/repeat weight if you miss reps or hit a plateau ✓ The visual timer shows how long it takes to rest between sets based on the last set ✓ Graph & tracker to see your progression of all lifts and for body weight ✓ Calendar for weekly and monthly overviews of your workouts ✓ Notes to track support exercises support or how a workout went ✓ Kg / lb - this setting on the first use, switching at any time in settings ✓ Bar settings: set the weight of your barbell in settings ✓ Automatically back up workouts to the cloud, synchronize with any device ✓ Video of workouts and exercises ✓ Login from Android Wear! ✓ Ad-free! Get better gym results with StrongLifts Pro! Download StrongLifts and try our free workout plan. Upgrade to Pro for better results with warmups, computer plates, support exercises and more. StrongLifts Pro has purchased for three months or annually. Payment is charged to your Google Play account during the purchase confirmation process. Subscriptions automatically renew at the end of the period for the same price. You can turn off automatic renewal at any time for up to 24 hours before the end of the subscription period within Install. When you cancel auto-renew, access to Pro features won't expire immediately, you'll have access until the end of the current billing period. About StrongLifts 5x5StrongLifts 5x5 is the simplest, most effective workout to get stronger and build muscle. 3 body compound exercises, 3x/week, 45 minutes per exercise. First exercisesA you Squat, Bench and Barbell Row. After a day off, you workout B - Squat, Overhead Press and Deadlift. Start lighting to focus on form and build confidence under the bar, then add weight each workout. The StrongLifts 5x5 app does all the thought for you so you can focus on lifting. More information about our workouts at Internet to send incident reports to us improve the application- Photos / media / files to back up your workout- Vibrator to alarm the break timer rest between sets - In-app purchases to unlock professional featuresSupport- FAQ Contact us from the app - menu - help Like StrongLifts 5x5? If you like this StrongLifts 5x5 app, rate it 5 stars so more people find it. Thank you for using StrongLifts! We are working on v2.7 there will be a lot of application improvements. Once completed, we'll be able to introduce new features. Questions, questions or suggestions?• Please read our FAQ - • Contact from the Like StrongLifts app?• Please rate the 5-star app so that many people find it The fitness industry is littered with fad exercises that tell you what to do, how to do it and promise great results. They're coming. They're gone. And a new one was born. 5x5 workouts are not one of the fads. This training program stood the test of time originating in 1960 by the legendary body, Reg Park. He's been alive ever since. It has taken on various forms throughout the years into versions with the help of professionals such as Bill Starr or Mark Rippetoe. But, none of the beginners fit well. Enter Stronglifts 5x5. This variant is the best 5x5 variant for beginners, as well as one of the best programs for beginners in general. 9 Reasons the 5x5 workout program is great for beginners Any goal you may have when it comes to hitting the gym, 5x5 has you covered. The nine biggest reasons this workout plan is great for beginners is just scratching the surface of the benefits of this program. 1) Build strength The main base of this program has you adding weight per workout to significantly increase strength in the lifter. This is the basis of progressive overcrowding. It forces you to constantly adapt to each heavy weight workout, slowly increasing your challenge and strength. In fact, in just three months of the program, the average lifter can expect a strong increase in strength. Some people have reported up to 1% increase in their representation on heavier exercises like squats and deadlifts by almost 200 pounds! 2) Develop a great The program's quick, strength-focused program, yes, but don't let that fool you. It is also great for building muscle as well. Although you can see the programs and preaching experience doing large volumes or tons of different exercises that are key to muscle gain, they couldn't be more wrong. To increase the power, what do you need to increase? That's right, muscular. By constantly improving strength you are constantly increasing your muscle mass as well. In fact, if you have not won the genetic lottery or do not use steroids, increasing strength is the only real way to pack on muscle. How much? Based on your experience and body type, it can add anywhere from 4-8 lbs of muscle in your first 3 months. And in a year, you can add anywhere from 12-30 lbs of muscle in your first year. For those hard gainers, learn how to start pounding calories or invest in the right nutritional products to help you pack on that additional mass 3) Melt fat without cardio There. You sounded right. Focus on lifting. Burn fat. No cardiology. But how? Firstly, lifting weights requires a lot of energy. Then there is also the energy needed to repair and build new muscle tissue after each workout. With each weight lifting workout, you're boosting the amount of energy burned every day. Even if you were eating at a surplus of 500 calories when you first started the 5x5 program, by March that could actually be considered a calorie deficit (that's how weight loss works). Secondly, since you are packing on muscles, you automatically have a higher basic metabolic rate. Leads to the body's natural energy requirement to increase. Don't be shocked though if your overall weight doesn't change much. Remember, when you are reducing body fat the program will help you gain muscle that will add to your overall 4)Significantly improve endurance & conditioning (again, no cardio) Because you have become stronger by anthometry, it takes less energy to do different activities. For example, after spending the first year focusing on developing my strength (8 years ago), I started playing football for the first time. Having never focused on cardio, I was able to participate in a local tournament and had the energy to maintain full play on 11-on-11 games. 5) Grow as an athlete No matter what sport you play, getting stronger is going to increase your athleticism. You can expect to be able to jump higher, sprint faster, run longer, and become a tougher competitor. 6) 3x body workouts a week Most generic programs have you lifting in such a way that you target every muscle group once, at most twice, a week. With a full workout You are stimulating growth in all muscle groups. Doing this three times a week leads to a maximum irritation for the whole body. Make it much more effective for building muscle and strength. Strong. and Efficiency What happens when you cut out all the excess and focus only on what will produce the most bang for your buck? You have an extremely effective program that does not require you to spend hours when hours in the gym. More results. Less time. Ensure. 8) Become an expert at big lifts When you're doing big lifts every single workout you're getting in tons of repetition. As they say, practice makes perfect. During 3-6 months of practice, you can expect to become extremely confident in how to perform compound exercises properly. 9) Learn what a real workout program is Maybe 6 months or a year from now you decide to try a different program. Your clock for really effective habits and what those don't, become tweaked. Help you be more successful whether you are doing this program or not. What is the Stronglifts 5x5 workout program? This routine consists of doing 3 full-body workouts a week with a very specific range of representations for each exercise. What you do every day is driven by alternating exercises A and B. Workout A includes: 5 sets of 5 reps of barbell back squats 5 sets 5 reps of barbell bench press 5 sets 5 reps bent on barbell found Workout B including: 5 sets of 5 reps of barbell back squats 5 sets of 5 reps of barbell over no hit 1 set of 5 reps of barbell deadlifts For example, in week 1, if you train A on Monday, you will rest on Tuesdays and practice B on Wednesdays. She continues to train alternately from week to week. Why these exercises? You don't see any kind of machinery, dumbbell, or quarantine exercises and that's for good reason. These barbell moves allow you to move the largest amount of weight possible. With each workout being a full body workout and you move the greatest amount of weight as possible, you will be able to produce the greatest benefits in strength. To increase strength, it requires muscle replenishing. Makes it extremely effective in building muscle mass. In addition, you are stimulating full body muscle growth 3x a week. Compared to stimulating each muscle group 1x or 2x a week in your typical over/under or part body specific workout routine. Squat first. Always. The order in which you see the exercises listed is not on a whim. You squat first. Always. This is because squatting is one of the most valuable moves you can do. Research has actually shown that improving your squat strength increases natural levels of testosterone and may even increase your bench press by 1RM! Since this is one of the hardest lifts to do, taxing the most and most rewarding, we do it first. This is because if you pushed it to second or third, will have spent a lot of energy. Make it harder to give it your all to constantly progress your weight on squats. So in the prescribed order. Rest because each counter! This workout is not a race. The goal is to do all the settings and each representative. Therefore, it is important to rest accordingly in between ministries. You can determine how long to rest based on the weight you are using. Example: Rest 30-90 seconds in between sets if light weight gives you Rest 90-180 seconds in between sets if the weight is slightly difficult but not too heavy for you Rest 180-300 seconds in between sets if the weight is heavy for you and push towards the upper levels of your strength By simply resting accordingly , you allow your body to be fully prepared to tackle each set. The time in between allows you to breathe deeply, increasing your oxygen levels. While resting your body is working to create ATP supplements in the muscles. ATP is the currency of energy in the body and is what is responsible for your muscles moving and contracting. The more rest you have, the more ATP can be built and the greater the likelihood of success than you have when completing every set. With a quick overview of what this program is, let's learn in detail how to get started. How to start with 5x5 Before you start getting into the full swing of things with this program, you need to figure out a maximum representation of your (1RM). 1RM is used to determine what your starting weight should be for each exercise and how you will progress from workout to workout. If you have some experience with exercises, you can calculate your 1RM with the tool below. For each exercise, enter the amount of weight you used and the number of reps you were able to make a set. The tool then calculates what is your estimated 1RM. For each exercise, you will start with 50% of your 1RM. Here's an example of how that might look based on a 1RM calculation and then 50% of that 1RM and then what your first A workout and B workout would look like: What weight to use if you're a complete newbie if you're not too experienced or comfortable with these harder exercises , you'll start a little differently. On all 5 exercises, you will start using only one drum bar (the bell is 45 lbs). That may not sound too interesting but this is very important. It will help you become much more confident with performing exercises before the weight starts to rise. Ensure that you are not only safe but also able to confidently continue to gain weight. Don't worry about how it might look working out just with the bar. With the way the program progresses from workout to workout, you can go from squatting just the bar to squatting over £200 in just 3 months. What should you focus on while lifting? There are three aspects of lifting that you want to focus on while you are doing your homework. If you can All three of you will be able to move more faster progress from workout to workout, and increased overall safety. Raising the tempo of a representative speaks to the tempo of how you perform the eccentric and eccentric parts of the movement. Progress can be changed for different desired results. One result you want is not to waste energy. To avoid this, you want to make sure you don't move too slowly. Slow moving increases time under stress and loads on your muscles, depleting your energy. The other result is to move with enough speed and acceleration to help you build your boom. Hitting that happy goldilocks between the ground allows you to get the best out of both worlds. Breathing This may seem simple but not breathing properly can deplete your energy and hurt your form. Following the recommended breathing patterns will improve your cardiovascular fitness, enhance your performance, and improve your safety. What you want to do is to take a deep breath before each representative. Hold that breath and exhale when you complete the representation. Doing this in a representative will increase abdominal pressure. This supports your core and provides external pressure on your back. Supporting your back can help prevent the development of soreness or potential injuries in movements such as deadlifts or squats. When you are comfortable with this, you can start holding your breath for some 2-3 reps at a time. Doing this will keep your body tight throughout time and further enhance your cardiovascular exercise. Proper form The number one weight lifting rule is that you should never sacrifice the proper form for anything. Making sure you're using the right form for each exercise takes time. Through repetition, you will begin to feel more comfortable and confident with movement. What you can do to speed up this process and keep you moving properly is to record yourself lifting. For example, if you're squatting, just set up your phone to record you from the side. Then, use high-quality videos and articles including how to properly perform these moves to see what you need to work on. For a complete beginner, this may sound a bit ambiguous but with your matching resources and videos, seeing what's happening becomes pretty clear. Finding ways to improve these problems is as simple as a google search. Progression and Plateau At this point, you know what workouts are, what you have to do, weight to use and some important complexities of this program. But how do you progress from workout to workout? What determines how you gain weight as you go? What happens when you hit a wall and are struggling to hit all your reps and increase weight? We Learn. Progression from workout to workout How this program progresses is dependent on if you can complete 5 reps of your last episode on an exercise. If you do so you will increase the weight for follow-up workouts on that exercise. For example, if you did B workouts and you were able to do all 5 reps of your deadlift, the next B workout you would use a weight that was 10bs heavier. The amount you increase each exercise is different: Squat: Increase the weight of 5 lbs (2x 2.5 lb plate) Bench Press/Rows/Overhead Press: Increase the weight by 2.5 - 5lbs (2x 1.25 lb plate or 2.5 lb plate). Increasing 2.5 lbs is highly recommended as it will allow you to keep progressing longer and reduce your chances of hitting a plateau. Deadlift: Increased weight by 10 pounds (2x 5lb plates). Since deadlift involves some large muscles, you can increase weight at a higher rate. Although, if you start struggling to progress easily, this can be reduced to 5 pounds (2x 2.5 lb sheets). Using the previous 1RM example, your progression through your first two weeks will look like: This progression is why it is so important to start with a lower weight. If you start at a 60, 70, or 80 percent of your 1RM, you will struggle to progress at the level you need. By starting from the lower weight, you can build strength, muscle, and confidence in making each lift. Minimize your chances of hitting a plateau. What is a plateau and how to overcome them When you start on your 5x5 journey, you will have no problem adding to those workout weights after workout. Finally, you'll probably hit a plateau, defined as when you don't hit all 5 reps on each set of one exercise for 3 consecutive workouts. Most can go months after month without a hit. There are a few straight forward ways you can tackle a plateau. But we save those methods when you have failed three times in a row. So before we rely on those strategies, you focus on some potential causes of what those failures are. Whether you like it or not, failures will occur. We can't be 100% all the time. Sometimes, not one or two workouts in a row can be returned before we start treating it as a plateau. So let's dig into what some potential causes might be failures. Common causes of failure There are a number of causes that may be under your control and some are beyond your control. Regardless, knowing what these causes can help you make any necessary changes. At the very least, you can only know that it's okay if you fail this time and you can get back to the next job stronger. The common cause of failure is: Too little rest between ministries:If you are going from setting to setting up too fast, you do not allow your body to recover enough. By simply adding 1-3 minutes of rest between the duo can sometimes solve the problem. Too aggressive on Your Holidays: Maybe you're really into cardio, playing sports, or just being an extremely active person. It is important to usually work on holidays to help recover but can leave you over over-working. Find ways to reduce the amount of activity on your holidays. Do too much additional work in your workout:Remember, the program was in place only with these exercises. It may be okay to add one or two additional support exercises to improve weakness but you have to be careful. By simply adding an additional exercise to each workout you are increasing the load on your body. That can make it so that you don't recover fast enough for your following workout. Don't give the body what it takes to recover or build muscle and strength:Whether it's lack of sleep, not drinking enough water, not eating enough, eating too much junk food, or drinking too much alcohol, not giving the body what it needs can hold you back dramatically. You will be surprised how simply going from sleeping 7 hours to 8 hours a night can dramatically change your schedule and performance. Weight gain too fast:Not everyone is lucky to attend a gym that has 1.25lb or 2.5lb plates. So sometimes, your only option is to add more weight than you should. Thankfully, there is an easy solution. Buy your own. You can buy 2x 1.25 lb and 2x 2.5lb plates for under 15 dollars. So instead of gaining weight too fast, lead you to constantly fail, get the proper weight you need and take them with you to the gym. The problem has been resolved. Don't start properly: Boots are important to get your muscles functioning, blood flowing, and getting comfortable with movements. Proper booting can be an important factor in having a great workout. But, like with everything, only in mode mode right. If you do too much warming it can border on the workout line itself. Deplete your muscle energy stores and fatigue out your central nerves. Get in 2-3 sets of your ramping boots up to your target weight and ready to roll. Sometimes there are no obvious problems. Sometimes you just don't get mentally into your workout that day, stress your out, or maybe even a little sick. But, with this list, you can be sure to reflect and improve what you can to ensure your return at your best comes with the next workout. If you have made the necessary changes and you failed 3 times, then you have officially plateaued. To progress through this, you will use a different strategy. What to do when you plateau When you are hitting that plateau on an exercise, we have 3 different methods to use to help overcome it. These methods are listed in the order in which you should use them. Keep in mind that you should address other common causes for failure mentioned above. Deloading:If you fail on the bench press for three A workouts a row, then it's time to deload. This is where you take the amount of weight you are using and reduce it by 10%. So if you fail on the £185 bench for 3 consecutive workouts, you'll reduce it by 18 pounds (feel free to round up to 20 pounds). So then you'll go to your next workout doing 5x5 at 165 pounds. Then continue to progress as usual. Rest:If you fail at an exercise 3 times, some of your other lifts are struggling, and you have frequent failures on those lifts, it may be time for a small vacation. Take a week off and simply focus on whether active recovery can be game-changing. Giving your body a full week of rest will allow you to come back stronger. In fact, this is a normal practice of powerlifters who are competing in competitions. They will do extremely light exercises during the week or so before meeting to allow their body to come back stronger. Change program representation: When the weight starts getting heavier, it becomes too difficult to keep rising while still doing 5 sets of 5 reps. You can always deload of course, but you can expect to constantly hit that plateau. Instead, reduce the load while keeping heavy weight. Start by doing 3 sets of 5 reps (3x5). If that starts plateau do 3 sets of 3 reps (3x3). Then you can do less by doing 1 set of 5 reps (1x5) or 1 set of 3 reps (1x3). This is a great way for you to continue on your trajectory and strengthen your strength week after week. In addition to Stronglifts: Madcow 5x5 for intermediate lifter Unfortunately, all the great progress that you will make on stronglifts program will start to slow down. You can try doing regular deloads. Or maybe you went so far as to go all the way to 1 set of 3 reps on all your exercises. The problem is, no matter what you do, at some point you won't be able to keep adding weight every week. So what do you do? Thankfully, as mentioned in the introduction, the 5x5 program already has many variants. What Stronglifts is for beginners, Madcow 5x5 is for intermediate lifter and exactly what you'll want to move on to next. You can watch this guide to fully understand how to transition from Stronglifts to Madcow. About RunRepeat RunRepeat.com help you find the best training shoes from Crossfit and weightlifting shoes, workout shoes in general. If you're going to be starting up 5x5 training routines or any other workout routine for that matter, be sure to check out scientifically assisted instructions to lift shoes to make sure you're making the right choice in your workout shoes! Shoes!

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