

Workout A

Day 1

Day 2

Day 3

Squat 5x5

Squat 5x5

Squat 5x5

Incline Press 5x5

Overhead Press 5x5

Bench Press 5x5

Barbell Row 5x5

Deadlift 1x5

Barbell Row 5x5

Workout B

Day 1

Day 2

Day 3

Squat 5x5

Squat 5x5

Squat 5x5

Overhead Press 5x5

Incline Press 5x5

Bench Press 5x5

Deadlift 1x5

Barbell Row 5x5

Deadlift 1x5