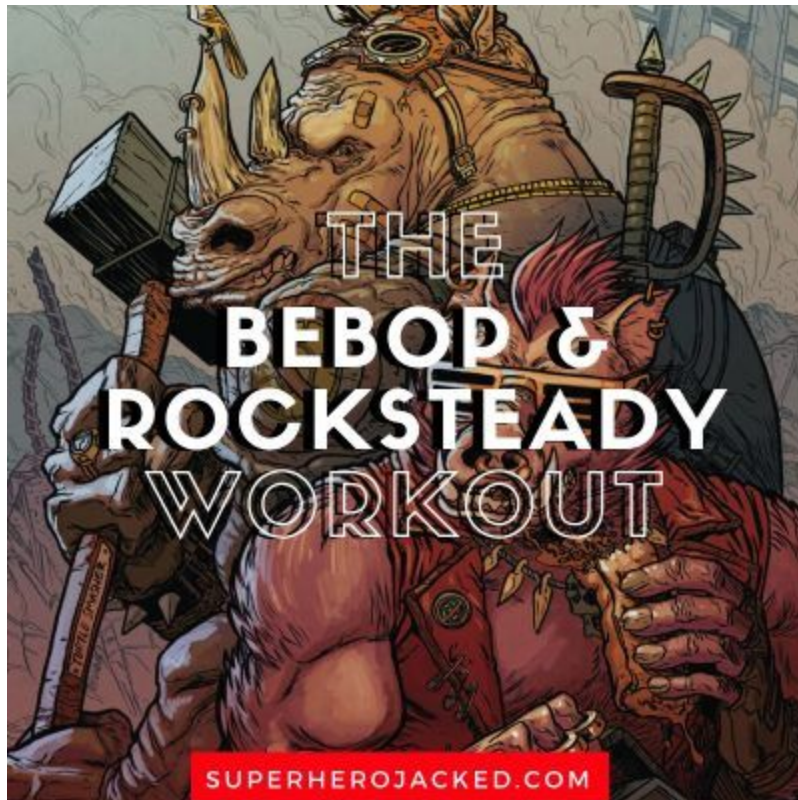


BEBOP & ROCKSTEADY WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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BEBOP & ROCKSTEADY WORKOUT ROUTINE

Training Volume:

3 days per week

Explanation:

For this one we're going to be performing our 5×5 training like none other than Bill Starr. I'll be sharing multiple different formats for you below. If you don't know who Bill Starr is, he's the author of *The Strongest Shall Survive: Strength Training for Football*. We'll be utilizing his original 5×5 programming, but I'll also be sharing a handful of others for you to consider.

Bill Starr's Original 5X5 Program

Monday – Heavy

Power cleans – 5 sets of 5

Bench – 5 sets of 5 1×10 weight from 3rd set

(add 10 rep sets after 8-12 weeks on program)

Squats- 5 sets of 5 1×10 weight from 3rd set

(set 1 35% of target set 2 70% of target set 3 80% of target set 4 90% of target set 5 target)

Wednesday – Light

Power cleans – 5 sets of 5

Incline Bench – 5 sets of 5 1×10 weight from 3rd set

Squats – 5 sets of 5

(1×10 weight from 3rd set set 5 use weight from 3rd set of Monday)

Friday – Medium

Power cleans – 5 sets of 5

Overhead press – 5 sets of 5 1×10 weight from 3rd set

Squats – 5 sets of 5

(1×10 weight from 3rd set set 5 use weight from 3rd set of Monday set 5 use weight 4th set of Monday)

The Bill Starr Power Routine

Monday – Heavy Day

Squat – 5 sets of 5

Bench – 5 sets of 5

Powerclean – 5 sets of 5

Weighted hyperextensions – 2 sets

Weighted sit-ups – 4 sets

Wednesday – Light Day

Squat – 4 sets of 5

Incline Bench – 4 sets of 5

High Pulls – 4 sets of 5

Sit-ups- 3 sets

Friday – Medium

Squat – 4 sets of 5, 1 triple, 1 set of 8

Bench – 4 sets of 5, 1 triple, 1 set of 8

Powercleans – 4 sets of 5, 1 triple

Weighted Dips- 3 sets of 5-8

Triceps and Biceps – 3 sets of 8 each

Bill Starr's Beginner 5×5 Programming

Monday (Heavy Day – 85%)

Back Squats 5 x 5 Ramping weight to top set of 5 reps across 5 sets

Bench Press 5 x 5 Ramping weight to top set of 5 reps across 5 sets

Deadlifts 5 x 5 Ramping weight to top set of 5 reps across 5 sets

Wednesday (Light Day – 65-70%)

Back Squats 5 x 5 using 60% of Monday's weight

Bench Press 5 x 5 using 60% of Monday's weight

Pullups 5 x 5 Ramping weight to top set of 5 reps across 5 sets

Friday (Medium Day – 70-85%)

Back Squats 5 x 5 using 80% of Monday's weight

Bench Press 5 x 5 using 80% of Monday's weight

Rows 5 x 5 Ramping weight to top set of 5 reps across 5 sets

The Bill Starr Strength Factor Program

Monday (Heavy Day)

Back Squats 5 x 5 ramping to limit

Bench Press 5 x 5 ramping to limit

Deadlifts 5 x 5 ramping to limit or Bent-Over Rows: 5 x 5 ramping to limit

Incline Dumbbell Press 2 x 20

Calf Raises 3 x 30

Wednesday (Light Day)

Back Squats 5 x 5 using 50 lbs less than Monday or Lunges: 4 x 6 ramping to limit

Good Mornings 4 x 10 or Stiff-Leg Deadlifts: 4 x 10

Standing Overhead Press 5 x 5 ramping to limit

Dips When you can do 20 reps, start adding weight and drop the reps back to 8

Curls 3 x 15

Friday (Medium Day)

Back Squats 5 x 5 using 20 lbs less than Monday

Incline Bench Press 5 x 5 ramping to limit

Shrugs 5 x 5 ramping to limit or Clean High Pulls 5 x 5 ramping to limit

Straight Arm Pullovers 2 x 20

Chins: 4 sets to failure

Bill Starr's "Big 3" Program

Monday – Heavy Day

Powerclean – 5 sets of 5

Bench – 5 sets of 5

Squat – 5 sets of 5

Wednesday – Light Day

Powerclean – 5 sets of 5

Benchpress – 5 sets of 5

Squat – 5 sets of 5

Friday – Medium

Powerclean – 5 sets of 5

Benchpress – 5 sets of 5

Squat – 5 sets of 5