

## How To Use This Spreadsheet

### StrongLifts 5x5 for Beginners

- \* This sheet is for people who never lifted weights before or haven't lifted for a long time
- \* I've pre-filled the Starting – you only need to go to the gym, lift the weights and repeat. Done.

### StrongLifts 5x5 for Experienced Lifters

- \* This sheet is for people who are already lifting and who want to start StrongLifts 5x5
- \* Enter your current max weight and the sheet will tell you how heavy you should start StrongLifts 5x5
- \* Your current max must be weights you've actually lifted and lifted recently. Don't enter estimates or maxes from a year ago.
- \* If the starting weights seem too light, look where you'll be in 12 weeks – STRONGER if you take your time and let the weight build up.
- \* The temptation is to start heavier. But you risk getting sore legs, missing reps, having to skip workouts, and plateauing in the first weeks.
- \* So don't rush things like the hare by trying to hit Prs in month one already. Be the turtle: slow but steady towards new personal records.

### Progress Charts

- \* Enter the total weight you lifted the first day you started, then enter your strength stats every Friday. Just enter the maximal weight you lifted that week.
- \* Don't leave empty rows in between or the graphs won't work

For more info on how this program works, go to <http://stronglifts.com/5x5/>

Don't make any excuses

-Mehdi

**P.S. The StrongLifts 5x5 apps are even better than this spreadsheet as they keep track of your weights, tell you how much to lift each workout and how long to rest between sets.**  
You can download the apps for free for your iPhone or Android device by going here:

<https://itunes.apple.com/us/app/stronglifts-5x5-workout/id488580022?mt=8>

<https://play.google.com/store/apps/details?id=com.stronglifts.app&hl=en>

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<http://stronglifts.com>

**StrongLifts S5 for Beginners - KILOGRAM VERSION**

Start date:  4th Week  
 2023/01/01 - 2023/01/28

Week 1			Week 2			Week 3			Week 4			Week 5			Week 6			Week 7			Week 8								
Day	Weight	Reps	Day	Weight	Reps																								
Monday	50	5	Monday	50	5	Monday	50	5																					
Tuesday	50	5	Tuesday	50	5	Tuesday	50	5	Tuesday	50	5																		
Wednesday	50	5	Wednesday	50	5	Wednesday	50	5	Wednesday	50	5																		
Thursday	50	5	Thursday	50	5	Thursday	50	5	Thursday	50	5																		
Friday	50	5	Friday	50	5	Friday	50	5	Friday	50	5																		
Saturday	50	5	Saturday	50	Sunday	50	5	Sunday	50	5	Sunday	50	5																
Body Weight	75		Body Weight	75		Body Weight	75		Body Weight	75		Body Weight	75		Body Weight	75		Body Weight	75	Body Weight	75	Body Weight	75	Body Weight	75	Body Weight	75	Body Weight	75

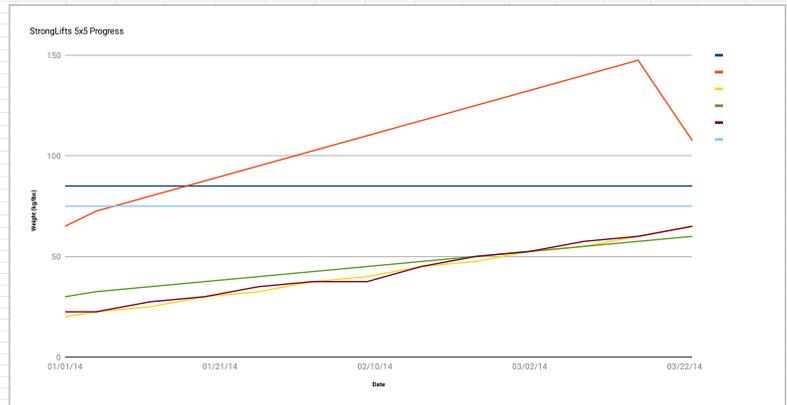
Notes:  
 \* You can use a different weight if you are unable to lift the target weight.  
 \*\* You can use a different rep range if you are unable to lift the target weight.  
 \*\*\* You can use a different set range if you are unable to lift the target weight.  
 \*\*\*\* You can use a different rest time if you are unable to lift the target weight.  
 \*\*\*\*\* You can use a different tempo if you are unable to lift the target weight.



### StrongLifts 5x5 Progress Charts

**Note**  
 \* Enter the total weight you lifted the first day you started, then enter your strength stats every Friday. Just enter the maximal weight you lifted that week.  
 \* Don't leave empty rows in between or the graphs won't work

Date	Body-weight kg	Body fat %	Squat 5x5	Bench 5x5	Row 5x5	Oh Press 5x5	Deadlift 1x5
01/01/14	85	23.00%	65	20	30	22.5	40
01/05/14	85	23.00%	72.5	22.5	32.5	22.5	50
01/12/14	85	23.00%	80	25	35	27.5	60
01/19/14	85	23.00%	87.5	30	37.5	30	70
01/26/14	85	23.00%	95	32.5	40	35	80
02/02/14	85	23.00%	102.5	37.5	42.5	37.5	85
02/09/14	85	23.00%	110	40	45	37.5	90
02/16/14	85	23.00%	117.5	45	47.5	45	95
02/23/14	85	23.00%	125	47.5	50	50	100
03/02/14	85	23.00%	132.5	52.5	52.5	52.5	105
03/09/14	85	23.00%	140	55	55	57.5	110
03/16/14	85	23.00%	147.5	60	57.5	60	115
03/23/14	85	23.00%	107.5	65	60	65	120



## Free StrongLifts 5x5 Apps For iPhone and Android

My team has created StrongLifts 5x5 apps to track your StrongLifts 5x5 workouts on your iPhone and Android devices

These apps will serve as your "virtual coach", as if I was there training with you, helping you getting stronger and building muscle as quickly as possible.

Here's just some of the features of the StrongLifts 5x5 apps for iPhone and Android:

- \* Track how many reps and sets you did with a simple tap so you never forget it again
- \* Timer shows how long you've rested, and how long you should to get your next set
- \* Automatically increase weight by 2.5kg/5lb each workout (customize in settings)
- \* Auto-alternate workouts A/B so you know which exercise to do each workout
- \* Automatically repeat the weight if you fail to get five reps on every set
- \* Automatically deload if you fail three sets in a row on an exercise
- \* And a lot more like kg/lb version, notes, calendar, history, etc

The best part: the StrongLifts 5x5 app has a simple, easy and clean user interface. It's also free to download, and free of any annoying ads. So you can forget about pen & paper.

The StrongLifts 5x5 app is such a powerful tool to get stronger, it has achieved a high 4.5 star rating with thousands of people worldwide recommending this app.

Apple even featured our app in their commercial "Strength" which aired during the Stanley Cup, Jimmy Fallon, NBA finals, World Cup, and so on.

Download the apps for free here:

<https://itunes.apple.com/us/app/stronglifts-5x5-workout/id488580022?mt=8>

<https://play.google.com/store/apps/details?id=com.stronglifts.app&hl=en>

No excuses

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