

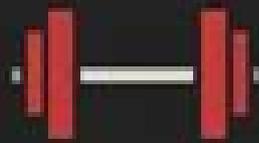
5x5 WORKOUT PROGRAM

KEY PRINCIPLES



5 SETS x 5 REPS

Strength-focused volume that balances intensity and growth.



COMPOUND LIFTS FIRST

Squat, bench, deadlift, overhead press, and row are the foundation



LINEAR PROGRESSION

Add 2.5–5 kg each workout when all reps are completed.



TRAIN 3x PER WEEK

Alternating Workout A and Workout B on non-consecutive days



FORM OVER EGO

Master technique before adding plates. Consistency beats rushing.

Strength first. Size will follow.

5x5 For Hypertrophy Strength Camp

Arturo Cuomo



5x5 For Hypertrophy Strength Camp:

Immerse yourself in heartwarming tales of love and emotion with its touching creation, Experience Love's Journey in **5x5 For Hypertrophy Strength Camp** . This emotionally charged ebook, available for download in a PDF format (PDF Size: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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