

## **5,3,1 Routine- Basic Overall Strength**

The advantage of this routine is its simplicity. You will work the entire body with only three exercises and only three workouts.

The focus is low volume high tension which will lead to super strength. Use all the high tension techniques.

### **Monday:**

Weighted pull-ups

Overhead press

Deadlift

Sets of three until you reach a heavy set of three.

### **Wednesday:**

Weighted pull-ups

Overhead press

Deadlift

Sets of five working up to a heavy set of five

### **Friday:**

Weighted pull-ups

Overhead press

Deadlift

Singles working up a heavy (near max) single 95% of your one rep max.

Try every week or 2<sup>nd</sup> week to up the weight.

5 reps for what you were doing for 3 and 3 for what you were doing singles for.

**Aaron Ellis**