

Dumb as a Brick

Basic Lifting Routine

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This routine is absolutely basic and absolutely effective. It's patterned a bit from Bill Starr's routine I think. That was just inspiration.

I used it for a few months to acquaint myself with a medium-stance in the squat. As a guy who'd spent more than a year squatting wide (and nothing but wide) my deadlift was above the roof but my quads (and my squat) were nowhere. Since I wasn't lifting with equipment, I realized wide squatting wasn't for me, and shifted to this program.

I cannot quantify the gains I made on this program. All I recall is about 20lbs bench and 30lbs raw parallel squat increase

in a few months. Hope it works as well for you as it did for me!

Monday (Mass):

- 1) Medium-Stance Squat 1x20
- 2) Close-grip Benchpress 2x12-15
- 3) Power-Clean 4x6

Wednesday (Speed):

- 1) Medium-Stance Squat 5x5
- 2) Close-grip Benchpress 5x5
- 3) Power-Clean 5x5

Friday (Heavy):

- 1) Medium-Stance Squat 3x3
- 2) Close-grip Benchpress 3x3
- 3) Power-Clean 3x3