

# THE TEXAS METHOD WORKOUT ROUTINE

## Week A

### Monday (Volume)

#### Squat

5 sets of 5 reps at 90% of 5-rep max

#### Bench Press

5 sets of 5 reps at 90% of 5-rep max

#### Deadlift

1 set of 5 reps at 90% of 5-rep max

### Wednesday (Light)

#### Squat

2 sets of 5 reps at 70% of 5-rep max

#### Overhead Press

3 sets of 5 reps at 70% of 5-rep max

#### Bodyweight Chin-up

3 sets to failure

#### Hyperextension

5 sets of 10 reps

### Friday (Intensity)

#### Squat

1 set of 5 reps at new PR weight

#### Bench Press

1 set of 5 reps at new PR weight

#### Deadlift

1 set of 5 reps at new PR weight

## Week B

#### Squat

5 sets of 5 reps at 90% of 5-rep max

#### Overhead Press

5 sets of 5 reps at 90% of 5-rep max

#### Deadlift

1 set of 5 reps at 90% of 5-rep max

#### Squat

2 sets of 5 reps at 70% of 5-rep max

#### Bench Press

3 sets of 5 reps at 70% of 5-rep max

#### Bodyweight Chin-up

3 sets to failure

#### Hyperextension

5 sets of 10 reps

#### Squat

1 set of 5 reps at new PR weight

#### Overhead Press

1 set of 5 reps at new PR weight

#### Deadlift

1 set of 5 reps at new PR weight

# Tools Comparison For Remote Workers Easy Method For Home Workout Routine

**M Planty**



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