

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

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Normal Instructor and Primary Plans ,1914 **Good Housekeeping** ,1922 **Oregon Teachers Monthly** ,1921

Women's Employment ,1930 **Everybody's** ,1924 Collier's ,1909 *McClure's Magazine* ,1913 **Popular**

Mechanics Magazine ,1922 **Popular Mechanics** ,1948-09 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it s practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle

Popular Science ,1920-02 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better **Hygeia** ,1941 **Illustrated World** ,1922 **The**

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