



**THE SAVAGE
STRENGTH
TRAINING SYSTEM**

**DONT
PUMP IRON...**

**BECOME
IRON!**

TRAINING LOGS

By Mike Gillette

 **CRITICAL BENCH.com**



LEGAL STUFF

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This publication is presented for information purposes, to increase the public knowledge of developments in the field of strength and conditioning. The program outlined herein should not be adopted without a consultation with your health professional.

Use of the information provided is at the sole choice and risk of the reader. You must get your physician's approval before beginning this or any other exercise program.

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SAVAGE STRENGTH TRAINING LOGS PHASE 1

The SAVAGE STRENGTH 'Base' Program =

- 5 sets / 5 repetitions per movement.
- A minimum of 30 seconds rest between each set.
- Complete each exercise before proceeding to the next one.
- Do not change the exercises or the repetition amounts for the first 4 weeks of training.

Whenever you perform bodyweight/calisthenic movements you must add resistance in order to challenge your body in performing the pre-determined number of repetitions

Train three days a week. For example... Mon/Wed/Fri. Or, depending on your personal schedule, any sequence of days that allows you to alternate training days followed by a rest day followed by two rest days after the third workout of the week.

CENTURY SETS WORKOUT

In the Savage Strength Program, you will perform the Century Set workout once after the first four weeks of training and then once every three weeks thereafter.

So this means that in the course of just one workout, you will have performed four different exercises for an overall total of 400 repetitions.

Make photocopies of the charts and retain in a notebook to chart your progress.

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SAVAGE STRENGTH BASE PROGRAM WEEK 1

MONDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Chain Squats (add weight if needed)					
Standing Dumbbell Press					
Chin-Ups (add weight if needed)					
Suspended Incline Push-Ups					
One-arm DB Rows					
Suitcase Dead Lift					
Weighted Sit-Ups					

WEDNESDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Chain Squats (add weight if needed)					
Standing Dumbbell Press					
Chin-Ups (add weight if needed)					
Suspended Incline Push-Ups					
One-arm DB Rows					
Suitcase Dead Lift					
Weighted Sit-Ups					

FRIDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Chain Squats (add weight if needed)					
Standing Dumbbell Press					
Chin-Ups (add weight if needed)					
Suspended Incline Push-Ups					
One-arm DB Rows					
Suitcase Dead Lift					
Weighted Sit-Ups					

A minimum of 30 seconds rest between each set. Complete each exercise before proceeding to the next one.

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SAVAGE STRENGTH BASE PROGRAM WEEK 2

MONDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Chain Squats (add weight if needed)					
Standing Dumbbell Press					
Chin-Ups (add weight if needed)					
Suspended Incline Push-Ups					
One-arm DB Rows					
Suitcase Dead Lift					
Weighted Sit-Ups					

WEDNESDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Chain Squats (add weight if needed)					
Standing Dumbbell Press					
Chin-Ups (add weight if needed)					
Suspended Incline Push-Ups					
One-arm DB Rows					
Suitcase Dead Lift					
Weighted Sit-Ups					

FRIDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Chain Squats (add weight if needed)					
Standing Dumbbell Press					
Chin-Ups (add weight if needed)					
Suspended Incline Push-Ups					
One-arm DB Rows					
Suitcase Dead Lift					
Weighted Sit-Ups					

A minimum of 30 seconds rest between each set. Complete each exercise before proceeding to the next one.

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SAVAGE STRENGTH BASE PROGRAM WEEK 3

MONDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Chain Squats (add weight if needed)					
Standing Dumbbell Press					
Chin-Ups (add weight if needed)					
Suspended Incline Push-Ups					
One-arm DB Rows					
Suitcase Dead Lift					
Weighted Sit-Ups					

WEDNESDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Chain Squats (add weight if needed)					
Standing Dumbbell Press					
Chin-Ups (add weight if needed)					
Suspended Incline Push-Ups					
One-arm DB Rows					
Suitcase Dead Lift					
Weighted Sit-Ups					

FRIDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Chain Squats (add weight if needed)					
Standing Dumbbell Press					
Chin-Ups (add weight if needed)					
Suspended Incline Push-Ups					
One-arm DB Rows					
Suitcase Dead Lift					
Weighted Sit-Ups					

A minimum of 30 seconds rest between each set. Complete each exercise before proceeding to the next one.

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SAVAGE STRENGTH BASE PROGRAM WEEK 4

MONDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Chain Squats (add weight if needed)					
Standing Dumbbell Press					
Chin-Ups (add weight if needed)					
Suspended Incline Push-Ups					
One-arm DB Rows					
Suitcase Dead Lift					
Weighted Sit-Ups					

WEDNESDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Chain Squats (add weight if needed)					
Standing Dumbbell Press					
Chin-Ups (add weight if needed)					
Suspended Incline Push-Ups					
One-arm DB Rows					
Suitcase Dead Lift					
Weighted Sit-Ups					

A minimum of 30 seconds rest between each set. Complete each exercise before proceeding to the next one.

FRIDAY

CENTURY SET WORKOUT

Complete this Workout as quickly as Possible **20x5 = 100 reps**

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
A. Chin-Ups					
B. Chain Dips					
Alternated with A & B then proceed.					
A. Dumbbell Upright Rows					
B. Chain Squats					



WEEKS 5 THROUGH 7

VARIATION #1

'LOAD LIGHTENING'

The goal of Variation #1 is to get all 5 reps on every set. To do this, lighten the load as needed (remove weight) on the later sets so you can always hit your 5 reps as you become fatigued.

Make photocopies of the charts and retain in a notebook to chart your progress.

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VARIATION #1 / 'LOAD LIGHTENING' WEEK 5

MONDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Box Squats					
Standing Shoulder Press/Barbell					
Pull-Ups (add weight if needed)					
Floor Presses					
Body Rows (add weight if needed)					
Good Mornings					
Weighted Sit-Ups					

WEDNESDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Box Squats					
Standing Shoulder Press/Barbell					
Pull-Ups (add weight if needed)					
Floor Presses					
Body Rows (add weight if needed)					
Good Mornings					
Weighted Sit-Ups					

FRIDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Box Squats					
Standing Shoulder Press/Barbell					
Pull-Ups (add weight if needed)					
Floor Presses					
Body Rows (add weight if needed)					
Good Mornings					
Weighted Sit-Ups					

A minimum of 30 seconds rest between each set. Complete each exercise before proceeding to the next one.

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VARIATION #1 / 'LOAD LIGHTENING' WEEK 6

MONDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Box Squats					
Standing Shoulder Press/Barbell					
Pull-Ups (add weight if needed)					
Floor Presses					
Body Rows (add weight if needed)					
Good Mornings					
Weighted Sit-Ups					

WEDNESDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Box Squats					
Standing Shoulder Press/Barbell					
Pull-Ups (add weight if needed)					
Floor Presses					
Body Rows (add weight if needed)					
Good Mornings					
Weighted Sit-Ups					

FRIDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Box Squats					
Standing Shoulder Press/Barbell					
Pull-Ups (add weight if needed)					
Floor Presses					
Body Rows (add weight if needed)					
Good Mornings					
Weighted Sit-Ups					

A minimum of 30 seconds rest between each set. Complete each exercise before proceeding to the next one.

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VARIATION #1 / 'LOAD LIGHTENING' WEEK 7

MONDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Box Squats					
Standing Shoulder Press/Barbell					
Pull-Ups (add weight if needed)					
Floor Presses					
Body Rows (add weight if needed)					
Good Mornings					
Weighted Sit-Ups					

WEDNESDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Box Squats					
Standing Shoulder Press/Barbell					
Pull-Ups (add weight if needed)					
Floor Presses					
Body Rows (add weight if needed)					
Good Mornings					
Weighted Sit-Ups					

A minimum of 30 seconds rest between each set. Complete each exercise before proceeding to the next one.

FRIDAY

CENTURY SET WORKOUT

Complete this Workout as quickly as Possible **20x5 = 100 reps**

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
A. Chin-Ups					
B. Chain Dips					
Alternated with A & B then proceed.					
A. Dumbbell Upright Rows					
B. Chain Squats					



WEEKS 8 THROUGH 10

VARIATION #2

'FATIGUE FIGHTING'

Start with a lighter weight that you could lift 8 times, but perform just 5 reps. Then, to increase intensity during these two weeks, reduce the amount of rest time down from 2 minutes between sets to as low as you can while still hitting all 5 reps per set.



Make photocopies of the charts and retain in a notebook to chart your progress.



VARIATION #2 / 'FATIGUE FIGHTING' WEEK 8

MONDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Barbell Step-Ups					
Handstand Push-Ups (any variation)					
Chin-Ups (add weight if needed)					
Dumbbell Bench Presses					
Bent Row with Dumbbells					
Body Drops					
Weighted Leg Raises					

WEDNESDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Barbell Step-Ups					
Handstand Push-Ups (any variation)					
Chin-Ups (add weight if needed)					
Dumbbell Bench Presses					
Bent Row with Dumbbells					
Body Drops					
Weighted Leg Raises					

FRIDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Barbell Step-Ups					
Handstand Push-Ups (any variation)					
Chin-Ups (add weight if needed)					
Dumbbell Bench Presses					
Bent Row with Dumbbells					
Body Drops					
Weighted Leg Raises					

A minimum of 30 seconds rest between each set. Complete each exercise before proceeding to the next one.

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VARIATION #2 / 'FATIGUE FIGHTING' WEEK 9

MONDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Barbell Step-Ups					
Handstand Push-Ups (any variation)					
Chin-Ups (add weight if needed)					
Dumbbell Bench Presses					
Bent Row with Dumbbells					
Body Drops					
Weighted Leg Raises					

WEDNESDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Barbell Step-Ups					
Handstand Push-Ups (any variation)					
Chin-Ups (add weight if needed)					
Dumbbell Bench Presses					
Bent Row with Dumbbells					
Body Drops					
Weighted Leg Raises					

FRIDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Barbell Step-Ups					
Handstand Push-Ups (any variation)					
Chin-Ups (add weight if needed)					
Dumbbell Bench Presses					
Bent Row with Dumbbells					
Body Drops					
Weighted Leg Raises					

A minimum of 30 seconds rest between each set. Complete each exercise before proceeding to the next one.

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VARIATION #2 / 'FATIGUE FIGHTING' WEEK 10

MONDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Barbell Step-Ups					
Handstand Push-Ups (any variation)					
Chin-Ups (add weight if needed)					
Dumbbell Bench Presses					
Bent Row with Dumbbells					
Body Drops					
Weighted Leg Raises					

WEDNESDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Barbell Step-Ups					
Handstand Push-Ups (any variation)					
Chin-Ups (add weight if needed)					
Dumbbell Bench Presses					
Bent Row with Dumbbells					
Body Drops					
Weighted Leg Raises					

A minimum of 30 seconds rest between each set. Complete each exercise before proceeding to the next one.

FRIDAY

CENTURY SET WORKOUT

Complete this Workout as quickly as Possible **20x5 = 100 reps**

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
A. Chin-Ups					
B. Chain Dips					
Alternated with A & B then proceed.					
A. Dumbbell Upright Rows					
B. Chain Squats					



WEEKS 11 THROUGH 13

VARIATION #3 'UP & DOWN'

Start the set with your 5-rep max weight. On the second set, add 2.5% of additional weight and perform a set of 4 repetitions. On each subsequent set, continue to add an additional 2.5% to the load. This means that your final set will be a **single repetition** of your approximate one-rep max. So the load goes up while the reps go down. Once you can complete the prescribed sets and reps, you will need to add additional resistance to your starting weight and recalculate the whole sequence.



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VARIATION #3 / 'UP & DOWN' WEEK 11

MONDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Barbell Stationary Lunges					
Dumbbell Shoulder Presses					
Pull-Ups (add weight if needed)					
Dips (add weight if needed)					
Bent Row with Barbell					
Stiff-Leg Dead Lift					
Overhead Weighted Sit-Ups					

WEDNESDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Barbell Stationary Lunges					
Dumbbell Shoulder Presses					
Pull-Ups (add weight if needed)					
Dips (add weight if needed)					
Bent Row with Barbell					
Stiff-Leg Dead Lift					
Overhead Weighted Sit-Ups					

FRIDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Barbell Stationary Lunges					
Dumbbell Shoulder Presses					
Pull-Ups (add weight if needed)					
Dips (add weight if needed)					
Bent Row with Barbell					
Stiff-Leg Dead Lift					
Overhead Weighted Sit-Ups					

A minimum of 30 seconds rest between each set. Complete each exercise before proceeding to the next one.

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VARIATION #3 / 'UP & DOWN' WEEK 12

MONDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Barbell Stationary Lunges					
Dumbbell Shoulder Presses					
Pull-Ups (add weight if needed)					
Dips (add weight if needed)					
Bent Row with Barbell					
Stiff-Leg Dead Lift					
Overhead Weighted Sit-Ups					

WEDNESDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Barbell Stationary Lunges					
Dumbbell Shoulder Presses					
Pull-Ups (add weight if needed)					
Dips (add weight if needed)					
Bent Row with Barbell					
Stiff-Leg Dead Lift					
Overhead Weighted Sit-Ups					

FRIDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Barbell Stationary Lunges					
Dumbbell Shoulder Presses					
Pull-Ups (add weight if needed)					
Dips (add weight if needed)					
Bent Row with Barbell					
Stiff-Leg Dead Lift					
Overhead Weighted Sit-Ups					

A minimum of 30 seconds rest between each set. Complete each exercise before proceeding to the next one.

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VARIATION #3 / 'UP & DOWN' WEEK 13

MONDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Chain Squats (add weight if needed)					
Standing Dumbbell Press					
Chin-Ups (add weight if needed)					
Suspended Incline Push-Ups					
One-arm DB Rows					
Suitcase Dead Lift					
Weighted Sit-Ups					

WEDNESDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Chain Squats (add weight if needed)					
Standing Dumbbell Press					
Chin-Ups (add weight if needed)					
Suspended Incline Push-Ups					
One-arm DB Rows					
Suitcase Dead Lift					
Weighted Sit-Ups					

A minimum of 30 seconds rest between each set. Complete each exercise before proceeding to the next one.

FRIDAY

CENTURY SET WORKOUT

Complete this Workout as quickly as Possible **20x5 = 100 reps**

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
A. Chin-Ups					
B. Chain Dips					
Alternated with A & B then proceed.					
A. Dumbbell Upright Rows					
B. Chain Squats					



WEEKS 14 THROUGH 16

VARIATION #4 'BASE +'

All five sets are 5 repetitions using a constant weight as in the original 'Base' Program. Additional Arcing and Isolation Movements are added at the end of the workout



Make photocopies of the charts and retain in a notebook to chart your progress.

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VARIATION #4 'BASE +'

WEEK 14

MONDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Dumbbell Step-Ups					
Handstand Push-Up (any variation)					
Chin-Ups (add weight if needed)					
One-Arm Dumbbell Bench Press					
Dumbbell Bent Rows					
Body Drops					
Weighted Sit-Ups					
Chain Roll-Outs					
Dumbbell Curls					

WEDNESDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Dumbbell Step-Ups					
Handstand Push-Up (any variation)					
Chin-Ups (add weight if needed)					
One-Arm Dumbbell Bench Press					
Dumbbell Bent Rows					
Body Drops					
Weighted Sit-Ups					
Chain Roll-Outs					
Dumbbell Curls					

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VARIATION #4 'BASE +'

WEEK 14

FRIDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Dumbbell Step-Ups					
Handstand Push-Up (any variation)					
Chin-Ups (add weight if needed)					
One-Arm Dumbbell Bench Press					
Dumbbell Bent Rows					
Body Drops					
Weighted Sit-Ups					
Chain Roll-Outs					
Dumbbell Curls					

A minimum of 30 seconds rest between each set. Complete each exercise before proceeding to the next one.

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VARIATION #4 'BASE +'

WEEK 15

MONDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Dumbbell Step-Ups					
Handstand Push-Up (any variation)					
Chin-Ups (add weight if needed)					
One-Arm Dumbbell Bench Press					
Dumbbell Bent Rows					
Body Drops					
Weighted Sit-Ups					
Straight-Arm Pullover					
Dumbbell Tricep Press					

WEDNESDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Dumbbell Step-Ups					
Handstand Push-Up (any variation)					
Chin-Ups (add weight if needed)					
One-Arm Dumbbell Bench Press					
Dumbbell Bent Rows					
Body Drops					
Weighted Sit-Ups					
Straight-Arm Pullover					
Dumbbell Tricep Press					

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VARIATION #4 'BASE +'

WEEK 15

FRIDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Dumbbell Step-Ups					
Handstand Push-Up (any variation)					
Chin-Ups (add weight if needed)					
One-Arm Dumbbell Bench Press					
Dumbbell Bent Rows					
Body Drops					
Weighted Sit-Ups					
Straight-Arm Pullover					
Dumbbell Tricep Press					

A minimum of 30 seconds rest between each set. Complete each exercise before proceeding to the next one.

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VARIATION #4 'BASE +'

WEEK 16

MONDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Dumbbell Step-Ups					
Handstand Push-Up (any variation)					
Chin-Ups (add weight if needed)					
One-Arm Dumbbell Bench Press					
Dumbbell Bent Rows					
Body Drops					
Weighted Sit-Ups					
Chain Flyes					
Tricep Chain Press and Barbell Curls					

WEDNESDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Dumbbell Step-Ups					
Handstand Push-Up (any variation)					
Chin-Ups (add weight if needed)					
One-Arm Dumbbell Bench Press					
Dumbbell Bent Rows					
Body Drops					
Weighted Sit-Ups					
Chain Flyes					
Tricep Chain Press and Barbell Curls					

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VARIATION #4 'BASE +'

WEEK 16

FRIDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Dumbbell Step-Ups					
Handstand Push-Up (any variation)					
Chin-Ups (add weight if needed)					
One-Arm Dumbbell Bench Press					
Dumbbell Bent Rows					
Body Drops					
Weighted Sit-Ups					
Chain Flyes					
Tricep Chain Press and Barbell Curls					

A minimum of 30 seconds rest between each set. Complete each exercise before proceeding to the next one.



HERE IS A SUMMARY OF YOUR FIRST 16 WEEKS OF SAVAGE STRENGTH TRAINING

SAVAGE STRENGTH TRAINING	
Weeks 1 through 4	SAVAGE STRENGTH 'Base' Program
Weeks 5 through 7	Variation #1 - 'Load Lightning'*
Weeks 8 through 10	Variation #2 - 'Fatigue Fighting'*
Weeks 11 through 13	Variation #3 - 'Up and Down'*
Weeks 14 through 16	Variation #4 - 'Base+ '*

*The last workout of this cycle is a Century Set. This means the last workout of Weeks 4, 7, 10 and 13 is the following workout ...

Century Set Workout

(Note: Complete this Workout as quickly as Possible!)

CENTURY SET WORKOUT		
Chin-Ups	20x5 = 100 reps	alternated with...
Chain Dips	20x5 = 100 reps	then proceed to...
Dumbbell Upright Rows	20x5 = 100 reps	alternated with...
Chain Squats	20x5 = 100 reps	



BONUS:

SAVAGE STRENGTH XTREME ADVANCED PHASE

Week 17 OFF

Weeks 18-21 – The 8x3 Program

While there are no 'number fives' in this 8x3 program, it is included here as a variation to the 5x5 structure, because of the similarities in execution. In performance you proceed much as you would on a 5x5 program. The key difference is that you will be handling heavier loads over a longer period of time for each exercise.

You need to have at least four months of solid 5x5 training under your belt before stepping up to this program variation. It is also recommended that you take one full week completely off from training after completing Phase 1 before beginning this next Xtreme Phase of Savage Strength. Concentration is key; don't start these 8x3 sets if you are not mentally prepared for serious battle.

In the performance of this program the priority is to get as many of the total targeted 24 repetitions as possible. As a result, you need to approach your starting weights in the same manners as 5x5 Variation #2. This means that your starting load will be your approximate five-rep max. Once you can successfully complete eight sets with three repetitions, increase the load and continue on with the program. Look at the examples on the next page with a hypothetical starting load of 200 pounds:

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STARTING WEIGHT WAS OKAY:

200x3, 200x3, 200x3, 200x3, 200x3, 200x3, 200x2, 200x2 = 22 total reps

STARTING WEIGHT WAS TOO HEAVY:

200x3, 200x3, 200x3, 200x3, 200x3, 200x2, 200x2, 200x1 = 20 total reps



Make photocopies of the charts and retain in a notebook to chart your progress.

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SAVAGE STRENGTH XTREME – ADVANCED PHASE WEEK 18

MONDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Handstand Push-Ups					
Weighted Dips					
Weighted Sit-Ups					
Tricep Press-Outs					
Shoulder Swings					

TUESDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Step-Ups w/Weights					
Weighted Chin-Ups					
Good-Mornings					
Body Rows					
Rope Curls					
Straight-Arm Pullovers					

WEDNESDAY — REST

THURSDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Handstand Push-Ups					
Weighted Dips					
Weighted Sit-Ups					
Tricep Press-Outs					
Shoulder Swings					

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SAVAGE STRENGTH XTREME – ADVANCED PHASE WEEK 18

FRIDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Step-Ups w/Weights					
Weighted Chin-Ups					
Good-Mornings					
Body Rows					
Rope Curls					
Straight-Arm Pullovers					

A minimum of 30 seconds rest between each set. Complete each exercise before proceeding to the next one.

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SAVAGE STRENGTH XTREME – ADVANCED PHASE WEEK 19

MONDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Handstand Push-Ups					
Weighted Dips					
Weighted Sit-Ups					
Tricep Press-Outs					
Shoulder Swings					

TUESDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Step-Ups w/Weights					
Weighted Chin-Ups					
Good-Mornings					
Body Rows					
Rope Curls					
Straight-Arm Pullovers					

WEDNESDAY — REST

THURSDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Handstand Push-Ups					
Weighted Dips					
Weighted Sit-Ups					
Tricep Press-Outs					
Shoulder Swings					

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SAVAGE STRENGTH XTREME – ADVANCED PHASE WEEK 19

FRIDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Step-Ups w/Weights					
Weighted Chin-Ups					
Good-Mornings					
Body Rows					
Rope Curls					
Straight-Arm Pullovers					

A minimum of 30 seconds rest between each set. Complete each exercise before proceeding to the next one.

TRAINING LOGS

BY MIKE GILLETTE



SAVAGE STRENGTH XTREME – ADVANCED PHASE WEEK 20

MONDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Handstand Push-Ups					
Weighted Dips					
Weighted Sit-Ups					
Tricep Press-Outs					
Shoulder Swings					

TUESDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Step-Ups w/Weights					
Weighted Chin-Ups					
Good-Mornings					
Body Rows					
Rope Curls					
Straight-Arm Pullovers					

WEDNESDAY — REST

THURSDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Handstand Push-Ups					
Weighted Dips					
Weighted Sit-Ups					
Tricep Press-Outs					
Shoulder Swings					

TRAINING LOGS

BY MIKE GILLETTE



SAVAGE STRENGTH XTREME – ADVANCED PHASE WEEK 20

FRIDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Step-Ups w/Weights					
Weighted Chin-Ups					
Good-Mornings					
Body Rows					
Rope Curls					
Straight-Arm Pullovers					

A minimum of 30 seconds rest between each set. Complete each exercise before proceeding to the next one.

TRAINING LOGS

BY MIKE GILLETTE



SAVAGE STRENGTH XTREME – ADVANCED PHASE WEEK 21

MONDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Handstand Push-Ups					
Weighted Dips					
Weighted Sit-Ups					
Tricep Press-Outs					
Shoulder Swings					

TUESDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Step-Ups w/Weights					
Weighted Chin-Ups					
Good-Mornings					
Body Rows					
Rope Curls					
Straight-Arm Pullovers					

WEDNESDAY — REST

THURSDAY

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
Handstand Push-Ups					
Weighted Dips					
Weighted Sit-Ups					
Tricep Press-Outs					
Shoulder Swings					

A minimum of 30 seconds rest between each set. Complete each exercise before proceeding to the next one.

TRAINING LOGS

BY MIKE GILLETTE



SAVAGE STRENGTH XTREME – ADVANCED PHASE WEEKS 21

FRIDAY

CENTURY SET WORKOUT

Complete this Workout as quickly as Possible **20x5 = 100 reps**

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
A. Chin-Ups					
B. Chain Dips					
Alternated with A & B then proceed.					
A. Dumbbell Upright Rows					
B. Sissy Squats					