

Modified Phrak's GSLP Review

The Program

A

- 3x5+ Bench Press
- 3x5+ Chin ups
- 3x5+ Squats

B

- 3x5+ Overhead Press
- 3x5+ Barbell Row
- 3x5+ Deadlifts

Three days a week, rest at least one day between each workout, alternate workout A and B

NOTE: 3x5+ means three sets of five reps. The "+" denotes that the last set is AMRAP - as many reps as possible

Progression

- Add 5 lbs to every lift from session to session
- If you do more than 10 reps on your AMRAP set, add 10lbs instead
- If you fail to complete at least 15 total reps for a lift, deload by subtracting 10% from the weight the next time you do that lift

My Thoughts

The exercise selection is great for beginners. Each session you perform compound movements for the primary body parts - chest/shoulders, back, and legs. The emphasis on compound movements lets you focus on technique and building a strength base. Compound movements are great because they utilize multiple joints and many muscles. I think these are actually the best exercises to perform in any program, so they are definitely ones that beginners should learn to maximize their size and strength gains. This program also features exercises in different planes, so you have both horizontal and vertical pushing and pulling movements. This allows you to shift tension onto different muscles as well as stimulate your muscle fibers from different angles.

The total volume (sets x reps) is low, especially compared to something like starting strength which uses a 5x5 set and rep scheme. However, the volume is enough to stimulate growth in beginners. There is a lot of room to easily add accessory exercises if you want to add more volume or focus on specific body parts. One of my favorite aspects of the program is the AMRAP set. If your strength is growing faster than the weight on the bar, then the last set will still be intense and stimulate growth. The AMRAP set is also really useful for pushing through strength plateaus after deloading. The 3x5 set and rep scheme

will stimulate both size and strength gains in beginners, but you can change this to fit your goals. To focus more on strength you can work in a lower rep range (1-5) with heavier weights, and to focus on size you can work in a higher rep range (8-12) with lighter weights.

The frequency is good because you're hitting each body part three times a week. I think that you should hit each body part at least two times a week. However, when you have higher volume workouts you should rest at least two days before working the same body part again.

The progression is linear, meaning you add a set amount of weight at set intervals. This is the best way to progress as a beginner because you will maximize your strength gains as a new lifter. Beyond when you are a beginner or intermediate lifter, you will most likely not be able to keep adding weight to the bar every session.

Overall, the program is excellent for beginners. It is great to help people get used to going to the gym, build strength, and learn to perform the important lifts with good technique. After 3 to 6 months I think that you should move to a program that is more suited for intermediate lifters. You can still make great progress on Phrak's GSLP but you won't be maximizing your gains.