



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



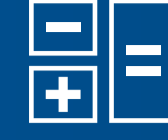
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## THE 5x5 NOVICE PROGRAM

A potent and proven novice muscle and strength building program from Jason Blaha & Ice Cream Fitness. Testimonials continue to pour in touting its effectiveness.

Link to Workout: <https://www.muscleanstrength.com/workouts/jason-blaha-ice-cream-fitness-5x5-novice-workout>

**Main Goal:** Build Muscle  
**Training Level:** Beginner  
**Program Duration:** 12 Weeks  
**Days Per Week:** 3 Days

**Time Per Workout:** 90 Mins  
**Equipment:** Barbell, Cables, EZ Bar  
**Author:** Jason Blaha

## WEEK ONE

Exercise	Sets	Reps
<b>Day One - Workout A</b>		
<a href="#">Squats</a>	5	5
<a href="#">Bench Press</a>	5	5
<a href="#">Bent Over Row</a>	5	5
<a href="#">Barbell Shrugs</a>	3	8
<a href="#">Tricep Extensions</a>	3	8
<a href="#">Straight Bar</a> or <a href="#">Incline Curls</a>	3	8
<a href="#">Hyperextensions</a> with plate	2	10
<a href="#">Cable Crunches</a>	3	10
<b>Day Three - Workout B</b>		
<a href="#">Squats</a>	5	5
<a href="#">Deadlift</a>	1	5
<a href="#">Standing Press</a>	5	5
<a href="#">Bent Over Row*</a>	5	5
<a href="#">Close Grip Bench Press</a>	3	8
<a href="#">Straight Bar</a> or <a href="#">Incline Curls</a>	3	8
<a href="#">Cable Crunches</a>	3	10
* 10% lighter than Workout A.		
<b>Day Five - Workout A</b>		
<a href="#">Squats</a>	5	5
<a href="#">Bench Press</a>	5	5
<a href="#">Bent Over Row</a>	5	5
<a href="#">Barbell Shrugs</a>	3	8
<a href="#">Tricep Extensions</a>	3	8
<a href="#">Straight Bar</a> or <a href="#">Incline Curls</a>	3	8
<a href="#">Hyperextensions</a> with plate	2	10
<a href="#">Cable Crunches</a>	3	10

## WEEK TWO

Exercise	Sets	Reps
<b>Day One - Workout B</b>		
<a href="#">Squats</a>	5	5
<a href="#">Deadlift</a>	1	5
<a href="#">Standing Press</a>	5	5
<a href="#">Bent Over Row*</a>	5	5
<a href="#">Close Grip Bench Press</a>	3	8
<a href="#">Straight Bar</a> or <a href="#">Incline Curls</a>	3	8
<a href="#">Cable Crunches</a>	3	10
* 10% lighter than Workout A.		
<b>Day Three - Workout A</b>		
<a href="#">Squats</a>	5	5
<a href="#">Bench Press</a>	5	5
<a href="#">Bent Over Row</a>	5	5
<a href="#">Barbell Shrugs</a>	3	8
<a href="#">Tricep Extensions</a>	3	8
<a href="#">Straight Bar</a> or <a href="#">Incline Curls</a>	3	8
<a href="#">Hyperextensions</a> with plate	2	10
<a href="#">Cable Crunches</a>	3	10
<b>Day Five - Workout B</b>		
<a href="#">Squats</a>	5	5
<a href="#">Deadlift</a>	1	5
<a href="#">Standing Press</a>	5	5
<a href="#">Bent Over Row*</a>	5	5
<a href="#">Close Grip Bench Press</a>	3	8
<a href="#">Straight Bar</a> or <a href="#">Incline Curls</a>	3	8
<a href="#">Cable Crunches</a>	3	10
* 10% lighter than Workout A.		