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Again, if you are just working out to stay fit, this is probably unnecessary But if you are trying to create a specific result, planning out your workouts and adding progression is absolutely essential! Find more workouts articles and videos at Bodybuilding.. This update to 5x5 training gets an added dose of heavy training to push muscle and strength gains to the next level.. The first workout log isn't really a workout log, but a 12-week training calendar to plan out your workouts.

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