

Squat - Road To 495

My Squat Progression

Week 1

Monday: 315lb 5x5

Thursday: 275lb 5x5 (Beltless)

Saturday: 225lb 3x8 (No Belt or Sleeves)

Week 2

Monday: 335lb 5x5
285lb 3x8

Thursday: 285lb 5x5 (Beltless)

Saturday: 235lb 3x8 (No Belt or Sleeves)

Week 3

Monday: 345lb 5x5
295lb 3x8

Thursday: 295lb 5x5 (Beltless)

Saturday: 245lb 3x8 (No Belt or Sleeves)

Week 4

Monday: 355lb 5x5
300lb 3x8

Thursday: 305lb 5x5 (Beltless)

Saturday: 255lb 3x8 (No Belt or Sleeves)

Week 5

Monday: 395lb x 1
365lb 5x5
305lb 3x8

Thursday: 315lb 5x5 (Beltless)

Saturday: 265lb 3x8 (No Belt or Sleeves)

Week 6

Monday: 405lb x 1
375lb 5x5
315lb 3x8

Thursday: 325lb 5x5 (Beltless)

Saturday: 275lb 3x8 (No Belt or Sleeves)

Week 7

Monday: 415lb x 1
385lb 5x

325lb 3x8

Thursday: 335lb 5x5 (Beltless)

Saturday: 275lb 3x8 (No Belt or Sleeves)

Week 8

Monday: 425lb x 1
395lb 5x5
335lb 3x8

Thursday: 345lb 5x5 (Beltless)

Saturday: 285lb 3x8 (No Belt or Sleeves)

Week 9

Monday: 435lb x 1
405lb 5x5
345lb 3x8

Thursday: 385lb x 1
355lb 5x5 (Beltless)

Saturday: 295lb 3x8 (No Belt or Sleeves)

Week 10

Monday: 445lb x 1
415lb 5x3
355lb 3x8

Thursday: 395lb x 1
365lb 5x5 (Beltless)

Saturday: 305lb 3x8 (No Belt or Sleeves)

Week 11

Monday: 455lb x 1
465lb x 1
425lb 4x3

Thursday: 405lb x 1
375lb 5x5 (Beltless)

Saturday: 315lb 3x8 (No Belt or Sleeves)

Week 12

TEST: 495lb x1

