

# StrongAF

## Some of my favorite strength programs

Access all spreadsheets via [Lift Vault](#)

### [StrongLifts 5x5](#) (Beginner)

“StrongLifts 5x5 is a beginner strength program based on linear periodization. There is very little variation within the program in terms of exercise selection; the primary purpose is to gradually increase the weight lifted each workout for all lifts. This allows the novice athlete to make rapid improvements in strength and muscle growth.

The program utilizes compound movements to work multiple muscles at once. This allows a full body workout while only doing a few exercises per training session.”

### [Wendler 5/3/1](#) (Intermediate-Advanced)

“5/3/1 is a flexible lifting template that can be applied to a variety of lifting goals. It is best suited for intermediate level lifters and is renowned for the significant length of time an athlete can continually make progress on it.”

### [Ivysaur 4-4-8](#) (Beginner)

“The program takes advantage of the novice lifter’s ability to recover more quickly between workouts by turning the volume and frequency up a notch. This makes it a great option for “graduates” of the Strong Lifts or Starting Strength programs as well as lifters just getting started.”

#### Fitness Disclaimer

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