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# SYMPTOMS TRACKER

Date	Time	Food, Medicine, or Activity	Symptoms

SAMPLE



For starters, a single set of warming up activity is generally recommended. These intervals are then to be repeated. Furthermore, the individual can opt to increase the reps by a minimal 1 on each set, say, for example, doing bench 3x6 instead of 3x5. Therefore, when one clearly monitors the programs, the goals become more attainable. It is not the key to satisfactory results as many starters normally presume. The fierce 5 workout regime is made up of five workouts that have been grouped together and normally takes about one hour to complete after including both warm-ups and stretching. For instance, for workouts A and B; Monday to Tuesday the person will be doing A and resting, then takes B on Wednesday and the cycle continues. For instance, a 135 lb squat will require one warm-up set, however, for a 315 lb squat a 135 to 275 lb is required. Furthermore, he or she will be alternating the workouts. The body can adapt to various exercises if there are proper training and protocols. What supplements should an individual use? This addition is to be done in every two weeks. Nonetheless, persons are advised to always move to an upper/lower routine recommended to them by their fitness instructors or the gym coach. It is one of the basic principles of bodybuilding and fitness. Following the program to the latter, the person will be expected to be adding 5lbs and 10 lbs per week to the upper and lower body lifts respectively. The fierce 5 training regime usually relies on progression, so if the person wants to achieve satisfactory results, they must ensure that they strictly adhere to the program. In the event that equipment access is limited, the person will be required to be visiting the gym or purchase adequate home equipment. In order to enjoy the fruits of the program. For starters, some few guidelines should be observed to ensure a successful work out; Keep the back straight Keep the elbows above the bar at the top of the lift There should a be regular straight up and a down shins interval The hips should be kept far back When a normal height is required, the person can put weights under the bar in order to raise it up etc How long should a person wait between sets? To deload, the person can skip a single workout to get a consecutive rest of not more than 5 days. What can a person doing the Upper/Lower routine, but they really want to do DL. But if they have, then it is not of importance. the person can replace the removed routines with the DL 3x5 and lunges 3x8 Postures and imbalances All builders must always be checking on their bodies in their lifting careers because muscles imbalances will at some point occur. This implies that individuals who have been working out in recent years but have a workout regime that lacks intensity or consistency, then the program best suits them. When there is a talk about a super-set, the idea is that there are two independent exercises or routines that have been joined together to form one independent work out, normally implemented back to back. Interfering with the program's routines by shifting to other forms of exercise can cause muscles imbalances that eventually cause problems with posture and injuries. The five workout routines It usually entails two workouts namely A and B Workout A Squat 3x5 Bench 3x5 Triceps press downs 2x10 Superset Pendlay Rows 3x8 Face Pulls 3x10 Calf raises 2x15 Triceps press downs 2x10 Superset Workout B Front Squat 3x5 Romanian Deadlift 3x8 Overhead Press 3x5 Ab work 2x15/Curls 2x10 Superset( applicable to any kind of ab work) Lat Pulldowns 3x8 The routine will be carried out non-consecutively for three days and there will an alternation between workouts. In most instances, exercises that require most energy or consume the most energy before completing are the ones given priority. It is paramount that the bodybuilders invest in themselves first as fitness begins with the person. The common frequently asked questions (FAQ) - Fierce 5 Potential body builders who are in doubt normally tend to ask questions that they feel are not clear with regards to the fierce 5 workouts. The lower A Squats 3x5-6 Leg Curls 3x10-12 Ab work 3x15-18/Calf raises 3x12-15 Superset Weighted Back Extensions 3x8-10 Leg Press 3x8-10 Upper A The inclined bench 3x5-6 Lat pulldowns 3x8-10 (not grip specific) The bent over rows 3x8-10 Face Pulls 3x10-12 Superset/Curls 3x8-10 The decline DB bench 3x8-10 Legs The Squat 3x5-6 and the DL 3x5-6 Leg Extensions and Leg curls



(Superset 3×10-12) The Good Morning 3×8-10 The Optional Strugs 3×8-10 / Calf work 3×12-15(Superset) Overhead Extensions(long head) 3×5-6 (Upward Press) Ab OHP3×5-6 (Superset) Dips or fly 3×8-10 The lateral Raises 3×10-12 Pull Rows 3×5-6 (Horizontal Pull) Yates Rows 3×5-6 (Upward Pull) Lat Pulldowns 3×8-10 (any grip)- downward pull Overhead face pulls/Reverse Flies (Superset 3×10-12) The Curls 3×8-10 The person will be required to do the routine for two consecutive days then rest on the third day, however, unlike the previous routine (intermediate upper/lower), the individual proceeds with the work out for three consecutive days. At such a point, the person then cuts the progression in half (weight increases half as much as the program standard). How long can I run this program/how long does it take to complete the program? Stretching routines normally take shorter periods as compared to warm-up routines. The fierce 5 workout program is highly suitable for men who are trying to bulk. Stretching routines Stretching routines are usually done to keep the body healthy and ensure that the person stays injury free. To illustrate; Monday- Lower A. Tuesday- Upper A, Wednesday- Rest, Thursday -Legs, Friday – push, Saturday- Pull and Sunday- rest. The person can add liquid chalk or even chalk when need be. What about form?/ how will the person’s form be affected? Advanced FAQ – Fierce 5 Which candidates qualify for the program? What happens when the person fails on their sets/ what can a person do if they fail on their sets? A good example is the T-bar routine, where the arms are stretched directly out in front of the person for it to be termed as a horizontal pull. It is, therefore, imperative for every builder to always be receiving physical therapy services in cases of imbalance. What should I be eating?/ what is the right diet for such a program? Super-sets are highly encouraged because they save lots of time and create pumps as well. What if I miss a day?/ what could happen? / is there a standard time frame? To be on the safer side, the individual should focus on the basic principles of the program. Carrying out the fierce 5 routines will increase a person’s strength; add muscle mass as well as size. He or she can opt for a chair to assist in movement when doing a full pull up becomes difficult. The trick in this particular case is usually getting to have the time to learn about the lift. Currently, therapy sessions are relatively cheap even without insurance implying that it will be the person’s fault not to consult one. Furthermore, if the individual has no weight lifting experience at all, beginning with 50% of the perceived weight is generally a good start. What is a super-set?/ what does it entail? According to the original fierce five workout program, the person should increase at least 5 to 10 lbs; however, the person should opt to be increasing the weight by 10-15% in every two weeks. For instance, doing upper A on Monday, then upper B on Tuesday, resting on Wednesday and resuming the routine on Thursday. The following is a trick on how to maximize the pull ups and pull downs; The person can purchase a doorway pull up bar which is normally cheap. Creatine is relatively cheap and easily available. After doing a successful psmf diet, some may be looking for a workout program to stay healthy or build muscle. Are there other available programs that a person can run after the fierce 5/ what program should a person run after this one? I’m having a hard time with pendlays. The builder must always make time for the skipped exercise. In fact, the person will notice with time that the program works effectively with lighter weight due to the progressions. For example, the person can opt for four to seven days off, then begins to intensely work out again. Just like in most exercises, starting on a lighter note is always the norm. Currently, there exists a wide range of alternative and complementary programs to the fierce five. To provide a solution for that, there includes a number of FAQs and the relevant solutions that potential body builders and body builders can look at whenever things are not clear. Due to the nature of progression in the program, the person is advised to start workouts weight that is much lighter than he or she thinks can manage. In addition, the person should adjust the weight from 50% to 85% upon reaching the third week. I heard you can only get bigger from high reps sets The higher rep version used to exit but later cut off due to the fact that increasing weight in that version was really hard. For example, in the 5 range rep exercises, he or she should add 1 rep for each set in the weeks when there is no weight increment. Normally, the order in which the person should carry out an exercise will depend on how they have been instructed unless there are other accepted ways. The Incline Bench-Overhead Press Front Squat-Hack Squats, Leg press, and Step-ups RDL-Good Morning, Reverse Hyper, Glute Ham Raises, SLDL among others Bench-Decline bench, dips (leaning forward) The person will, however, need a dip belt to add weight Pendlay Rows-Any horizontal pull. Upon completion of the week one routine, the person can increase his or her reps from the lower to the higher range. Honestly speaking, the program is meant to run until the person feels that he or she needs to stop or run until the individual begins to legitimately stall. Warm-ups are usually important before an individual carries out any form of workouts, be it squats, Romanian deadlift, lat pull downs and pull ups, bench, rows among others. The type of diet will hugely depend on what the person aims to achieve at the end of the program. Are there any other versions of the program? Where did the other versions of the program go? The fierce 5 program will only work when you cut the lighter weight that is causing the issue in the routine. Such isolation exercises together with the routinely exercises may ensure a faster progression. Individuals who have passed the beginners phase in weight or bodybuilding but still cannot add weight to the bar are suitable candidates for the program. It is thus wise to do stretching routines prior to working out. It is always important for the builder to not skip the routine which he or she had earlier skipped. There are many workouts to choose from. In the fierce gib program, the recommended deload time is about 4 days of consecutive rest. However, for cutting males and bulking females, the progressions would require a change. Upon following such a routine, the person is expected to be adding at least 5 lbs and 10 lbs to the upper and lower body lifts respectively. After finishing the curls, the person immediately commences the second set of abs and the cycle goes on depending on the instructions. I’m a man/woman and I plan on cutting/bulking. Furthermore, the physical therapist will advise the individual on healthier ways to avoid future muscle imbalance as well as give the person important exercise tips. Most potential body builders regularly complain about the issue of pendlays. If the individual decides to carry out the reverse flies, the routine increases about 5 lbs but should never exceed 15 lbs per hand when using the DBs. When carrying out leg curls, it will increase 5 lbs each week. For those cutting individuals wishing to reduce their body weight by 30 lbs, the All-Pros routine is the recommended option. It should, however, be noted the current difference between the low reps and high reps should not be of concern to starters. In bodybuilding, the bodybuilder should not work sets of muscles for two consecutive days. In other words, there will be a single resting interval after each day of work out. In what order should I do these exercises?/ is there a standard order? The best solution when such happens is cut the weight by 10% and focus on getting back your form. However, they are not a must. Furthermore, they are responsible for improving and maintaining the body’s movements. It is thus useful also for any person having less than six months of training that is highly structured and dedicated. The trick here is for the person to be creative because, the pull-ups and pull downs are quite essential in most exercise programs. Workout A The following steps will be observed in this workout Split Squat 3×8 for each leg Bench 3×8, when no bench available, floor press can be done Reverse Flies 3×10 Calf raises 2×15/French Press 2×10 Superset DB Rows 3×8, where one arm is on the bench and the back parallel to the floor Workout B Walking Lunge 3×8 for each leg Overhead Press 3×8 Straight deadlift 3×8 Lat pulldowns and pull-ups (upon reaching 3×8, the person can start adding weight) Ab work 2×15 and Curls 2×10 Superset (applicable to any kind of ab work) For the dumbbell full body program, the person is supposed to increase weight depending on his ability; nevertheless, the recommended is 5lbs addition to each DB every week for both the upper body and lower body lifts. Substitutions, Warm-ups, and Stretching Acceptable Substitutions/Interchangeable Exercises There exists a number of acceptable substitutions and they usually include; Any triceps isolation exercise is fine. Therefore in the event, a person wishes to partake in isolation exercise, they should use their judgment to determine the weight increase. When carrying out the workouts, the person is to add 5lbs and 10 lbs to the upper body lift and lower body lift respectively. This type is different from the DB as working out is consecutive. This means that adhering to the principles of a particular exercise will prevent the person from being injured because a number of weights being lifted would be the right one. For the 8-15, 2 reps should be added for every set during that period when the person was not increasing weight. In addition, if the individual feels like doing isolation exercises, he or she should rely on their best judgment on weight increment. However, there exist acceptable substitutions as previously highlighted. When the person continues working out and adding weights, the numbers of warm-up sets that they normally did will also increase. What should a person do when they fail on their sets? One extra exercise is usually recommended per day as a way of shifting the individual’s attention from the regular set. Warm-ups The main purpose of warm-ups is usually to put the muscles in a position to work. However, if the person fails to achieve such increments because of limited weight equipment, he or she should be increasing weight each week for a single exercise routine. This is contrary to other instances where the person feels energetic. What do I do? When a person fails a lift for two consecutive days, they should do a reset of the weight by dropping about 15% of the weight for that lift in which the person is failing. However, if the person fails to adhere to such increments because of lack or limited weight equipment then, he or she should be increasing weight each week for an individual exercise routine. In addition, lighter weights normally show quicker results meaning in some instances, failure to reduce the weight is normally associated with slower results. This routine is useful since the person is still new thus allowing the individual to know the important facts of the exercise together with safe weight to avoid injuries and soreness. Upon reset, the person has an opportunity to work on their form since the weights have been reduced. The intermediate upper/ lower It is divided into upper A, lower A, upper B and lower B Upper A The Incline Bench 3×8 The Bench 3×5 The Lat Pulldowns 3×8 (all grips applicable) Curls 3×10/Reverse Flies 3×12 Superset Bent Over Rows 3×8 The Lower A Weighted Back Extensions 3×8 Squats 3×5 The Leg Press 3×10 The Ab work 3×15/Calf raises 3×12 Superset Leg Curls 3×10 The upper B OHP 3×5 Flies 3×10 Pull-ups 3×8 Pendlay Rows 3×8 Face Pulls 3×12/Tricep press downs 3×10 Superset The Lower B Front Squat 3×5 The Romanian Deadlift 3×8 Leg Extensions 3×10 and Leg Curls 3×10 Ab work 3×15 and the Calf Raises 3×12 Superset In the intermediate lower/upper routine, the person is required to work out for two consecutive days, then rest for a day before proceeding to work out for another two consecutive days. This implies that the Pull-downs will be working non-consecutively for three days in a week. For instance, individuals that are bulking normally stall after a period of four to six months. It is also a fun experience. For example, when a person is doing the curls and abs super-set, he or she normally does one set comprising of the abs and immediately performs a set of curls. It is because the body is built to be flexible and following the right instructions about how to work with pendlays can easily solve the problem. Diet entirely depends on the person’s goals. In most cases, a grip that is mixed normally does the trick. To add weight, the person will require a dip belt. There should be intervals in between where the person can rest or perform isolation exercises. The fierce 5 workout is designed for individuals who have no prior experience in body building or those that have lost consistency or don’t have a well-structured training regime. The complete fierce 5 workout program Many bodybuilders choose to use the protein sparing modified fast as a tool when bulking. However the person should note that failure to work on their form can further break or make their lift, it is, therefore, important for the person to work hard on getting his or her form back. Does that change whether or not I should run this program? In the case of super sets, there is no waiting time as they are done back to back. The pull up should be carried from above the person’s head. The issue of form is that there is too much about it which a person cannot entirely comprehend, hence the only safe option is for the person to focus on the basics. Individuals seeking to increase their muscle size will have to bulk while those seeking to lose fat will be cutting, depending on what you wish, the instructor advises you on the type of diet to take and the type to avoid. Lastly, protein powder is also a useful supplement if the person has not yet attained the protein macro in their diet. Close grip bench is usually not necessary Reverse Flies-Face pulls Lat Pulldowns – Any form of pull/chin up. It can be every 6-8 weeks depending on the builder. In simpler terms, there was no progressive resistance thus the difficulty in adding weight. The program ensures that there is a balanced muscle development. It is usually advisable to run the progression to the extent that the person stalls on squat, RDL, or bench. Some instructors believe that an individual can go on with the program as long as they wish. As a standard recommendation, lifters should begin with weights which are 85% of what they feel they can lift. What am I doing wrong and can I sub it out? In other cases, a legitimate stall is usually advised. Furthermore, 10 lbs should be added to the lower body lifts. For example, workout A done on Monday proceeded with resting on Tuesday, then resuming on workout B on Wednesday, before resting again on Thursday and continuing with workout A on Friday. Upon working out, the person should be adding 5lbs to the upper body lifts. However, upon the individual progressing to lifting more weight, that becomes the point where the person focuses his or her time to knowing or learning the form. This implies that no warm-up is meant to fatigue the body. Individuals that generally deviate from this basic principle are in most cases using banned substances. The fierce 5 routine generally entails simple and balanced steps that individuals desiring to venture into body building can easily understand. In some cases, low tree limb can be a helpful alternative for a pull-up bar. It should be noted that in DB exercises, the increase in weights is usually halved. Deloading is usually signaled when the body becomes sluggish. It is because there is no specific exercise that a body builder can opt to stick to for the rest of his or her lifting career. Are there any substitute exercises for the program? Who should use this program? The person must, therefore, take the program with a much faster progression to achieve quick results Can the program go on for long? What is the recommended weight that a person can use?/ how much weight should a person use? In fact, to most of them, the program acts as the first encounter or as a reminder. The physical therapist will help the person in knowing why and how the person has developed muscle imbalances. Furthermore, to experience satisfactory results that the program has to offer, the individual should have enough or adequate gym equipment. Intermediate/Advanced 5 Day Lower/Upper LPP The program comprises of the lower A, the upper A, legs, push and pull. All trainees are advised to consume multivitamins as they fill in micros and also creatine, which assists an individual to go through the sets. However, the goals of the fierce five workouts are never specific but generally vary from one individual to another. Can I run this program 4 days per week? In fact, some workouts require some intense warming up. The main purpose of supplements is usually to fill what the diet workouts do not provide. Supplements will only be of importance to the person if the minimum requirements for his or her macro or microelements are not attained. To illustrate how compensation of the increments would be done, the following is a progression example. Such recommendations normally ensure that individuals do not struggle to keep up. What about deloading?/ which is the right time for deloading? The additions should be done in every two weeks. Deloading functions to keep the nervous system satisfied in turn assisting the person to push even more weights in the future. During isolation exercises, the waiting time is generally ranging from 30-60 seconds on reverse flies, curls, and triceps press downs. It is, therefore, imperative for the body builder to first know their diet before proceeding to take the supplements. In some cases, individuals find it difficult to carry out pull ups or pull downs. On the event of a sluggish body, a deloading is usually vital. When performing reverse flies, the person should increase weight to 5lbs each month, leg curls increasing 5lbs each week while adding a few reps per week in the case of ab work. In most cases, a time frame of 2-3 minutes is recommended between heavy sets, such as the bench, RDL, Incline, Lat pull down and squat. My grip is slipping on RDL/DL. In fact, a body builder should grow in all aspects and the fierce five program is suited for that. However, if an individual continually stalls, it would not be recommended that he or she goes to another intermediate program. In addition, there usually exists an optional extra set, usually an extra heavy single, triple or double each day that one can do next to the normal exercise. Beginning Monday, the person can do 200 squats and bench-150 On Wednesday-RDL-200, while the incline-100 On Friday, the person can perform 200 squats and bench-150, then there will be resting on that weekend On Monday, 10 more squats are added- total 210 and 5 more inches to have incline-105 On Wednesday, 10 more RDL added to get RDL-210 and 5 more bench hence, bench-155 Lastly, Friday-RDL-210 while incline- 105 The dumbbell full body program This routine is also categorized into two workouts, workout A and workout B. What should they do? In such a case, the person can opt to replace or completely remove the front squat and the RDL from the lower B. Nevertheless, if the mixed grip still does not work, an alternative is the purchasing of lifting straps. The difficulty in increasing weight further made individuals stall quite early, implying limited growth. The cycle then repeats itself. Upon completion of that week’s routine, the weight increase and so do the reps which go back to the normal 3x5. The fierce 5 is based on the 3 by 5 workout.

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