

Spinto Free 5/3/1 Pro Training Plan

The Spinto Free 5/3/1 Pro Training Plan is a structured and highly effective strength program inspired by Jim Wendler's proven 5/3/1 method. Designed for athletes, powerlifters, and fitness enthusiasts, it delivers consistent, sustainable strength gains through progressive overload and smart training principles. This plan focuses on four core lifts and provides a clear, week-by-week structure so you can plan your training with ease and confidence.

1. Core Lifts in the Program

- Squat – Develop powerful legs, hips, and core stability.
- Bench Press – Strengthen your chest, triceps, and shoulders.
- Deadlift – Boost full-body strength and pulling power.
- Overhead Press (OHP) – Build strong shoulders, triceps, and upper back.

2. Training Cycle Structure

Each training cycle runs for 4 weeks. Your Training Max (TM) is set at 90% of your true 1RM to ensure long-term progress without burnout.

Week 1 (5's Week)

- 65% × 5 reps
- 75% × 5 reps
- 85% × 5+ reps (AMRAP – As Many Reps As Possible)

Week 2 (3's Week)

- 70% × 3 reps
- 80% × 3 reps
- 90% × 3+ reps (AMRAP)

Week 3 (5/3/1 Week)

- 75% × 5 reps
- 85% × 3 reps
- 95% × 1+ reps (AMRAP)

Week 4 (Deload Week)

- 40% × 5 reps
- 50% × 5 reps
- 60% × 5 reps

3. Accessory Work for Balance & Growth

- Back: Pull-ups or chin-ups
- Triceps: Dips or close-grip bench press
- Legs: Lunges or Bulgarian split squats
- Shoulders/Upper Back: Face pulls or band pull-aparts

4. Progression & Long-Term Planning

- Increase Upper Body Lifts (Bench Press & OHP) by +5 lbs per cycle.
- Increase Lower Body Lifts (Squat & Deadlift) by +10 lbs per cycle.
- Track every set, rep, and weight to monitor steady progress.

5. Key Benefits of the Spinto 5/3/1 Pro Plan

- Simple & Effective – Easy to understand and apply.
- Steady Gains – Gradual progress to avoid plateaus.
- Customizable – Adapt accessory work to your goals.
- Joint-Friendly – Reduced injury risk through smart loading.

6. Example Weekly Training Schedule

- Day 1: Squat + Accessories
- Day 2: Bench Press + Accessories
- Day 3: Deadlift + Accessories
- Day 4: Overhead Press + Accessories

Final Tip: Always warm up thoroughly, focus on perfect form, and maintain a detailed training log. Consistency and patience are your greatest tools for long-term strength success.