



First, I need to let it be known that **I am not the original creator** of any of these popular programs. Please take the time to recognize the authors and contributors listed in the “Master” spreadsheet. Go ahead and send them a handwritten letter, letting them know how appreciative you are for giving out such fantastic content (that’s still a task on my todo list).


Second, I need to give a HUGE thanks to my dude Kyle over at [LIFTVAULT.COM](https://liftvault.com) for curating all of these spreadsheets. Definitely check out his site if you’re a fan of this content (he has 100+ spreadsheets and program overviews on liftvault).

Ok, enough with the niceties. Getting started is easy...so let’s get started:

1. Open the “Master Sheet” included in the bundle.

 Texas Method

 The Bridge Barbell Med

 Lifting_Program_Master_Sheet_ThreeStormFitness.com_.xlsx

2. Browse the columns to find a program that’s inline with your experience level, goals and schedule (days/week).

Program Name	Primary Goal	Secondary Goal	Experience Level	Days/Week	Periodization	Author	Link to Program Resource
nSuns 531 LP 4 5 and 6 Day Bundle	Strength	Hypertrophy	Beginner, Intermediate	4, 5, 6	Linear	u/nSuns, Jim Wendler	https://www.reddit.com/r/news/
PHAT	Hypertrophy	Strength	Intermediate, Advanced		5 Linear	Layne Norton	http://www.simplyshredded.com
Strong Curves	Hypertrophy	Strength	Beginner		3 Linear	Bret Contreras	https://www.reddit.com/r/strong
PHUL	Hypertrophy	Strength	Intermediate	4, 6	Linear	J Bui	https://www.the-pomp-official.c
Juggernaut Training Method	Strength	Hypertrophy	Intermediate		4 Block	Chad Wesley Smith	https://aax-us-east.amazon-ad
GZCL-MagOrt-DeathBench	Strength	Hypertrophy	Intermediate		5 Undulating	u/uttruthlesshunters	https://www.reddit.com/r/power
Ilysaaur 4-4-8	Strength	Hypertrophy	Beginner		3 Linear	u/lysaaur	https://www.reddit.com/r/Fitnes
Candito Linear Program	Hypertrophy	Strength	Beginner		4 Linear	Jonnie Candito	http://www.canditotraininghq.co
8 Week HST	Hypertrophy	Strength	Intermediate, Advanced		3 Wave	Bryan Haycock	http://hypertrophyspecific.com/
Brogains Powerbuilding	Hypertrophy	Strength	Intermediate		4-7 Block	Brogan Pratt	https://broganpratt.com/
Madcow 5x5	Strength	Hypertrophy	Intermediate		3 Linear	Bill Starr	http://stronglifts.com/madcow-5
5/3/1 Boring But Big	Strength	Hypertrophy	Intermediate		4 Linear	Jim Wendler	https://amzn.to/38cm4yt
5/3/1 for beginners	Strength	Hypertrophy	Beginner		3 Linear	Jim Wendler	https://thefitness.wiki/routines/
The Bridge by Barbell Medicine	Strength	Hypertrophy	Beginner, Intermediate		3 Linear	Jordan Feigenbaum, Aust	https://forum.barbellmedicine.c
Greyskull LP	Strength	Hypertrophy	Beginner		3 Linear	Jordan Sheaffer	https://aax-us-east.amazon-ad
Metallicadpa 6 Day PPL	Hypertrophy	Strength	Beginner, Intermediate		6 Linear	u/metallicadpa	https://www.reddit.com/r/Fitnes
Building the Monolith	Hypertrophy	Strength	Intermediate		3 Undulating	u/NoodleWeird, Jim Wenc	https://jimwendler.com/blogs/jr
Texas Method	Strength	Hypertrophy	Intermediate		3 Linear, Undulatin	Glenn Pendlay	http://startingstrength.com/resc
Starting Strength	Strength	Hypertrophy	Beginner		3 Linear	Mark Rippetoe	https://liftvault.com/out/amazon
GZCLP	Strength	Hypertrophy	Beginner, Intermediate	3, 4	Linear, Undulatin	u/blacknoir, u/gzcl	links in spreadsheet
Stronglifts 5x5	Strength	Hypertrophy	Beginner		3 Linear	Mehdi, Bill Starr	http://stronglifts.com/5x5/
Bill Starr's 5x5	Strength	Hypertrophy	Beginner		3 Linear	Bill Starr	https://www.lift.net/workout-rou

3. Visit the accompanying resources to learn more about the programs. Some of the spreadsheets contain intuitive breakdowns, and some don’t...again I’m not the author, and they’re all free, so you may have to dig a little and/or read a book or two to gain all-encompassing deity-like knowledge of all of them. That said, there’s enough here to get you under the bar.
4. When you’ve found one that catches your eye, look for it in the folder structure (the folder will share a similar title to the “Program Name” column).
5. That’s it! Get to work!

Check out my content at threestormfitness.com and my [Youtube channel](#), and once more, go give props to Kyle over at liftvault.com.

