



SHRED ARMY

5-DAY 5x5 MASS SYSTEM

GYM + KETTLEBELL EDITION

Ten print-ready workouts. Two rest days: Wednesday + Sunday.
Off days run LOW (100 g). Training days run MOD (200 g) and HIGH (400 g).

MON	TUE	WED	THU	FRI	SAT	SUN
MOD	MOD	OFF	MOD	MOD	HIGH	OFF

MISSION

BUILD MUSCLE. STAY READY.

FIELD MANUAL | BRYAN HEALEY FITNESS | KEEP IT SIMPLE. STAY SHREDDED.



MISSION MAP: YOUR WEEK

Five training days, two full rest days. Rest days (Wednesday + Sunday) run LOW at 100 g carbohydrate. Every training day is fueled: four MODERATE days at 200 g and one HIGH day at 400 g, matched to the hardest session of the week.

DAY	SPLIT	FUEL	CARBS	MISSION
MON	Chest / Shoulders / Triceps	MOD	200 g	Pressing strength on full fuel
TUE	Legs / Biceps	MOD	200 g	Squat + hinge strength
WED	OFF - Rest / Walk / Mobility	LOW	100 g	No hard lifting
THU	Shoulders / Arms	MOD	200 g	Strict pressing + arm work
FRI	Chest / Back	MOD	200 g	Heavy opposing compounds
SAT	Legs / Triceps	HIGH	400 g	Highest-load mission
SUN	OFF - Rest / Walk / Mobility	LOW	100 g	No hard lifting

MOD DAY

RIR 2-3 | 2-3 min rest

HIGH DAY

RIR 1-2 | 3-4 min rest

OFF DAY

LOW 100 g | walk + mobility

CHOOSE ONE TRACK

Run either the Gym Track or the Kettlebell Track for 6-8 weeks. Do not perform both full workouts on the same day. Alternate tracks by training block, or use an exercise from the other track as a pain-free substitution.

THE 5x5 RULE

Complete five work sets of five clean reps. Warm-up sets do not count. Stop each set with the listed reps in reserve (RIR). The high day is heavy - it is not a max-out day.



RULES OF ENGAGEMENT

READ BEFORE LIFTING

This is a demanding five-day split. If you are returning from a layoff, have an injury, or have heart, blood-pressure, bone, joint, neurologic or metabolic concerns, get clearance and coaching before starting.

EVERY SESSION STARTS HERE

5 minutes of easy movement, then dynamic motion for the joints you will train. First major lift: 5 reps at about 50% of work weight, then 3 reps at about 65%. Add another ramp set when the work weight is heavy. Use a controlled lowering phase, full pain-free range of motion and stable positions. No bounced reps. Sharp pain, numbness, unusual shortness of breath, dizziness or loss of control means stop the session and seek appropriate help.

PROGRESS WITHOUT WRECKING RECOVERY

Choose a starting load that leaves the assigned RIR on every set - the final rep should look like the first. When all 25 reps are clean for two exposures, add 2.5-5 lb to an upper-body lift or 5-10 lb to a lower-body lift. Kettlebells jump too much? Keep the same bell and add a 2-second lowering phase, a pause, or a longer pain-free range before moving up. If you miss the same target twice, reduce the load 5-10%. If fatigue persists, deload for one week: 3x5 at 10-15% less load.

WHY TWO REST DAYS MATTER

Wednesday splits the week into two blocks, and Sunday closes it. With only five sessions, each training day carries more volume - the off days are where the muscle is actually built. Walking, easy mobility and meal prep are encouraged; hard lifting is not.

RAMP-IN OPTION

Already conditioned to high-frequency lifting? Begin at 5x5. Returning after time off? Use 3x5 in Weeks 1-2, 4x5 in Weeks 3-4, then earn the full 5x5 workload.



MONDAY: CHEST / SHOULDERS / TRICEPS

MOD / 200 g CARBS

Pressing strength opens the week on full fuel.

EFFORT
RIR 2-3REST
2-3 minTEMPO
2 sec down / drive up

WARM-UP 5 min easy movement + dynamic mobility + 2-3 ramp sets before the first lift. Ramp sets are not work sets.

#	EXERCISE (5 SETS x 5 REPS)	LOAD	1	2	3	4	5
1	Incline barbell bench press	_____	___	___	___	___	___
2	Seated neutral-grip DB press	_____	___	___	___	___	___
3	Close-grip bench press	_____	___	___	___	___	___
4	DB lateral raise	_____	___	___	___	___	___

EXECUTION ORDERS

- Low-to-moderate incline. Shoulder blades stable, wrists stacked.
- Elbows slightly in front of the body; no depth that pinches.
- Comfortable shoulder-width grip; finish with triceps, not flared elbows.
- Strict and controlled. Slight forward lean, no swing.

FUEL 200 g day: 40-60 g carbohydrate before and 50-70 g after training; spread the rest across meals.

SESSION LOG Sleep ___/10 Energy ___/10 Pain Y / N Duration _____

Notes: _____



TUESDAY: LEGS / BICEPS

MOD / 200 g CARBS

Squat and hinge strength plus unilateral volume.

EFFORT
RIR 2-3REST
2-3 minTEMPO
2 sec down / drive up

WARM-UP 5 min easy movement + dynamic mobility + 2-3 ramp sets before the first lift. Ramp sets are not work sets.

#	EXERCISE (5 SETS x 5 REPS)	LOAD	1	2	3	4	5
1	Back squat	_____	___	___	___	___	___
2	Romanian deadlift	_____	___	___	___	___	___
3	Bulgarian split squat	_____	___	___	___	___	___
4	Weighted chin-up	_____	___	___	___	___	___
5	EZ-bar curl	_____	___	___	___	___	___

EXECUTION ORDERS

- Brace before every rep; deepest range you can control without losing position.
- Hips back; stop when hamstrings are loaded, not when plates touch the floor.
- Five reps per leg. Hold support if balance limits leg output.
- Use assistance instead of load if five clean reps are not yet available.
- Upper arm quiet. If elbows object to heavy fives, reduce load immediately.

FUEL 200 g day: 40-60 g carbohydrate before and 50-70 g after; spread the balance across the day.

SESSION LOG Sleep ___/10 Energy ___/10 Pain Y / N Duration _____

Notes: _____



THURSDAY: SHOULDERS / ARMS

MOD / 200 g CARBS

Strict pressing and arm work - now fueled, still precise.

EFFORT

RIR 2-3

REST

2-3 min

TEMPO

2 sec down / drive up

WARM-UP 5 min easy movement + dynamic mobility + 2-3 ramp sets before the first lift. Ramp sets are not work sets.

#	EXERCISE (5 SETS x 5 REPS)	LOAD	1	2	3	4	5
1	Half-kneeling landmine press	_____	___	___	___	___	___
2	Neutral-grip chin-up	_____	___	___	___	___	___
3	DB hammer curl	_____	___	___	___	___	___
4	EZ-bar lying triceps extension	_____	___	___	___	___	___

EXECUTION ORDERS

- Press up and forward, ribs down. Five reps per side.
- Strict. Band or machine assist to preserve the 5-rep target.
- Neutral wrist, zero swing.
- Lower behind the forehead through a comfortable elbow range only.

FUEL 200 g day: 40-60 g carbohydrate before and 50-70 g after training. Keep protein steady.**SESSION LOG** Sleep ___/10 Energy ___/10 Pain Y / N Duration _____**Notes:** _____



FRIDAY: CHEST / BACK

MOD / 200 g CARBS

High-tension push-pull compounds for the torso.

EFFORT
RIR 2-3REST
2-3 minTEMPO
2 sec down / drive up

WARM-UP 5 min easy movement + dynamic mobility + 2-3 ramp sets before the first lift. Ramp sets are not work sets.

#	EXERCISE (5 SETS x 5 REPS)	LOAD	1	2	3	4	5
1	Flat barbell bench press	_____	___	___	___	___	___
2	Weighted pull-up	_____	___	___	___	___	___
3	Chest-supported row	_____	___	___	___	___	___
4	Incline DB bench press	_____	___	___	___	___	___

EXECUTION ORDERS

- Repeatable touch point, planted feet, no bounced reps.
- Assist if needed. Chest to the bar without turning the rep into a swing.
- Chest support keeps fatigue off the low back before Saturday legs.
- Neutral or semi-neutral grip if the shoulders prefer it.

FUEL 200 g day: a meaningful pre-training meal is useful - this session can exceed 45 minutes.

SESSION LOG Sleep ___/10 Energy ___/10 Pain Y / N Duration _____

Notes: _____



SATURDAY: LEGS / TRICEPS

HIGH / 400 g CARBS

The hardest lifts land on the highest-carb day. Full send.

EFFORT

RIR 1-2

REST

3-4 min main lifts

TEMPO

2 sec down / drive up

WARM-UP 5 min easy movement + dynamic mobility + 2-3 ramp sets before the first lift. Ramp sets are not work sets.

#	EXERCISE (5 SETS x 5 REPS)	LOAD	1	2	3	4	5
1	Trap-bar deadlift	_____	___	___	___	___	___
2	Hack squat or leg press	_____	___	___	___	___	___
3	Barbell hip thrust	_____	___	___	___	___	___
4	Barbell reverse lunge	_____	___	___	___	___	___
5	EZ-bar lying triceps extension	_____	___	___	___	___	___

EXECUTION ORDERS

- Own the position. Reset the brace every rep; no touch-and-go fatigue reps.
- Deepest pain-free range you can control without the pelvis rolling.
- Pause one second at full extension without over-arching the low back.
- Five reps per leg. Keep the step and stance repeatable.
- Clean reps only - the high-day target is not forced reps.

FUEL 400 g day: 75-100 g carbohydrate before and 90-120 g after, then divide the balance across meals.**SESSION LOG** Sleep ___/10 Energy ___/10 Pain Y / N Duration _____**Notes:** _____



MONDAY: KB CHEST / SHOULDERS / TRICEPS

MOD / 200 g CARBS

Strict pressing and floor stability on full fuel.

EFFORT

RIR 2-3

REST

2-3 min

TEMPO

2 sec down / drive up

WARM-UP 5 min easy movement + dynamic mobility + 2-3 ramp sets before the first lift. Ramp sets are not work sets.

#	EXERCISE (5 SETS x 5 REPS)	LOAD	1	2	3	4	5
1	Double KB floor press	_____	___	___	___	___	___
2	Half-kneeling 1-arm strict press	_____	___	___	___	___	___
3	KB crush press	_____	___	___	___	___	___
4	2-hand KB triceps extension	_____	___	___	___	___	___

EXECUTION ORDERS

- Pause the upper arms softly on the floor; forearms vertical.
- Five per side. Squeeze the down-side glute; ribs stacked.
- Squeeze the bell throughout; stop if the handle is not secure.
- One bell, two hands. Slow lowering, full pain-free stretch.

FUEL 200 g day: 40-60 g carbohydrate before and 50-70 g after training; spread the rest across meals.**SESSION LOG** Sleep ___/10 Energy ___/10 Pain Y / N Duration _____**Notes:** _____



TUESDAY: KB LEGS / BICEPS

MOD / 200 g CARBS

Heavy doubles for squat and hinge tension.

EFFORT

RIR 2-3

REST

2-3 min

TEMPO

2 sec down / drive up

WARM-UP 5 min easy movement + dynamic mobility + 2-3 ramp sets before the first lift. Ramp sets are not work sets.

#	EXERCISE (5 SETS x 5 REPS)	LOAD	1	2	3	4	5
1	Double KB front squat	_____	___	___	___	___	___
2	Double KB Romanian deadlift	_____	___	___	___	___	___
3	Front-rack reverse lunge	_____	___	___	___	___	___
4	Single-leg KB Romanian deadlift	_____	___	___	___	___	___
5	KB hammer curl	_____	___	___	___	___	___

EXECUTION ORDERS

- Bells tight to the rack; brace before each rep.
- Soft knees, long arms, bells close to the legs.
- Five per leg; one or two bells based on control.
- Five per leg. Square the hips; reach the free leg long.
- One bell at a time or matched pair. No torso swing.

FUEL 200 g day: 40-60 g carbohydrate before and 50-70 g after; spread the balance across the day.**SESSION LOG** Sleep ___/10 Energy ___/10 Pain Y / N Duration _____**Notes:** _____



THURSDAY: KB SHOULDERS / ARMS

MOD / 200 g CARBS

Precision work for shoulders, biceps and triceps.

EFFORT

RIR 2-3

REST

2-3 min

TEMPO

2 sec down / drive up

WARM-UP 5 min easy movement + dynamic mobility + 2-3 ramp sets before the first lift. Ramp sets are not work sets.

#	EXERCISE (5 SETS x 5 REPS)	LOAD	1	2	3	4	5
1	1-arm KB strict press	_____	___	___	___	___	___
2	Bottoms-up KB press	_____	___	___	___	___	___
3	KB curl	_____	___	___	___	___	___
4	KB floor triceps extension	_____	___	___	___	___	___

EXECUTION ORDERS

- Five per side. Finish with ribs down and biceps near the ear.
- Very light bell for control, or substitute a half-kneeling press.
- Neutral wrist; elbow near the torso.
- Lying on the floor; shoulders packed, lower slowly.

FUEL 200 g day: 40-60 g carbohydrate before and 50-70 g after training. Keep protein steady.**SESSION LOG** Sleep ___/10 Energy ___/10 Pain Y / N Duration _____**Notes:** _____



FRIDAY: KB CHEST / BACK

MOD / 200 g CARBS

Heavy horizontal pressing and rowing.

EFFORT
RIR 2-3REST
2-3 minTEMPO
2 sec down / drive up

WARM-UP 5 min easy movement + dynamic mobility + 2-3 ramp sets before the first lift. Ramp sets are not work sets.

#	EXERCISE (5 SETS x 5 REPS)	LOAD	1	2	3	4	5
1	Alternating KB floor press	_____	___	___	___	___	___
2	Double KB gorilla row	_____	___	___	___	___	___
3	Renegade row	_____	___	___	___	___	___
4	KB pullover	_____	___	___	___	___	___

EXECUTION ORDERS

- Five per side; keep the nonworking bell stable above the shoulder.
- Brace hard; pull one bell while the other stays grounded.
- Five per side. Widen the feet; prevent torso rotation.
- One bell, two hands. Ribs down; stop before the shoulders compensate.

FUEL 200 g day: a meaningful pre-training meal is useful - this session can exceed 45 minutes.

SESSION LOG Sleep ___/10 Energy ___/10 Pain Y / N Duration _____

Notes: _____



SATURDAY: KB LEGS / TRICEPS

HIGH / 400 g CARBS

Complex, squat and hinge work on the highest-fuel day.

EFFORT

RIR 1-2

REST

3-4 min main lifts

TEMPO

2 sec down / drive up

WARM-UP 5 min easy movement + dynamic mobility + 2-3 ramp sets before the first lift. Ramp sets are not work sets.

#	EXERCISE (5 SETS x 5 REPS)	LOAD	1	2	3	4	5
1	Double KB clean + front squat	_____	___	___	___	___	___
2	Double KB deadlift	_____	___	___	___	___	___
3	Heavy KB sumo deadlift	_____	___	___	___	___	___
4	Double front-rack reverse lunge	_____	___	___	___	___	___
5	Double KB close-grip floor press	_____	___	___	___	___	___

EXECUTION ORDERS

- One clean plus one squat per rep. Reset breathing between reps.
- Heaviest matched bells you can pull for five clean reps.
- Wedge the hips down only as far as needed to keep the spine stable.
- Five per leg. Drop to a single bell if the rack breaks down.
- Bells close to bias triceps. Stop with 1-2 reps in reserve.

FUEL 400 g day: 75-100 g carbohydrate before and 90-120 g after, then divide the balance across meals.**SESSION LOG** Sleep ___/10 Energy ___/10 Pain Y / N Duration _____**Notes:** _____



FUEL ORDERS

Keep protein, hydration and food quality steady while carbohydrate rises with training demand.
Weekly total: 1,400 g carbohydrate (2 x 100 low, 4 x 200 moderate, 1 x 400 high).

LOW / 100 g

Wednesday + Sunday (OFF days)

No training to fuel - spread 100 g across the day. Anchor carbs to the meals you enjoy most (oats in the morning or rice at dinner). Protein and fats stay steady; this keeps you insulin-sensitive and ready to absorb the training-day carbs.

MOD / 200 g

Monday, Tuesday, Thursday, Friday

About 40-60 g before and 50-70 g after training; spread the balance across the day. Clean sources: white rice, oats, potatoes, fruit.

HIGH / 400 g

Saturday - Legs / Triceps

About 75-100 g before and 90-120 g after; divide the remainder over 2-3 meals. Favor foods you digest well. This is the refeed that powers the hardest session and refills glycogen going into Sunday's rest.

MUSCLE-BUILDING NON-NEGOTIABLES

- Protein: 1.4-2.0 g/kg/day is a research-supported range for most exercising adults. Divide it into 20-40 g servings every 3-4 hours.
- Calories: muscle gain still requires enough total energy. If body weight and gym performance do not move for 2-3 weeks, the plan may need more food.
- Fats and plants: do not slash dietary fat to force the carb numbers. Include whole-food fats, vegetables, fruit and fiber daily.
- Hydration: arrive hydrated, drink during training and replace fluid lost through sweat. Heavy sweaters may also need sodium with meals or fluids.
- Reality check: 400 g carbohydrate is a large intake for some bodies and goals. Treat 100/200/400 g as your requested starting framework, then adjust with a qualified sports dietitian if recovery, digestion, body composition or blood glucose moves the wrong way.



RECOVERY PROTOCOL

GREEN LIGHTS

Performance is stable or improving, soreness fades within 24-48 hours, sleep is normal and joints feel calm. You finish most sets with the assigned RIR and can repeat the movement with the same control.

YELLOW LIGHTS - ADJUST TODAY

Two poor sessions in a row, unusual irritability, declining grip, heavy legs, disrupted sleep or soreness lasting more than 72 hours. Keep the exercise but reduce load 5-10%, or perform 3x5 instead of 5x5. Skip optional activity and prioritize food and sleep.

RED LIGHTS - STOP AND EVALUATE

Sharp or escalating pain, swelling, weakness, altered sensation, chest pain, faintness or breathlessness out of proportion to the work. Do not diagnose yourself from this manual. Seek appropriate medical or rehabilitation care.

WEDNESDAY MISSION

Mid-week reset. Rest from hard lifting - easy walking, relaxed mobility, extra sleep and meal prep for the back half of the week. Thursday's session should feel sharp because of today.

SUNDAY MISSION

Close the week. Rest from hard lifting. Easy walking, relaxed mobility and meal preparation are fine. Aim for a consistent sleep window. Your next training week begins with recovery, not punishment.

MOBILITY AFTER TRAINING OR LATER

Pick 2-4 areas that feel limited. Use easy, pain-free stretches for 20-30 seconds, 1-2 rounds; stretching is not a test of toughness. Useful options: hip-flexor stretch, calf stretch, supported hamstring stretch, doorway pec stretch, lat stretch and gentle thoracic rotation.



Evidence translated into your 5x5 split; no routine is uniquely best.

RESISTANCE-TRAINING PRESCRIPTION

Currier BS et al. British Journal of Sports Medicine (2023). Network meta-analysis: all resistance prescriptions improved strength and hypertrophy; heavier loads ranked highest for strength.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC10579494/>

TRAINING DOSE AND ADAPTATION

Swinton PA et al. Sports Medicine (2024). Meta-analysis examining dose-response relationships across strength and conditioning outcomes.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC11239729/>

PROTEIN AND EXERCISE

Jager R et al. Journal of the International Society of Sports Nutrition (2017). Position stand supporting 1.4-2.0 g/kg/day and 20-40 g servings for most exercising adults.

<https://doi.org/10.1186/s12970-017-0177-8>

CARBOHYDRATE AND RESISTANCE EXERCISE

King A et al. Sports Medicine (2022). Systematic review and meta-analysis: acute carbohydrate can improve resistance-training volume, especially in longer sessions.

<https://doi.org/10.1007/s40279-022-01716-w>

CARBOHYDRATE CONTEXT

Henselmans M et al. Nutrients (2022). Systematic review: in a fed state, carbohydrate by itself is unlikely to change performance in workouts with up to about 10 sets per muscle group.

<https://doi.org/10.3390/nu14040856>

TRAINING FREQUENCY

Schoenfeld BJ et al. Journal of Sports Sciences (2019). When weekly volume is matched, training a muscle 1-3+ times per week produces similar hypertrophy - supporting this 5-day arrangement of the same weekly work.

<https://doi.org/10.1080/02640414.2018.1555906>

PROGRAM NOTE

This manual is educational and does not replace individualized medical, nutrition or coaching advice. Exercise selection should be changed when anatomy, injury history, equipment or skill makes a listed movement unsuitable.

Version 1.0 (5-Day Edition) | Prepared August 2026