

10 Steps to get started with Stronglifts 5x5

- ✓ **Get a gym membership**: You will need a gym membership to do Stronglifts 5x5.
- ✓ **Learn about form**: You should know how to lift to get the most out of each repetition
- ✓ **Get a pair of weightlifting shoes**: Once you get serious you need a proper pair of shoes to do the heavy lifting.
- ✓ **Get a lifting belt**: A lifting belt will protect your spine from harm once the plates start stacking up
- ✓ **Get Knee Wraps**: Knee wraps will help you to keep warm during workouts and help you perform better .
- ✓ **Get wrist wraps**: They will provide stability and prevent injury especially on the bench press.
- ✓ **Plan your accessory work**: Depending on your weaknesses plan your accessory work accordingly.
- ✓ **Get the Stronglifts 5x5 App**: It's free and helps you to keep track of everything
- ✓ **Know what comes after 5x5**: Eventually you will stall, pick a program which you will do when the time comes
- ✓ **Find a gym pal**: It helps ;)

Pascal

Want to stay motivated?

You can check my progress on my YouTube channel, I started just like you.

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