

## **5-3-1 BOX SQUAT PROGRAM**

VERSION 1 - 2020

11 WEEKS

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Please visit our website and blog for workouts, articles, training tips, motivation and recipes:

[WWW.PRIDECONDITIONING.COM](http://WWW.PRIDECONDITIONING.COM)

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## **INTRODUCTION**

Let me start right off by saying that I do not and cannot take any credit for this program; this box squat program was adapted from a Westside deadlift program that we heard about where Louie had the lifter go from 3 inch block pulls to pulls from the floor to deficit pulls. All we did was adapt that program to box squats. That is why I am giving this program away for free, following in the footsteps of Louie and Dave Tate, some basic information should be free, knowledge should flow from one coach to another and from coach to student. While knowledge is power, you can have all the knowledge in the world, you can have the best program in the world, none of it means jack shit without execution! Plans are great, but a plan without action is just a daydream! So stop dreaming of a bigger squat number and get to work!

This program is so simple I can summarize it right here in the introduction! All this program entails is doing a 5 rep max, then a 3 rep max, then a 1 rep max on high box, then on a parallel box, then a low box, and then hitting a new free squat one rep max. The only addition we also made to the program, a very key element, is the drop sets, you have to do the drop sets. Drop sets after a max effort lift are awful, but in that pain and agony and suffering is where the magic happens! While this program may be simple, it works! This program put 45 pounds, 16% on to my one rep max! So whether you're a powerlifter, or just a gym rat, an Olympic lifter or a kettlebeller, this program will work for you!

If you are on a true conjugate program and you have a speed day, this program is your other squat day, your max effort day. If you are only squatting once a week then this program works great! And if you are doing any other program such as an Olympic lifting program or a kettlebell sport program, this squat program should still be able to fit in and should work great for you! If I were to write a version two to this program it would include a second squat day for speed or band/chain squats, but version one works great for an introduction to box squats. We have had dozens of success stories from this program, usually we will put people through it twice, the second time we put them on the safety squat bar and add chains to it. If you have success with this program and want to try it a second time I would suggest a safety squat bar and chains.

Lastly, if you want to check out the video series we made from this program, here is the link to part 1, and I will throw out the links to the other parts throughout the program. If you found this program from our Youtube videos, thanks for watching!

<https://www.youtube.com/watch?v=WHHvFeDvfZ4>

And so, on to the program...

## DETAILS

High box: A box that is 2-4" above parallel. If you are closer to 5 feet tall this will be closer to 2" above parallel. If you are closer to 6 feet tall, this will be around 3" above parallel, and if you are over 6 feet tall this will be around 4" above parallel. Now, if you want to hit massive weights on the high box section, go higher, but remember that I warned you, if you go really high on the high box it will make the parallel box miserable and really difficult!

Parallel box: Seriously I need to explain this?! Your thighs should be parallel with the floor and your hip crease should be below your knees.

Low box: Again same as the guidelines for high box, but in the opposite direction. No obviously if you are mobility challenged and have super tight hips and you struggle to hit depth, this will be very difficult for you and you should shy away from going to 3" or 4" below parallel. No matter where your height is and what size low box you use, just be aware it is going to be awful, again, I warned you!

Regardless of what size box you pick for high and low, as long as there is a distinct difference between the three boxes you're good!

A note on the top percentages on all these sets; you are going to see some really high percentages on the top sets especially on the high box portion, these are suggested numbers, meaning you may be a little lower or possibly even a little higher. There are many factors that go into a lifter's physical and mental preparedness and how they lift on any given day, sleep, soreness, calorie intake, etc. these can all play a big role in performance. The top percentages are suggestions, again you may be a few pounds under or even a few pounds over these numbers.

**WEEK 1 - HIGH BOX - 5 REP MAX**

10 BARE BAR

5 @ 40%

5 @ 50%

5 @ 65%

5 @ 80%

5 @ 100%

5 @ 115%

5 @ 120%

5 @ 125%

5 @ 130%

DROP SET - TAKE OFF 15% - 2 SETS OF 3 REPS

**WEEK 2 - HIGH BOX - 3 REP MAX**

10 BARE BAR

5 @ 35%

5 @ 50%

3 @ 65%

3 @ 80%

3 @ 100%

3 @ 115%

3 @ 130%

3 @ 140%

3 @ 150%

DROP SET - TAKE OFF 15% - 2 SETS OF 3 REPS

**WEEK 3 - HIGH BOX - 1 REP MAX**

10 BARE BAR

5 @ 35%

5 @ 50%

3 @ 65%

3 @ 80%

2 @ 100%

1 @ 115%

1 @ 130%

1 @ 145%

1 @ 150%

1 @ 160%

DROP SET - TAKE OFF 15% - 2 SETS OF 3 REPS

**WEEK 4 - PARALLEL BOX - 5 REP MAX**

10 BARE BAR

5 @ 35%

5 @ 50%

5 @ 65%

5 @ 80%

5 @ 90%

DROP SET - TAKE OFF 15% - 2 SETS OF 3 REPS

**WEEK 5 - PARALLEL BOX - 3 REP MAX**

10 BARE BAR

5 @ 35%

5 @ 50%

3 @ 65%

3 @ 80%

3 @ 90%

3 @ 95%

3 @ 100%

DROP SET - TAKE OFF 15% - 2 SETS OF 3 REPS



**WEEK 6 - PARALLEL BOX - 1 REP MAX**

10 BARE BAR

5 @ 35%

5 @ 50%

3 @ 65%

2 @ 80%

1 @ 100%

1 @ 110%

1 @ 115%

DROP SET - TAKE OFF 15% - 2 SETS OF 3 REPS

**WEEK 7 - LOW BOX - 5 REP MAX**

10 BARE BAR

5 @ 35%

5 @ 50%

5 @ 65%

5 @ 75%

5 @ 85%

DROP SET - TAKE OFF 20% - 2 SETS OF 3 REPS

**WEEK 8 - LOW BOX - 3 REP MAX**

10 BARE BAR

5 @ 35%

5 @ 50%

3 @ 65%

3 @ 80%

3 @ 90%

DROP SET - TAKE OFF 20% - 2 SETS OF 3 REPS

**WEEK 9 - LOW BOX - 1 REP MAX**

10 BARE BAR

5 @ 35%

5 @ 50%

3 @ 65%

3 @ 80%

2 @ 100%

1 @ 105%

DROP SET - TAKE OFF 20% - 2 SETS OF 3 REPS

## **WEEK 10 - DELOAD**

Do not be surprised if these squats feel like shit! I remember actually saying to Lindsay “there is no f\*\*\*ing way I am going to hit 315, 225 felt awful!” She simply said trust the program, she said this is deload week and it’s going to feel awful, next week you will hit your number. I trusted her and I trusted the program, and of course she was right!

10 BARE BAR

5 @ 40%

5 @ 50%

3 @ 60%

2 @ 70%

3 sets of 2 reps @ 80%

**WEEK 11 - TIME FOR A NEW PR!**

10 BARE BAR

5 @ 40%

5 @ 50%

3 @ 60%

3 @ 70%

2 @ 80%

1 @ 85%

1 @ 90%

1 @ 95%

1 @ 100%

1 @ 105%

AND IF YOU ARE FEELING INCREDIBLE WHICH YOU SHOULD...ONE MORE!!!

1 @ 110%

THIS PROGRAM WORKED SO WELL FOR ME I WAS ABLE TO GO FOR A THIRD PR ATTEMPT!!! MY LAST SQUAT WAS A COUPLE POUNDS OVER 115%!!! SO IF YOU'RE FEELING IT, GO FOR IT! JUST MAKE SURE YOU'VE GOT A SPOTTER!