

# Madcow 5x5 App?

6 upvotes | 14 November, 2017 | by mountainbiker178

---

Just started Madcow 5x5 after a year on Stronglifts 5x5, which has an absolutely amazing app. What app do those of you doing Madcow use?

---

Archived from [theredarchive.com](http://theredarchive.com)

---

## Comments

---

king\_of\_red\_alphas • 3 points • 14 November, 2017 06:33 PM

Yeah. It's a lame excuse but I've been reluctant to move on from SL since I'm so reliant on the app now. I've found nothing for any other program that I like better.

TheStumblingWolf • 2 points • 14 November, 2017 01:55 PM

Have you tried googling for it? All I did was look for "madcow app" and 2 apps showed up.

mountainbiker178[S] • 2 points • 14 November, 2017 02:28 PM

I tried both of those apps. They kind of... suck.

Crurple • 2 points • 14 November, 2017 05:00 PM

That's the point... don't use apps you have a plethora of useful information on google

Bkblul • 1 point • 14 November, 2017 08:40 PM

Search for it on jefit