

WENDLER 5/3/1

SOURCE: T-NATION - Bryan Krahn (www.t-nation.com) — elitefts (<http://www.elitefts.net/>)

WENDLER 5/3/1 IN BRIEF —

- a strength training methodology developed by Jim Wendler

WHO IS JIM WENDLER —

- senior editor and sales manager with Elite Fitness Systems
- former college football player (University of Arizona)
- strength and conditioning coach (University of Kentucky)
- trained with Westside Barbell

WHY DEVELOP 5/3/1 —

- In Jim's own words, quoted by T-NATION:

"I want be able to do a bunch of different activities and still kick ass in the weight room. I want to be as mobile, flexible, strong, and in as good a condition as I possibly can. That's how I came up with 5/3/1."

WHAT IS WENDLER 5/3/1:

■ strength training system geared to develop strength gains with staple lifts → bench press, squat, deadlift, press

THREE TIPS —

- 1 start light
- 2 progress slowly
- 3 break personal records ('rep records' not 'one rep max')

- percentage of your one-rep max = 90% of 1RM
- next cycle, increase load
- on a 5+, 3+, 1+ set, do as many reps you can manage with that weight
 - goal of obtaining a rep record

TRAINING FREQUENCY / STRUCTURE —

- train three or four days per week
- each workout focused on one core lift
- each training cycle lasts four weeks, with the following set rep goals

week 1: 3 x 5

week 2: 3 x 3

week 3: 3 x 5, 3, 1

week 4: deloading

week 1

week 2

week 3

week 4

set 1

65% x 5

70% x 3

75% x 5

40% x 5

set 2

75% x 5

80% x 3

85% x 3

50% x 5

set 3

85% x 5+

90% x 3+

95% x 1+

60% x 5

Wendler 531 Manual

N Noddings



Wendler 531 Manual:

The book delves into Wendler 531 Manual. Wendler 531 Manual is a vital topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Wendler 531 Manual, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Wendler 531 Manual
- Chapter 2: Essential Elements of Wendler 531 Manual
- Chapter 3: Wendler 531 Manual in Everyday Life
- Chapter 4: Wendler 531 Manual in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Wendler 531 Manual. This chapter will explore what Wendler 531 Manual is, why Wendler 531 Manual is vital, and how to effectively learn about Wendler 531 Manual.
3. In chapter 2, the author will delve into the foundational concepts of Wendler 531 Manual. The second chapter will elucidate the essential principles that need to be understood to grasp Wendler 531 Manual in its entirety.
4. In chapter 3, the author will examine the practical applications of Wendler 531 Manual in daily life. The third chapter will showcase real-world examples of how Wendler 531 Manual can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Wendler 531 Manual in specific contexts. This chapter will explore how Wendler 531 Manual is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Wendler 531 Manual. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Wendler 531 Manual.

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