

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

- add 5 lbs 1RM to upper body lifts and 10 lbs 1RM to lower body lifts after each 4 week cycle in your calculations
- a goal accomplished every workout

	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

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web are you ready for the lab practical i have completed the virtual pig dissection i have checked the the boxes on the lab guide and have found each of the organs structures listed i can spell all of the words on the lab guide i know the functions of each i have looked at each of the galleries and can identify structures on the pictures

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web verified answer literature both okri s story and szymborska s poem the end and the beginning see the connection on page 880 concern war but they are told from different points of view

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web body systems and organ fetal pig dissection this product comes with two versions of the fetal pig dissection lab 1 paper model version and 1 normal version which would require you to purchase fetal pigs it also comes with an answer key and

links to annotated videos of the dissection

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web study with quizlet and memorize flashcards containing terms like fetal by measuring the length of the pig 17 weeks and more fresh features from the 1 ai enhanced learning platform explore the lineup

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web chordata what is the pig s class mammalia what is the pig s order artiodactyla what is the pig s family suidae what is the pig s genus sus what is the pig s species domestica what type of external features are used to separate mammals into orders method of movement teeth

fetal pig dissection lab sam houston state university - Apr 30 2022

web fetal pig lab one respiratory 1 mouth pharynx thorax external anatomy examine the fetal pig and locate the external features shown above two rows of nipples of mammary glands are present on the ventral abdominal surface of both males and females mammary glands later develop only in maturing females

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web fetal pig issection 4 6 thoracic cavity to study the pig in more detail go to this virtual pig dissection it covers all the body systems and includes quizzes to test your knowledge label the anatomy of a fetal pig print out these pdfs and fill in the labels to test your knowledge of fetal pig anatomy internal anatomy label the middle

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web are you on a tight budget for fetal pig dissection the fetal pig dissection stations only requires the purchase of 6 pigs this is the answer key to the student stations packet

fetal pig dissection virtual lab flashcards quizlet - Feb 09 2023

web test match q chat created by daphne sun9 terms in this set 53 pigs walk on 4 legs but humans walk on 2 legs why are anatomical reference terms confusing in terms of pigs vs humans anterior is the pig s head region consider anterior or posterior posterior is the pig s tail region anterior or posterior towards the back define dorsal

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web rectum dorsal side of abdominal cavity of the pig stores solid waste before it s excreted last portion of large intestine opens to the outside of the pig through a sphincter muscle called the anus kidneys laterally on the dorsal side of abdominal cavity near side

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web fetal pig dissection pre lab wksht 2 name fetal pig dissection pre lab assignment part 2 match studocu match the terms with the appropriate definitions g necropsy a tubular structure that connects the bladder to the outside of the body q ovary b

[fetal pig dissection manual answer booklet city university of](#) - Dec 07 2022

web a students should have respect for the fetal pig they are working on b students should be able to identify the names of the external morphology of the pig c students should be able to identify the names structures and function of both the oral cavity pharynx and the digestive system organs based on the lab and lecture material

fetal pig dissection pre lab flashcards quizlet - Jun 13 2023

web how do you determine the sex of your fetal pig you will determine the sex of your pig by looking for the urogenital opening on females this opening is located near the anus along with urogenital papilla on males the opening is located just below the umbilical cord

teacher s guide for fetal pig dissection the biology corner - Mar 30 2022

web 1 do you have space with a sink pigs are a lot more involved than frogs and the preservatives will need to be drained and pigs rinsed this is not a good dissection for classrooms that do not have sinks 2 have your students completed the frog dissection

results for fetal pig anatomy tpt - Feb 26 2022

web body systems and organ fetal pig dissection this product comes with two versions of the fetal pig dissection lab 1 paper model version and 1 normal version which would require you to purchase fetal pigs it also comes with an answer key and links to annotated videos of the dissection

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web name fetal pig dissection pre lab assignment part match the terms with the appropriate definitions down 1 another term for the topside of the animal

lab 8 11 fetal pig dissection biology libretexts - May 12 2023

web jul 11 2023 1 before you start dissecting examine the outside of the pig and determine its sex look for these features males the urogenital opening is located near the umbilicus the penis is hidden inside the scrotal sac may be visible as a swelling just ventral to the anus depending on the age of the fetus

fetal pig dissection and lab guide the biology corner - Aug 03 2022

web fetal pig dissection and lab guide external anatomy of the fetal pig 1 determine the sex of your pig by looking for the urogenital opening on females this opening is located near the anus on males the opening is located near the umbilical cord