WENDLER 5/3/I

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

WENDLER 5/3/I 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:

geared to develop strength gains with staple lifts bench press, squat, deadlift, press

THREE TIPS -

- start light
- nrogress slowly
- 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 represent

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

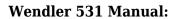
week 4: deloading

- 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
1	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

RJ Shavelson



Reviewing Wendler 531 Manual: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Wendler 531 Manual**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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