

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

Wendler 531 Manual

SB Merriam



Wendler 531 Manual:

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sections special attention has been paid to highlighting and explaining the differences between the German legal system and that of the United States Nevertheless the intention is to provide information that will prove valuable to all foreigners particularly business men and women and lawyers advising clients with an interest in doing business in Germany **The**

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