

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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Table of Contents Wendler 531 Manual

1. Understanding the eBook Wendler 531 Manual
 - The Rise of Digital Reading Wendler 531 Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Wendler 531 Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Wendler 531 Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Wendler 531 Manual
 - Personalized Recommendations
 - Wendler 531 Manual User Reviews and Ratings

- Wendler 531 Manual and Bestseller Lists
- 5. Accessing Wendler 531 Manual Free and Paid eBooks
 - Wendler 531 Manual Public Domain eBooks
 - Wendler 531 Manual eBook Subscription Services
 - Wendler 531 Manual Budget-Friendly Options
- 6. Navigating Wendler 531 Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Wendler 531 Manual Compatibility with Devices
 - Wendler 531 Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Wendler 531 Manual
 - Highlighting and Note-Taking Wendler 531 Manual
 - Interactive Elements Wendler 531 Manual
- 8. Staying Engaged with Wendler 531 Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Wendler 531 Manual
- 9. Balancing eBooks and Physical Books Wendler 531 Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Wendler 531 Manual
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Wendler 531 Manual
 - Setting Reading Goals Wendler 531 Manual
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Wendler 531 Manual
 - Fact-Checking eBook Content of Wendler 531 Manual
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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