

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

Katrin Zwirgmaier



Wendler 531 Manual:

Parsons' Practice Manual of the State of New York, 1921 Parsons' Practice Manual of the State of New York, Containing the Civil Practice Act and Surrogate's Court Act, with Sections Annotated with Notes Showing Derivation Thereof, with Reference Notes, and Cases Construing and Applying Such Sections, Containing Also Tables Showing Distribution of Sections of the Code of Civil Procedure New York (State), 1921 **The Royal Marsden Manual of Clinical Nursing Procedures** Lisa Dougherty, Sara Lister, 2015-03-05 Nationally recognised as the definitive guide to clinical nursing skills The Royal Marsden Manual of Clinical Nursing Procedures has provided essential nursing knowledge and up to date information on nursing skills and procedures for over 30 years Now in its 9th edition this full colour manual provides the underlying theory and evidence for procedures enabling nurses to gain the confidence they need to become fully informed skilled practitioners Written with the qualified nurse in mind this manual provides up to date detailed evidence based guidelines for over 200 procedures related to every aspect of a person's care including key information on equipment the procedure and post procedure guidance along with full colour illustrations and photos Following extensive market research this ninth edition contains the procedures and changes in practice that reflect modern acute nursing care includes thoroughly reviewed and updated evidence underpinning all procedures is organised and structured to represent the needs of a patient along their care pathway integrates risk management into relevant chapters to ensure it is central to care contains revised procedures following hands on testing by staff and students at Kingston University is also available as an online edition **Moody's Manual of Investments** John Sherman Porter, 1943 American government securities 1928 53 in 5 annual vols v 1 Railroad securities 1952 53 Transportation v 2 Industrial securities v 3 Public utility securities v 4 Government securities 1928 54 v 5 Banks insurance companies investment trusts real estate finance and credit companies 1928 54 **Moody's Manual of Investments: American and Foreign**, 1943 **Moody's Bank and Finance Manual**, 1996 *Catalog of Copyright Entries. Third Series* Library of Congress. Copyright Office, 1972 **Catalog of Copyright Entries. New Series** Library of Congress. Copyright Office, 1930 **Key Aspects of German Business Law** Michael Wendler, Bernd Tremml, Bernard John Buecker, 2006-03-20 This book presents a clear and precise overview of the key aspects of German business law It was written by attorneys involved in the daily practice of business law in Germany and is aimed at people who wish to orient themselves quickly with the German legal system and the manner in which it impacts business purchases establishment operations and liquidations The first section of the book is devoted to an explanation of the major issues to be considered in acquiring or establishing a business in Germany The second section focuses on areas of commercial law that are important for an operating business The following sections deal with labor law as an independent part of German business law and with computer law Furthermore procedural law and European law are addressed Finally the last two sections of the book are devoted to an overview over the German tax law which has an enormous impact on

business decisions and IP law In all 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 American Catalogue* ,1885 American national trade bibliography *Coast Review* ,1905

Earth Resources ,1976 **Climate Change 2001: The Scientific Basis** J. T. Houghton,Y. Ding,D. J. Griggs,M. Noguer,P. J. van der Linden,X. Dai,K. Maskell,C. A. Johnson,2001-07-12 Climate Change 2001 The Scientific Basis is the most comprehensive and up to date scientific assessment of past present and future climate change The report Analyses an enormous body of observations of all parts of the climate system Catalogues increasing concentrations of atmospheric greenhouse gases Assesses our understanding of the processes and feedbacks which govern the climate system Projects scenarios of future climate change using a wide range of models of future emissions of greenhouse gases and aerosols Makes a detailed study of whether a human influence on climate can be identified Suggests gaps in information and understanding that remain in our knowledge of climate change and how these might be addressed This latest IPCC assessment will again form the standard scientific reference for all concerned with climate change and its consequences including students and researchers in all aspects of environmental and atmospheric science and policymakers in governments and industry worldwide **The Industrial Arts Index** ,1927 *Washington State Publications* ,1972 **Textbook of Critical Care: First South Asia Edition - E-Book** Jean-Louis Vincent,Edward Abraham,Frederick A. Moore,Patrick Kochanek,Mitchell P. Fink,2017-03-27 Comprehensive concise and readable Textbook of Critical Care First South Asia Edition brings you fully up to date with the effective management of critically ill patients providing the evidence based guidance you need to overcome a full range of practice challenges Drs Jean Louis Vincent Edward Abraham Frederick A Moore Patrick Kochanek and Mitchell P Fink are joined by other international experts who offer a multidisciplinary approach to critical care sharing expertise in anesthesia surgery pulmonary medicine and pediatrics This highly acclaimed text offers ICU clinicians a new understanding of the pathophysiology of critical illness and new therapeutic approaches to critical care Features a wealth of tables boxes algorithms diagnostic images and key points that clarify important concepts and streamline complex information for quick reference *Patología de la voz* Ignacio Cobeta,Faustino Núñez,Secundino Fernández,2013-10-07 Este libro ofrece una visión global de la mayor parte de las alteraciones vocales y es una puesta al día de la Ponencia de la Sociedad Española de Otorrinolaringología a Rafael García Tapia Ignacio Cobeta De gran utilidad para médicos otorrinolaringólogos y fonoaudiólogos logopedas y profesores de voces artísticas trata los siguientes apartados Ciencias básicas y voz Exploración de la voz Patología de la voz Tratamiento de la patología de la voz y Voz profesional La patología de la voz se aborda mediante equipos multidisciplinarios en los cuales colaboran otorrinolaringólogos fonoaudiólogos logopedas y profesores de voces artísticas esta obra aborda temas novedosos como la imagen laríngea de alta velocidad la videoquimografía la electromiografía laríngea los

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