

Beyond 5/3/1 Powerlifting Program					
Week	Type	Work Set 1	Work Set 2	Work Set 3	Work Set 4
1	3/3/3+	70% x 3	80% x 3	90% x 3+	100% * 1
2	5/5/5	65% x 5	75% x 5	85% x 5	None
3	5/3/1+	75% x 5	85% x 3	95% x 1+	100% * 1
4	Deload	40% x 5	50% x 5	60% x 5	None
5	3/3/3+	70% x 3	80% x 3	90% x 3+	100% * 1+
6	5/5/5	65% x 5	75% x 5	85% x 5	None
7	5/3/1+	75% x 5	85% x 3	95% x 1+	100% * 1+
8	Deload	40% x 5	50% x 5	60% x 5	None
9	3/3/3+	70% x 3	80% x 3	90% x 3+	110% * 1+
10	5/5/5	65% x 5	75% x 5	85% x 5	None
11	5/3/1+	75% x 5	85% x 3	95% x 1+	None
12	Peak Performance				

NB. Percentages are based on the Training Max which is 90% of actual 1RM

Only work sets shown (Always warmup)

Wendler 5 3 1

Jim Wendler



Wendler 5 3 1:

Summary of Jim Wendler's 5/3/1 Everest Media,2022-08-29T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 I was burned out from competitive powerlifting I was tired of bench shirts box squats bands and being fat I wanted to change but I didn t know how or what I wanted to change into I wanted to be able to walk down the street without losing my breath 2 I wanted to be strong again but I didn t want to have to spend all my time thinking about it I wanted a simple plan that would get me there I figured once I finished each month of training I d be ready to move on to the next **5/3/1** Jim Wendler,2011-08-01 The success of the 5 3 1 Method has been nothing short of extraordinary For the past year the response towards this simple but brutally effective training system has been overwhelming This is because it works And works for just about anyone willing to put in the discipline and work that getting stronger requires Elite level lifters to absolute beginners have all used the 5 3 1 Method the basic tenets of strength training have and will never change Big exercises constant progress and personal records will never go out of style High school and college coaches are now using the 5 3 1 with their athletes with amazing success it is easy to track implement and will inspire any team to push for themselves to the limit Powerlifters use this program for both raw meets and geared meets

5/3/1 for Powerlifting Jim Wendler,2011 The author expands on his personal weight lifting and strength training strategy built around set combinations of 1 3 and 5 reps each **Catalogue of the University of Michigan** University of Michigan,1919 **Catalogue of the University of Michigan** University of Michigan,1919 Announcements for the following year included in some vols **The Poultry Item** ,1913 **5/3/1 Forever** Jim Wendler,2017 The author expands on his personal weight lifting and strength training strategy built around set combinations of 1 3 and 5 reps each

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