

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

Tobias Bleicker



Wendler 531 Manual:

Parsons' Practice Manual of the State of New York, 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 **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 *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 Bank and Finance Manual*, 1996 *Moody's Manual of Investments: American and Foreign*, 1943

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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 **Climate Change 2001: Impacts, Adaptation, and Vulnerability** Intergovernmental Panel on Climate Change. Working Group II.,2001-07-02 Some issues addressed in this Working Group III volume are mitigation of greenhouse gas emissions managing biological carbon reservoirs geo engineering costing methods and decision making frameworks **Washington State Publications** ,1972

Organic Voice Disorders Betsy Partin Vinson,Michael A. Crary,1996 Text on the current trends in prevention assessment diagnosis and treatment of voice disorders for students and clinicians in speech language pathology or otolaryngology Current Literature ,1934 *Occupational Therapy for Children* Jane Case-Smith,2001 OCCUPATIONAL THERAPY FOR CHILDREN Mosby s top selling Occupational Therapy book and a market leader has been fully updated for the 4th Edition with many new features It maintains its focus on children at many ages and stages in development comprehensively addressing both treatment techniques and diagnoses in all settings The 4th Edition builds on the existing strengths of the text with improvements in the individual organization of each chapter a greater overall consistency updated photos and illustrations the addition of a second color to clarify and improve the visual interest of the book more case studies and expanded and revised information on many topics OCCUPATIONAL THERAPY FOR CHILDREN continues in its reputation as a dependable and outstanding source for occupational therapy undergraduate students graduate level students and practitioners **The American Catalogue ...** ,1941 **Patología de la voz** Ignacio Cobeta,Faustino Núñez,Secundino Fernández,2013-10-07 Este libro ofrece una visi n global de la mayor parte de las alteraciones vocales y es una puesta al d a de la Ponencia de la Sociedad Espa ola de Otorrinolaringolog a Rafael Garc a Tapia Ignacio Cobeta De gran utilidad para m dicos otorrinolaring logos y foniatras logopedas y profesores de voces art sticas trata los siguientes apartados Ciencias b sicas y voz Exploraci n de la voz Patolog a de la voz Tratamiento de la patolog a de la voz y Voz profesional La patolog a de la voz se aborda mediante equipos multidisciplinarios en los cuales colaboran otorrinolaring logos foniatras logopedas y profesores de voces art sticas sta obra aborda temas novedosos como la imagen lar ngea de alta velocidad la videoquimograf a la electromiograf a lar ngea los recursos vocales en internet el reflujo faringolar ngeo la voz en el ni o la presbifon a entre otros La lectura de este libro ayudar a crear nuevas inquietudes a aquellos que se acerquen por vez primera a un campo tan apasionante como es la voz y no defraudar a quienes precisen una actualizaci n o una ampliaci n de conocimientos sobre su patolog a

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