

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

Rachel S Tattersall



Wendler 531 Manual:

Enjoying the Track of Term: An Psychological Symphony within **Wendler 531 Manual**

In a global taken by screens and the ceaseless chatter of immediate communication, the melodic elegance and emotional symphony created by the written word usually disappear in to the backdrop, eclipsed by the relentless noise and disruptions that permeate our lives. However, nestled within the pages of **Wendler 531 Manual** a charming literary prize full of natural feelings, lies an immersive symphony waiting to be embraced. Constructed by an outstanding composer of language, that fascinating masterpiece conducts readers on an emotional journey, well unraveling the concealed tunes and profound affect resonating within each carefully constructed phrase. Within the depths of the emotional review, we can discover the book is central harmonies, analyze its enthralling publishing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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