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Wendler 5/3/1 Book Review (2nd Edition)

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Jim Wendler 531 PDF and Spreadsheets. Much of Wendler's work can be found in PDF or sheet format on numerous online locations. His advanced work, which builds onto the Basic 5/3/1 program, including the Boring But Big and Building the Monolith programs can all be found and downloaded online.

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Jim Wendler is the creator and author of 5/3/1: The Simplest and Most Effective Training Method for Raw Strength and Beyond 5/3/1: Simple Training for Extraordinary Results. He is a three-time letter winner at the University of Arizona (football) and has squatted 1000 pounds in competition. Follow Jim Wendler on Facebook

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Jim Wendler's 531 program is designated for advanced athletes. It aims for slow but steady progression. This is especially interesting for people with gigantic strength and for older people, whose ability to regenerate is no longer the best. Originally, this program has been designed for maximum strength development.

Wendler 531 Training System - Complete Guide 2019 ...

Gentlemen I've read '5/3/1 2nd edition' and 'beyond 5/3/1' a couple of times over the last week and I think I have a plan in mind. 2nd edition has some 'assistance work' templates I would like to try - dave tates periodisation and SST. Beyond has some 5/3/1 variations that look cool - pyramids and FSL. So my question is this - does Jim recommend mixing across the books? Is it ...

How to Set Up Program Using 5/3/1 2nd Edition and Beyond 5 ...

The second week you will do 3 sets of 3 reps (3x3). The third week you will do 1 set of 5 reps, 1 set of 3 reps and 1 set of 1 rep (5/3/1). The fourth week you will do 3 sets of 5 reps (3x5). This is an easy deload week. After the fourth week, you begin again with 3 sets of 5 reps. Each week and each set has a percentage to follow, so you won't be guessing what to do anymore. As you can see ...

5/3/1 for Powerlifting: Simple and Effective Training By ...

My comeback plan was to do 2nd edition 531 and 50%BBB and some aerobic base stuff- moving (swim, jog, cycle,) at 140-150bpm for half an hour a couple of times a week. Then I opened Pandora's box brought Beyond to see how Wendler had developed his master piece. Whilst it all makes... 'Original' 531 vs Beyond

'Original' 531 vs Beyond - Jim Wendler 5/3/1 Coaching ...

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