# WENDLER 5/3/I

**SOURCE:** T-NATION - Bryan Krahn ( <u>www.t-nation.com</u> ) — elitefts ( <u>http://www.elitefts.net/</u> )

#### WENDLER 5/3/I 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:

geared to develop strength gains with staple lifts bench press, squat, deadlift, press

# THREE TIPS -

- start light
- nrogress slowly
- 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 represent

# 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

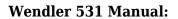
week 4: deloading

- 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
1	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

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**Jane Case-Smith** 



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