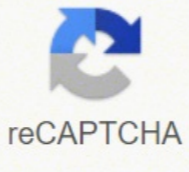




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This also affects the percentages used in the Supplemental Work. You're Reading a Free Preview Pages 63 to 119 are not shown in this preview. Please note that this page is not (and to prevent legal problems cannot be) comprehensive or all-inclusive, and is assembled from information that Jim Wendler has released for free in forums, articles, and blog posts. Buying a Car. You're Reading a Free Preview Page 256 is not shown in this preview. Education was always a very important part of my upbringing, which explains why I'd do well enough in school to continue my studies at Carnegie Mellon. The more you understand, the more we can talk about it and the more we can help each other out. This is because it works. You're Reading a Free Preview Page 247 is not shown in this preview. People in a profession have a vested interest in keeping others out because it helps them earn more. Let's fix that. Conspiracies against the laity. But some professionals have a vested interest in keeping it complex so they can sell you products and services. You are part of the laity. Instead of paying 1%+ for an actively managed mutual fund, you can now pay less than a tenth of that to get an index fund that matches the market. This is not a fancy training program that requires special equipment or Master's degree - all is required is your dedication to moving more weight than you had ever dreamed. The 5/3/1 2nd Edition features new chapters on programming assistance training for all the big assistance lifts. For over 10 years, I wrote about money on a blog that chronicled my own journey, including: I started my first job, left it for a better job, and left that to work on Bargaining full time, sold it for seven figures in 2010...I bought my first house, made plenty of mistakes, and documented the whole thing...I bought two cars, after the first one was totalled by a driver who ran a red light...I got married and started a family... My family is my bedrock. Main Work As mentioned above, this is the 3 weeks of rotating sets, reps, and percentages used as the first sets of a main lift that most people are most familiar with. Hi - I'm Jim. 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. The 5/3/1 Method is truly for anyone that is looking to get stronger. Never add extra weight to your TM based on this set. I seek elegant financial solutions. Training Max Testing and Deloading Jim Wendler's most current guidelines for running 5/3/1 programs are to periodically perform a Training Max Test Week to ensure your TM is not too high, and lower your TM if appropriate. For this reason, Assistance Work is left entirely up to the trainee to determine which exercise for each category and the weight, sets, and reps. A recommendation we feel safe making is to perform a TM Test Week every 10 weeks - or after three 3 week cycles. You're Reading a Free Preview Pages 48 to 53 are not shown in this preview. Complexity is ugly (and slow). And when it comes to your money, action and results matter. You're Reading a Free Preview Pages 260 to 279 are not shown in this preview. Ever notice that there are gatekeepers at every step? Main Lifts The majority of 5/3/1 variants are built around the four Main Lifts. I didn't get a certification and I'm not an adviser or coach. However, some variants (or by trainee preference) swap in the sister lift instead - Bench Press is paired with Press, Squats are paired with Deadlifts. My lovely wife has a far more impressive academic and professional resume and we are blessed with four lovely kids. Wendler is very adamant that this should never be to absolute failure, and to use drops in bar speed and rep quality to determine when you stop. I learned about building wealth through trial and error. Assistance Work Modern variants of 5/3/1 will generally be run with "full body" Assistance Work each day. This involves selecting one exercise that falls into each category - Push, Pull, Single Leg/Core - and doing some total number of reps throughout the workout. My mother would join him a year later. You're Reading a Free Preview Pages 15 to 37 are not shown in this preview. That's why so many "finance professionals" hated when Vanguard started offering low-cost index funds. I'm all about concrete steps that will have an impact. My parents immigrated to the United States in 1978, first, my father came on a one-way ticket from Taiwan as a student visa. The Training Max is also what drives progression in your training weights. Finally, rest/pause training for assistance work for building size and strength is programmed for maximum benefit. You're Reading a Free Preview Page 208 is not shown in this preview. Etc. The Press and Bench Press add 5lbs, and the Squat and Deadlift add 10lbs. It is the most important thing in my life. Life is a series of epic events. Main Work Also referred to by Jim Wendler as "5/3/1 sets" or just "5/3/1", this is the staple three sets of rotating percentages of the Training Max, spread over three weeks, that most people are familiar with. It is not necessary to directly test your 1RM in order to set your Training Max. Finally, a periodic evaluation of your Training Max is done to ensure it is not too high, and deload if necessary to drive further progress. If you get fewer than 3 reps, use that number to estimate your 1 Rep Max, and reset your TM based on that for your next cycle. When starting 5/3/1 for the first time, or after a long break, the Training Max is set initially based on a percentage of the lift's actual (or estimated) One Rep Max (1RM). Some example recommendations can be found in the 5/3/1 for Beginners article, but ultimately any exercise that fits into each category can be used. Simple and effective ways to eat for size and strength are revealed. These are: Press (Overhead Press) Bench Press Squat (Back Squat) Deadlift (Conventional) Most variants will center around one of these on a given training day, but some may program more than one. Certifications don't. I learned by doing it. This is most often achieved by adding complexity, requiring certifications, requiring long periods of study or apprenticeship, and other similar techniques. Assistance Work Modern 5/3/1 variants will almost always follow the Push, Pull, and Single Leg/Core assistance pattern to add "full body" work to a given training day. Done for 5 sets of 5 reps. Jim Wendler's philosophy on the Assistance Work is that the only part of it that matters is that you are getting the work done without either sandbagging or running yourself into the ground. Or complex. Supplemental Work Supplemental Work is done after the Main Work for a lift and serves to add training volume in various ways at various intensities. Personal finance is a subject where anyone can learn it and effect positive change in their lives. I am part of the laity. Boring But Strong (BBS) This uses the FSL percentages, but for 10 sets of 5 reps. I think personal finance information is the same way - you can learn it and I can help. There, I studied Computer Science and Economics as an undergrad and followed that up with a Masters in Information Technology - Software Engineering. The number of total reps varies, but is most commonly a range of 50-100. This is 65, 70, and 75% for Weeks 1, 2, and 3, respectively. You're Reading a Free Preview Pages 129 to 139 are not shown in this preview. Simplicity is elegant. This list is by no means exhaustive or comprehensive, it simply covers what is most common and publicly available. It is used by a main lift for the day. Then hit this page to see what the site is all about. I believe that managing your money does not have to be difficult. First Set Last (FSL) Uses the same percentage of Training Max as the first set of Core Work for that day. At CMU, it was less about programming and more about learning how to think. If you want to support Jim Wendler, understand 5/3/1 better, or have more variants available to choose from, the most common recommendation on r/Fitness is that 5/3/1 Forever is the only book that is necessary for those purposes. This commonly causes confusion when reading older articles, but it is outdated and no longer used. There are a number of common layouts of Supplemental Work. As an example, if your 1RM for the Deadlift is 405, your Training Max would be set to either 345 (85%) or 365 (90%). 85, 90, 90%, 90% for Weeks 1, 2, 3 respectively. You're Reading a Free Preview Pages 153 to 178 are not shown in this preview. New to 5/3/1? It's about what we can do together to achieve your goals of building wealth. Stalling How to Warm Up Comparing Rep Maxes Having A Less Than Stellar Day Assistance Exercises How to Have Stronger Abs The Great Debate Boring But Big Triumvirate I'm Not Doing Shit Today Periodization Bible Bodyweight Programming Your Assistance Work - Simplest Strength Template Rest Pause Training Moving North Of Vag Training 3 Days a Week Training 2 Days a Week 5/3/1 Full Body Training 5/3/1 and Crossfit 5/3/1 for Beginners Using Excel with 5/3/1 Eating for Size and Strength 5/3/1 Comments and Success Stories 10 Training Rules to be Awesome 5/3/1 Percentage Charts 5/3/1 Training Log Meal Plan Tracker About the Author This is an eBook download version of 5/3/1 and does not include a paperback copy. We need to understand "complex" ideas so we don't need the priests. See the Boring But Big article for examples. Second Set Last (SSL) Just like First Set Last, except uses the second set of Core Work. The response towards this simple but brutally effective training system has been overwhelming. Supplemental Work Additional volume, usually at a lower intensity, as a supplement to the Main Work, which is also derived from the Training Max. Graduation. You're Reading a Free Preview Pages 196 to 204 are not shown in this preview. You're Reading a Free Preview Pages 182 to 184 are not shown in this preview. The Training Max The weights of Main and Supplemental Work are determined by using a percentage of the lift's Training Max. The last set is also done with the fixed 5 reps, rather than an AMRAP. There's a quote in an obscure play by George Bernard Shaw in which someone says "All professions are conspiracies against the laity." In other words, professionals want to keep things complicated so regular folks don't figure it out and do it themselves. Personal finance professionals have a vested interest in keeping it as complicated as possible. As noted above, it is most often done using the same lift as the Main Work. Their approach of breaking a problem down into its component steps is how I approach every problem today. I would be born shortly thereafter. 3/5/1 In this layout, Week 1 and Week 2 are swapped. I also focus on taking action, not concepts or ideas. It shouldn't be that way. If this is not specified, it should be taken to be 90%. We need to work hard, get results, and then do it again. Jim also covers how to combine 5/3/1 and Crossfit-style conditioning for maximum benefits and recovery. Start with this book. Marriage. The percentages here are of the Training Max, NOT a One Rep Max. These are outlined in greater detail below. And here's the important part - I don't benefit from it being difficult and I hope to learn from you as much as you learn from me. That's why I explain what I learn in very simple to understand terms. 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. Core Concepts Modern 5/3/1 variants can be broken down into three distinct components. My approach to building wealth involves breaking things down to their simplest steps, optimizing it, and executing them. Not all variants use all three components on each training day. You're Reading a Free Preview Page 148 is not shown in this preview. After each 3 week cycle, you add weight to the Training Max and calculate a new set of weights. Or scary. Most variants will set the Training Max at either 85% or 90% of the 1RM. 75, 80, and 85% for Weeks 1, 2, and 3, respectively. Buying a House. You're Reading a Free Preview Pages 212 to 233 are not shown in this preview. The percentage protocol for the week is: 5 reps at 70% 5 reps at 80% 3 reps at 90% 3-5 reps at 100% Your reps on the last set determine if you should reduce your TM or not: If you get 3 or more reps, your TM is appropriate, and you can continue as normal using the same TM as the test week for the next cycle. You know what I'm not... here's a bit about what I am. For example, if you ended your third cycle with a TM of 405 for your Deadlift, your TM for the test week would be 415. Book Has a Total of 133 Pages. To do that, please sign up for our free email list so we can keep in touch. 1RM calculators can be used fairly reliably for any rep max set of 8 reps or fewer. Alright, enough about me - this site is about you too. Full body training to increase your squatting and overall strength. The paperback is available HERE. I didn't learn about money in the classroom (heck, no one did). Table of Contents: The Origin of 5/3/1 The 5/3/1 Philosophy 5/3/1 Program Squat Military Press Bench Press Deadlift Training Fashion Beginning The 5/3/1 Program The Last Set How to Progress Even Smaller Increments? This is covered in greater detail below. Your cart is empty Continue shopping The aim of this page is to provide a simple, straightforward overview which consolidates the many years of information about 5/3/1 into one place. For this test week, you increase your TM as normal and test the new TM. Past iterations of 5/3/1 involved a deload week every 4th week. Week 1: 5 reps at 65%, 5 reps at 75%, 5+ reps at 85% Week 2: 3 reps at 70%, 3 reps at 80%, 3+ reps at 90% Week 3: 5 reps at 75%, 3 reps at 85%, 1+ rep at 95% The "+" for the last set indicates that it is an AMRAP set - As Many Reps As Possible. These two alternates can also be combined. This work is extremely flexible and left largely up to the trainee to determine. Last Set Last (LSSL) Again, just like the above, but using the very last set of Core Work. (I would add to it a Masters in Business Administration from Johns Hopkins University a few years later) I share that with you because Carnegie Mellon taught me many things, but the most valuable one was problem-solving. Boring But Big (BBB) Can be run using a number of different (low) percentages of Training Max, for 5 sets of 10 reps. You're Reading a Free Preview Pages 251 to 252 are not shown in this preview. I've also written for The Vanguard Group, Intuit's TurboTax, Ally Bank, Forbes, and more. No more questions on what weights to do and what exercises to choose from. If you knew how easy it was, you wouldn't need them. Retirement. This is unfortunately an area where we cannot go into much detail to avoid potential legal issues, as it's not clear how much of 5/3/1 Forever's information on this topic has been made publicly available. There are two alternate layouts of the basic Main Work: 5s PRO This is done with the same percentages, but with all sets being 5 reps. There are many 5/3/1 variants that are available for free online, and it is very possible to follow them without any need to purchase any of the 5/3/1 books. Widowmaker This uses the FSL percentages for 1 set of 15-20 reps.

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