

SECOND EDITION



THE SIMPLEST AND MOST EFFECTIVE TRAINING SYSTEM FOR RAW STRENGTH

JIM WENDLER

5/3/1

Jim Wendler

**5/3/1: The Simplest and Most Effective Training System
for Raw Strength (2nd Edition)**



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136 pages Basic and effective ways to consume for size and strength are revealed. The reason being it functions. And works for just about anyone willing to devote the self-discipline and work that getting stronger needs Elite level lifters to complete beginners have all utilized the 5/3/1 Method; the essential tenets of weight training have and will under no circumstances change. Big exercises, continuous progress, and personal information will never go out of style. Finally, rest/pause teaching for assistance work for building size and power is programmed for maximum benefit. you can easily track, implement and can inspire any group to drive for themselves to the limit. No more questions on what weights to accomplish and what exercises to choose from. This is not a fancy training curriculum 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 brand-new chapters on programming assistance schooling for all the big assistance lifts. The 5/3/1 Method is actually for anyone that's seeking to get stronger. Full body training to increase your squatting and overall strength. For the 3 years, the response towards this simple but brutally effective training system has been mind-boggling. Jim also covers how exactly to combine 5/3/1 and Crossfit-style conditioning for maximum benefits and recovery. High school and college coaches are now using the 5/3/1 with their sports athletes with amazing success;5/3/1: THE EASIEST & most Effective Training Program for Raw Strength, 2nd Edition The success of the 5/3/1 Method has been nothing short of extraordinary.



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Overall, I recommend the program and, in order to get all of the info, I also recommend the book. Short and sweet, this program is golden but the reserve stinks. The book appears to have been created as a blast of consciousness email to a pal. I'll update this if I find anything I've created is certainly incorrect or misleading. Having less organization makes information difficult to find. Instead of grouping related information collectively (a chapter) and rendering it easy to find what you are considering, you need to tag six different pages through the entire publication that should have already been jointly. I appreciate his concentrate on safety and setting ego aside. I did SS for ~3 weeks but my knees just couldn't keep up with all the squatting. I believe a few of the concepts are a bit incomplete in here and he really drives them home in his fresh stuff, which includes stupidly expensive shipping. I did Starting Strength for 5 weeks and am starting 5/3/1 now (1st routine, rest week). An editor would have made this is more clear, the info more organized and no problem finding, and made the reserve more concise. A lot of space is dedicated frivolous opinions. I agree with his general meaning--that we're so caught up in analyzing precisely what we have stopped actually DOING very much, and most of what we perform is based on the latest fad, which is based on the latest fitness "research" news story, all of which is departing us weaker and much less healthy. 5/3/1 may be the system, but NOV is his personal philosophy. They interact but are in fact different things. If he would have named this personal dogma just about anything various other than NOV, his concepts would be even more well regarded. On the other hand, I'm sure he'd state he doesn't provide a _____. But he should. It's not about intense endurance. He provides every to name his philosophy whatever he wants, but it's just not smart to so overtly offend half of his potential viewers. It's all about the fundamentals. His diet suggestions section, though short, is a fairly good method for people that have a weight-lifter mentality (as opposed to a bodybuilder mentality). Even worse, they are views that weaken his general message, which is that this is a great system. What he preaches can be tried and true, and if he'd actually focus on science instead of dismissing it outright, he'd find that "fitness" is coming back around his way. I choose to perform "boring but big" and it's really providing both power and hypertrophy instead of just hitting a rigid 3x5 with predefined warm-up sets. The book will be total without his opinions, and actually far better if he articulated them within an eloquent method. Beyond poor communication lies a solid program. It's fairly easy and appears to be pretty effective thus far (have been doing it for 2 months and happy with the improvement). There are many different templates to work from in this publication depending on your needs. It isn't about developing puffy muscle tissues. Women could benefit from 5/3/1 as much as guys, however NOV would offend most females and I'm sure a lot of men. Shorter, more purposeful workout sessions of lifting heavy things & being well

balanced. As critical as I am about the publication, I am equally positive about the program. If you in fact follow these principles which program, there is absolutely no question you will improve. I'm doing SL5x5 right now, but when I strike my limits there I'll definitely switch to 531. This goes more into detail and it offers a lot of ways to perform the routines so if you don't like them as written online you can find more options in right here. Better yet, you can get/stay strong without spending hours in the fitness center on all sorts of goofy equipment. (Indeed, fitness science is beginning to show that countless hours of exercise is definitely counterproductive. It's about getting strong & The book also does an excellent job detailing proper diet plans for different needs (slicing, bulking, etc. hours of lifting.) 531 is inexpensive, easy, and effective. So just do it. I think many people could have trouble starting simply because light mainly because he suggests, however the reasoning is sound. If you can tummy starting light and following his suggestions, you can't fail with this program.

AN ACCOUNT of Two Reviews There are really two things to review here: there's the 531 program, and there's book itself. A very simple core program with flexibility compared to Rippetoe's Starting Power. Very satisfied so far.. Within an incomplete nutshell: Rippetoe's Starting Strength:- Great for novice/intermediate lifters- Uses huge compound lifts (Squat/Deadlift/Bench Press/Military Press)- Intense concentrate on learning the big lifts with secure forms in order to avoid injury- Great early gains (mostly due to developing appropriate form and the beginner's lower initial weights and untapped potential) but better to stall unless you follow this program (ie, add a bunch of extra crap to it or enable proper recovery)- Builds a great foundation of strength- Requires a bulking diet (3000+ calories/day and a lot of proteins (GOMAD?)) to do this program correctly and put pounds. Hardly any diet details, you'll need other sources because of this.- No conditioning, just strength training- Little versatility in programming (3 big lifts, 3 days a week), few item lifts recommended to modify program

Wendler 5/3/1- Ideal for novice/intermediate/advanced lifters- Uses large substance lifts (Squat/Deadlift/Bench Press/Military Press) for core programming- Provides bullet point tips for big lifts (Wendler praises Rippetoe's SS reserve for learning the lifts)- Slower gains (linear progression through 4 week cycles) but structured in a manner that allows progression to keep for years- Builds a great foundation of power but also allows for more accessory work versatility to tailor the program to your goals- Addresses diet plan from several angles (fast bulking, slow gains, losing fat, eating right, book suggestions)- Very flexible programming (many templates from 2 days/week to 4 times/week, much longer cycles, periodization, DoggCrapp, North of Vag, etc)

I haven't been lifting for long (less than a season) so take all this with a grain of salt. I try to do my research on these programs but I'm still learning. Not to be considered a stickler, but extra words in sentences

are not acceptable, particularly when those words can change this is of the sentence (and/but). There are no chapters and the info appears as the writer thinks of it. Experience free to criticize/comment. Not just a necessary purchase Wendler writes good stuff. The problem can be this isn't his latest book, and most of the routines are available online today. self-edited, and it shows. 5/3/1 is certainly a classic, but as such you can find everything you need to on the web. I have a feeling you could alternate between both of these programs for life and continue getting stronger or maintaining strength as you age group. Another issue with Wendler is normally how gradual he advocated schooling. SS goes into so much details and is far too academic. Finally, he writes for the reason that annoying masculine method that's so popular in the industry. If you discover the routines online, they're pretty much the same. If you want details, you can look here. Wendler is the greatest Great starting point for 5/3/1 provides groundwork, good examples, and motivation. Can't state enough good things about Jim's program and mindset. True strength training for all This is written from the idea of view of a person who is in fact, actively training and who has been for a long period. It's in layman's conditions, however, not dumbed down. As the author admits, you'll find nothing new right here; I certainly recommend this for anybody having a difficult time building overall strength It's about the basics Very Simple and an easy task to follow. The author also says he doesn't give a ____ about "science" and "studies. This is exactly what this publication teaches. Anyone may use this style of programming.! Wendler tells it like it is and shows proven methods to build muscle and strength. it's just what works and what spent some time working for a long time. occasional sprinting reaps even more benefits than chronic cardio &). I regarded as myself an intermediate lifter who offers been strength training for a few years owning a 5x5 system and found a lot of understanding in this reserve. I am per month and a half in on the 5/3/1 beginner's template and have seen constant progression on most of my lifts.. Wendler is King Jim Wendler is the man to emulate if you want pure strength. Of course, along with power comes size! Excited to put into action it into my training The very best book I've continue reading strength training This book is straight also to the point, there isn't much fluff here. Some decent insights Pros: I love the simplicity of the program. Furthermore, the editing can be on par with a social media post." This is off-putting to anyone with an education. Find out assistance and warm ups that work for you. Another thing I like are the descriptions of how to do the motions. The biggest and most useful difference for me is the split. The publication was self-published & Literally every other day, no time to recuperate. Focusing a whole session about the same big motion drives the pattern home for me. It gives me a huge amount of reps to spotlight form and burning up out the muscle group in one day time meaning it gets a week to recover before striking it hard again. Perhaps if the author

did a little research, he'd have the ability to support his theories and make technology his friend. Like it better than Starting Strength 5/3/1 is among a few no nonsense programs that seems to function pretty universally. That said, make or end up a spreadsheet. He justifies this in his book but I think what sort of programs in this book are divided still aren't very ideal. It offers it's place but prospects you to overthink and evaluate every small detail before you really understand what it really is you are trying to do. 5/3/1 descriptions of squats improved my form and BBB reinforces it with quantity. As a relative novice with only ~4 a few months under my belt I appreciate the dead simple cues and reminders. Con: Jim Wendler's writing style makes you feel like you're cornered by way of a bro at the fitness center who's providing you workout advice, but he is able to move huge weights which means you accept it.



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