

The Original 5/3/1 Program

Set	Week 1	Week 2	Week 3	Week 4
1	40% x 5	40% x 5	40% x 5	40% x 5
2	50% x 5	50% x 5	50% x 5	50% x 5
3	60% x 3	60% x 3	60% x 5	60% x 5
4	65% x 5	70% x 3	75% x 5	
5	75% x 5	80% x 3	85% x 3	
6	85% x 5+	90% x 3+	95% x 1+	
	3x5+ Week	3x3+ Week	5/3/1+ Week	Deload Week

Beyond 5 3 1

Jim Wendler



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