

# 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

**JE Gale**



**Beyond 5 3 1:**

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