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There are many variations of 5/3/1 than a strict program. You'll find some of the best tables for these variations here. They all get you stronger by focusing on the sustainable development of the Big 3 lifts though. Jim Wendler's popular 5/3/1 template had a big impact on popular G'CL and nSuns programs. The program consists of 3 and 4 week cycles designed to work indefinitely. Related: Jim Wendler Building Monolith Recommended Reading: Jim Wendler Books 5/3/1 Forever Jim Wendler Last in 5/3/1 series, 5/3/1 Forever collects all Jim's thinking on 5/3/1 with the latest training methods (e.g. anchors and leaders) and more than 50 different 5/3/1 training templates. Despite being Wendler's most expensive book, it covers everything and eliminates the need to check out any of Wendler's old things. Aside from 5/3/1 Jim Wendler If forever too expensive for you, the best kick for your dollar is for 5/3/1. This represents an important step forward in Jim's learning philosophy, introducing concepts such as First Set Last (FSL) and Joker kits that have become 5/3/1 staples. To understand how 5/3/1 can work best for you, putting in a little reading work goes a long way. 5/3/1 for powerlifting Jim Wendler If you are looking for a powerlifting specific interpretation of 5/3/1 for powerlifting. An example of this program is available in the table below, although nothing beats reading a book. 5/3/1 Frequently asked questions What is Jim Wendler's 5/3/1 program? 5/3/1 is a flexible lift pattern that can be applied to different lifting targets. It is best suited for mid-level lifts and is famous for the significant length of time an athlete can consistently make progress on it. Yes, there are 5/3/1 variations that are good for powerlifting. The 5/3/1 powerlifting variation spreadsheet is available on Lift Vault. Is 5/3/1 enough volume to be efficient? The common point of criticism against 5/3/1 is that it doesn't program enough volume (the volume of time reps x weight raised). For some program options, this may be true. The original version of the program, published on T-Nation in 2009, actually contains only 3 work sets for each mainstream movement. This was addressed later when Wendler released his book Beyond 5/3/1. This contained a variation known as the latter's first set, which added an additional SET of AMRAP to each day's primary rise. Another common remedy is the launch of boring but big variation (table included here), which contains a significant number of retreat sets for additional volume. This only scratches the surface of the paths to add volume to 5/3/1. For more information, check out Wendler's classics: For 5/3/1 and 5/3/1 Forever. What other programs have affected 5/3/1? The basic principles of 5/3/1 have had a significant impact on the template nSuns. Click on any link to find out more. Tables 5/3/1 BBB (Boring But Big) Big) Wendell's 5/3/1 Boring But Big (BBB) program is famous for both its brutal simplicity and serious results. Basically, the BBB follows a 5/3/1 pattern where one main lift is trained per session (squat, bench, deadlift, or overhead press) using a 5/3/1 rep scheme before dropping weight and doing 5 sets of 10 reps for the same lift. The result? Strength and size. No gimmicks, just hard work. Because the training max increases monthly, this program is best focused on intermediate and advanced lifts that require more recovery and cannot progress as fast as beginner/intermediate lifts. Source Wendler 5-3-1 BBB Spreadsheet 5/3/1 BBB Table Program (variation) This is just another version of the program above. Check both and see which layout you prefer more. Source Wendler 5/3/1 Table 5/3/1 Beginner Program Table Full Program Information is now available at 5/3/1 for beginners via/r/fitness wiki sidebar 531 FOR BEGINNER LiftVault.com e 5/3/1 BBB for bodybuilding This is a tweaked 5/3/1 version that combines a look of different principles 5/3/1 into a bastardized program for bodybuilding purposes. You can view the full information on this page: 5/3/1 BBB for bodybuilding. 5/3/1 BBB for bodybuilding LiftVault.com Power and Hypertrophy 5/3/1 Program Variation Source Unknown Power Hypertrophy 5/3/1 LiftVault.com 5/3/1 Vanilla 3/5/1 Powerlifting Variation This table contains two different patterns: vanilla (i.e. 5/3/1 and a variation of powerlifting known as 3/5/1. Powerlifting variations 5/3/1 switches weeks 1 and 2 and includes additional heavy one work - increasing the specifics required for powerlifting and including extra recovery time without planning consecutive heavy weeks. Source Jim Wendler 531 v2.1 (BBB - Powerlifting) Table NSuns Linear Development Variation Program This popular mutation 5/3/1 was created by Redditor/u/n-suns. It was inspired by 5/3/1, but is significantly different and certainly not related to Jim Wendler. However, I'm including it here because it's a very popular program and can be of interest to people already looking at 5/3/1. This allows faster progress week to week than the original BBB program, making it ideal for beginners and intermediate lifts that are capable of recovering faster. If you like this table, check out the other n-Suns tables. Source 2_Suns_531_Linear Progression Video Review If you prefer to watch rather than read, check out this excellent video review of the 5/3/1 learning methodology (source: Alex Bromley). Review - Does 5/3/1 work? Jim Wendler Linear Progression Program for Strong Athletes Explained Updates: 3/11/20 - Added kg/pound rounding and full program information for 5/3/1 for beginners (same table) 3/3/1 1/20 - Created detailed program page for 5/3/1 BBB (same tables) 2/25/20 - Added 5/3/1 BBB for bodybuilding bodybuilding table 5/14/19 - Added Power and Hypertrophy 5/3/1 version of the Best Beginner Powerlifting Program there are so many powerlifting programs available that it can be confusing for beginners to lift to determine which program is suitable for them. Here are some of the most popular powerlifting programs for beginners. The following programs are selected for their intellectual exercise selection,... nSuns 5/3/1 Complete Collection Program (4 Days, 5 Days, Cap3 and More) nSuns 5/3/1 is a linear progression powerlifting program that was inspired by Jim Wendler's 5/3/1 power program. It progresses on a weekly basis, making it well suited to late-stage beginners and early intermediate lifts. It is known for its complex volume. These... Heiko's program tables and templates For a better understanding of Sheilo's learning methodology, Lift Vault strongly encourages you to read or listen to his interview with Omar Isuf. Sheilo programs are powerlifting programs attributed to the famous Russian powerlifting coach Boris Eiko. Its programs are known for their large volume and excellent results for... Smolov and Smolov Jr. program SpreadsheetsAh, yes. Smolov's infamous squat and Smolov Jr. program for squats and/or benches. If you are willing to build these elevators at all costs (such as trying to record), then it could be a ticket! While not recommended for the overall work of strength, as formulated well ... The Semi-Marathon Training Program SpreadsheetsRunning Half Marathon is far from impossible for most healthy people, but requires careful preparation. Fortunately, Hal Higdon has done a great job of laying programs that are well suited to beginners, intermediates and advanced runners. For a full explanation of the programs, please read ... Content Table: Principles 5/3/1.....Page 14Warm-Up/Mobility..... Page 18Jumps/Bros..... Page 21Pousmental elevators..... Page 27Programming your learning..... Page 29Deload/7th Week Protocol..... Page 317th Week Max Test..... Page 327th week PR test..... Page 33Sanss... Page 36Push..... Page 37Pull..... Page 38Single leg/core Page 41TRAINING and PROGRAMMING..... Page 47Beginner Prep School..... Page 50Boring, but big..... Page 57First set Last..... 70Full Body Page (1000% Awesome). . Page 86S. V.R II..... Page 89G star..... Page 94B and strength..... Page 965x5/3/1.....Page 100Portal's 5x5/3/1.....Page 109Five and Dime..... Page 112Simplest Power Pattern..... Page 117God is a beast..... Page 120Black army jacket..... Page 127Spine Click 5s Pro..... 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Page 270 Citation Preview 5/3/1 FOREVER IMPLI (IFFICTIYI) - MMJJI raa SISA, SPEIi - STRENGTH RDLI First Edition Copyright© 2017 Jim Wendler All Rights Reserved. No part of this publication can be reproduced, stored in the search system or submitted in form by electronic, mechanical, photocopied, recorded or otherwise without the publisher's prior written consent. The author and publisher are not responsible for any adverse consequences or consequences of misuse or unreasonable use of any information presented in this text. Please consult your doctor before you start any exercise program. ISBN: 978-0-692-85823-3 Editor: Nicholas Solain Printed in the United States by Jim Wendler LLC P.O. Box 150 London, Ohio 43140 CONTENTS PART 1 B EG I N N N N G PART 2 T R R I N N G/P G M M M M M N G 35 PART 3 C N N D I T I N N/R ECOVERY 243 v FOREWORD Approach, which we take in our quest to achieve our personal goals, has and always will be one of the most important factors in determining the extent of our success. Regardless of the desire to achieve the highest level of personal perfection, we must be vigilant in charting our course for contemporary scientific truths and expert experience in this field. To live casually, relying on intuition and feeling or program lacki ng scientific basis, will leave us lacking our capacity and success that lay before us. The concept of development and force is not a modern phenomenon, as it has been a human goal for thousands of years. Traveling around the world through history from ancient to modern you can find documented references to weight lifting and feats of strength, like holding an important and organized place in cu lture. For example, ancient Chinese documents emphasize the g rowth of organized strength development from Han in the 3rd century AD all the way through the Tsing in the 20th century AD. Their weights were built according to the prescribed specifications and their dumbbells and weight bars would not be out of place in our modern gyms. While on the other side of the world the ancient and the Romans dissect exercise in a scientific manner, as they did everything else. G smells and the Romans were well known for violating the violation tra ining and learning various components of effective training such as diet, periodization, recovery tee me, and the type of exercise in order to reach your potential. Whether it's preparing for war or just showing who is the strongest, teaching your body for strength throughout history is always seen as art and approached I scien in an insignificant manner in order to achieve personal and cultural goals and maximize a person's potential. Today our modern thinkers re carry ng on the tradition of applying a scientific approach, but with even greater knowledge of what it takes to reach our peak of strength and strength. Know-how about how the human body works, associated with muscle development and strength training, is at an altitude, and science is constantly moving forward with new discoveries, which makes our potential even greater. To achieve our individual goals and potentials we need to be careful to be deliberate about our approach to learning and choose a program that is based on proven scientific edge knowledge and experience. During my career as a coach, coach and educator I encountered a handful of people who I knew would have an impact on the world around them. These people possessed the focus, drive and energy to go beyond the norm in their pursuit of excellence in pursuit of their goals and d reams. Jim Wendler was one of those people. I met Jim in the summer of his eighth year class and over time realized that this young man tru ly wanted to reach his potential and was willing to put in the job to do it. He had the same desire that I had to develop and maximize strength, speed and strength for athletics and pure joy of learning. He was extremely purposeful, but did not limit his potential to predetermined barriers or fear of failure. Although small and inexperienced enced, Jim was tenacious in his q uest not only to get pure absolute strength and strength, but Iso in developing proper technique and careful understanding of the science of lifting. Over time Jim realized the need to be i ntentional in his preparation and never looked back. During this period, in the early 1990s, I became obsessed with d iscovering methamphetamine ods Eastern Europeans because I witnessed them mazing performances in sports on the world stage. I used to study everything I could find, and once I participated Jim we would spend hours of tal king about I lifts, graphics learning, periodization, sets and repetitions, techniques, plyometric exer cises, and anything else that we could find associated with getting faster and stronger. We would then mplement these session charts our successes and failures so we can adapt them constantly looking for g reatest benefits. One of my greatest memories during this period of life dates back to the time when I served as a hall mon itor during basketball games at Wheeling High School. J I m and I would hang out in the back corridor iscussing nd nd how to implement what we knew at the time. Although our sources were limited, our i ntensity and desire was high and we were able to develop some creative and effective workouts that were not common during the day. At this point, I knew then that Jim would continue his endless quest to be stronger, faster and more explosive, but even more so to understand the scientific methodology of the masters of the field and then apply it to his preparation. Through his I lift ing career Jim has done exactly that. He not only strives to achieve his greatest level of strength and strength, but also continues to be a student, an empty cup, in the search and collection of all scientific and empirical knowledge associated with rt tra ining. J im training and training methods are the result of his passion and desire for life to master this art. We should all be grateful for those like Jim who share their experiences as it will serve us in our indivised ul quest to master ourselves, achieve our goals, and become the best we can be. Learn strategy over the years and reach the spirit of the warrior. Today is a victory over yesterday;; tomorrow is your victory over the smaller men. -MIYAMOTOSHI MUSA JJarre11 Llewellyn viii INTRODUCTION This book is an addition to the original 5/3/1 book and beyond 5/3/1. 5/3/1 Forever is for those who understand the 5/3/1 program and the basics of how the program works. Many changes have occurred since I developed the program in 2008, but the basic principles of rema are the same. This book has many different programs that I have done myself or written for other athletes and lifts. Each program has been tested and retested with one thing in mind: to make you better. The main purpose of this book is to g ive people tools to program their training in a smart and effie cient way. I'm really tired of the current crop of trainers throwing all kinds of preparation to the wall, screaming I'm NTENSITY and hoping for something sticks. A well-balanced program doesn't have to be complicated - if your goal is to do x there's no reason to do a lot u: if you re-do more as well, then you should do less b: its common sense as you have the finestest amount of time and energy. If you are a young athlete who wants to make yourself better; don't overwork and don't think you need to do everything at all times. Take small steps every day and keep your head down. Look at your feet moving forward. The moment you look at the horizon is when you lose your balance and stumble. If you are a young coach and hope to work with athletes at a high level, start writing, programming and volunteering. Chal lenge you rself physically as you should never expect your athletes to do something you haven't done yet. It g ives you perspective and respect. Keep your mouth shut and watch/read/watch and I'm isten. If you have been picking/training during 30 years and constantly finding ways to and keep your teeth sharp. I have a ton of respect for you. We are some of the smartest and dumbest people on this earth. Use your experience and knowledge to stay healthy and help the other I you community. If you're new to all this, welcome to the beginning of the journey! Learning will transform you physically and mentally. This g ives back to you and often times, breaks you. If you have the patience and determination to stick to it, great things can happen. I encourage everyone to find any spea ks program to you that fits your goals and your l ife. The best program you ever do is the one you believe in. W/rife/RearI/TrfAin - Jim Wendler 201r ix 2 5/3 1 1 F O R E ER PRINCIPLES DP THE 5/3/1 PROGRAM I developed the program 5/3/1 and the principles of its almost ten years until this writing. And I still believe in the four principles that were originally guided by the program. I n fact, these principles helped guide me in every rea learning. They keep me headed north: They are the steering wheel that allows me to drive in rough seas. At some point, anyone who is serious about their preparation should raise the flag, throw up their sword and exclaim: This is what I believe in: I see too many people who are just floating around, grasping at the latest and greatest and proclaiming allegiance to any trend or idea is the most popular. Many do a good job and some are worth exploring. But in the end, you succeed, which matters. And if you have strong basic principles, you can appreciate the good and the bad, take the good things and pply them to your preparation. But without principles, you will lways wander. And you will shortchange you rself, your progress and your goals. As H.L. Menken wrote: Every normal person m mouth temptation, from time to time, spit on hands, raise the black flag, and start slit the throat: Maybe a little d ramatic for our purposes, but realize that training can be more than just squatting and pushing Prowler. This can help each area of your life: It can help you understand the relationship between work and results; to bridge the gap between mental and physical strength; and learn to set, work and achieve goals. And if you can learn the importance of learning principles, you may find that similar guidelines for your life can be just as effective. The 5/3/1 program is based on five basic principles. Those of you who have read my other books know the first four: Start too easy, progress slowly, use m ulti-joint movements and install PRs. The fifth principle, balance, makes the program work for each training Goa l for sport and for life. PRINSET N9I: S TART T D LIGHT not only refers to maximum preparation, but also to the development of a strong base before moving forward. Too many people are re-trying to do too much too soon. We all know Rome wasn't built in a day and it wasn't built in a year either. By too light you flow you body and mind to adapt and build a callous exercise. Starting Starting like performing a flying 40-yard dash; it helps to build momentum. The 5/3/1 program is a percentage program - the main elevators and additional elevators are based on the percentage of your maximum training. Tra ining max (TM) is not your actual max or your calculated max. Training max, usually 85-90% of you are an actual max or calculated max. The easiest way to understand what you are estimating max is to use this formula: the weight is raised x the number of repetitions performed x .0333 (it's constant) and the weight is raised. So if you completed 275 for 8 reps: 275 x 8 x .0333 and 275 and 348 We will round up to 350 for simplicity. Your training maximum will be 80-90% of that number. So 350 x 0.9 x 315 or 350 x .85 and 295. We'll discuss later which ing max train you should choose. It can be very specific to the 5/3/1 pattern you'll be using. P R I N I P L E S T H E 5/3/1 P ROG R M I 3 Training maximum is crucial to the continued success of the I n 5/3/1 program. Starting too easy common sense for beginners to lift; they do not have the mental or physical strength to handle heavy weights. For a more advanced lift, starting too easy gives them the opportunity to continue to build their strength base without the risk of injury or stagnation. This principle allows you to use the right weights, at the right speed, and allows you to take into account good and bad days. RIGHT N 2: PRO GRESS SLOW I did a lot of things right when I first started training. Thanks in large part to my father and Darren Llewellyn, I squatted down, did the cleaning, deadlifted and ran and jumped. I've played several sports and always competed. I d id thi ngs all kids who want a long-term successful training career should do. But I made a few mistakes, too. The biggest mistake I made was trying to fit 4 years of training into one. I wanted it all. And I see this attitude in every beginner-let's find a way to put as much weight on the bar as possible: Although wonderful, it's ignorant. It doesn't look long term and I haven't even tal king for about 20 years. I say four or five years. Let's say you have a young schoolboy who's damn weak. Instead of rushing to add weight to the bar, he should use sub-maximum training to help strengthen the shape and build strength. He doesn't need a max from every workout. It will still work, but not so much that it interferes with the overall purpose of training. As important as the main work of the barbells for this young lift/athlete is the base he builds in other reas. This includes his help work, mobility, jumping/throwing and conditioning/running. Within 1-2 years, baby wil l squats, deadlift, and click and make a large number of jumps, running, tumbling, push-ups, dips, inverted strings, squats, pull-ups/chin-ups, face pulls and back And while the best way to build squats is to, the general lack of general body training/program experience will limit its development. The broad base includes doing things other than This is where other movements, exercises and areas come into play. In short, building this base correctly will be g ive young ifter g reatest chance of long-term success. The 5/3/1 program is divided into cycles. Each cycle is a certain change in the following sets of jobs: Week 1 - 65% x 5, 75% x 5, 85% x 5 Week 2 70% x 3, 80% x 3, 90% x 3

Week 3 - 75% x 5, 85% x 3, 95% x 1 - After the cycle, you increase your maximum preparation for you squat and deadlift at ten pounds, and you push N bench press b five pounds. Now you re-free to increase less than that, but never again. Progresses slowly, even for the more advanced I lter allows more progress over a longer period of time. Plateaus happen very often, the stronger you get. Vincent Dizenzo likes to say that the harder you get, the harder the training gets: By inching forward, day in and day out, you've put yourself on a new PR. These two principles, start light and progress slowly, work in tandem and need each other to succeed. If you start at the right weight and progress them slowly, you will make faster progress, even in the 4 ! 5/3/1 F or E V E R short term. Too many people see learning as testing. Exercise is not a test. Just because you can't handle the maximum weight hts, day in and day out doesn't mean you're not getting stronger. It's the accusatory mutilation work you do over time that makes you better. PREMIER N9 3: USE MULTI-JOINT MOVEMENTS/EXERCISES Almost every publication about serious training will tel l you this: use big, basic movements to become stronger. In the case of the 5/3/1 program, we use a squat, dead elevator, press and press bench. While some may add a few lifts to this list, it's hard to argue with. These lifts are effective - they build g reat strength I have different muscles. They lso g reat for the development of muscle mass. But this idea extends to other areas of tra i ning: we run; Push/pull sled for conditioning; Perform box jumping, jumping and medicine balls for speed and power. These re-simple, effective and effective ways for you to become stronger. And stronger than j just means to add weight on squats. It covers other areas: mobility and conditioning. A really strong person is strong in all these areas. And the best way to do this is not to waste your time. While quirks and trends come and go in this industry, it always comes back to a few basic ideas regardless of purpose. PRINCIPLES N94: SET PERS ONAL REC ORDS (PRS) No matter what level of lift you re, nothing com fends off to a personal record. Young lifts set PRs at an alarming rate; their bodies are re-changing and adapting to the training and EM phase on the power installation ht. For the most experienced lif, PRs are re-harder and thus he learns a great appreciation for them. But you have to understand that they don't happen all of me. Sometimes you don't. And it's not a sign of being weaker or that you need to give up all your The stronger you become, the longer you do it, the harder it gets; And once you get to that point, there is very little linear progress in short term learning. Think of you learning l i fe as a great schedule representing your progress on major lifts. If you take a lot of steps back, the line will gradually increase from the time you started lifting to date. Now, if you zoom in and look at a small part of the chart, there will be many peaks and valleys. People spend too much time here; they're too worried about today, not the bigger picture. Not too wrapped up, looking at progress too close going on all the time. Dave Tate once said that the average life of 'fitness enthusiasts' is all three years old, then they move on to something new: 'It's ok, we all have a few hobbies we don't stick to. Just check you have a basement or closet for some of your unfortunate interests. But perhaps not so casually, three years is also about time things get very difficult with weight lifting and physical changes and strength benefits really slow down. There is nothing wrong with being disappointed by the lack of progress. But if you stay positive in your m ission, a big breakthrough will come. I've been working with this guy for years. He certainly made great progress in South Australia. Now, he has a lot of average workouts and he learned that P R I N I P E S T H E 5/3/1 P R O G R M I S many medium days end up making a few weeks of mazing where he gets into huge PRs and breaks boundaries. This period, of course, is followed by a lot of very average days. These are the average days that lead to paychecks, because the longer you do this thing, the more average days you have along with some very bad days. You must learn to maintain faith and persevere. As Joey Waters once told me: The longer I get stuck, the bigger the payoff: Every 5/3/1 program gives you the opportunity to install PR. It may not be every day, every week or even every training cycle, but if you take the job, you will enjoy the success of setting up the PR. And PR is much more than just doing one rep max: an extra rep or five extra pounds on you 10RM you get better and get stronger; learning and achieving the problem of conditioning is PR. I want you and others to know the joy of success from hard work. PR doesn't always have to be a true personal record. On each PR set, I coach others (and myself) to have a goal for the set. You won't always do better than last time, and on those days, you still have to push the set hard. Before your PR set, make sure you have the ultimate goal in mind that can include effort, bar speed and shape. Always leave a rep or two in a tan k and be sure to stop the set when you form compromised. Perform each rep as explosive, it is possible, it has g reatest potential to increase strength. The lower bar is as slow as necessary to maintain the maintenance form (and put yourself in the right position) and climb as fast as possible, still being in control. Control is the key phrase here. I see too many people, especially during their warm-up, lift the barbell quickly but without control - they look like an out-of-control piston. This is usually the result of knowing the idea of lifting quickly, but not u nderstanding the idea of total control. And let's all be honest if the lift bench pushes 300 pounds, lifting 95 pounds in a sloppy, quick way does nothing to impress others and, most importantly, the load is too easy to even illegal gain force. And the idea of priming the CNS with such light weig hts is ridiculous - that's why we jump, bound and throw heavy objects before training. In other words, there are better ways to achieve this. You'll never have the perfect shape when climbing, especially during a very hard set. Mark Rippetoe once said: The perfect enemy of the good: This becomes especially true once you are no longer a beginner and have built a strong power base all over your body, not just a couple of elevators. This is one of the reasons why a lighter or athlete should have a strong base of different skills and training: A balanced, front-loaded approach to all areas of learning gives the lift a better chance of long-term success. RIGHT NqS: BALANCE the newest principle of balance. Regardless of the purpose or level of the lift, tra i ning should consider at least four areas: strength, mobility/flexibility, air conditioning and recovery. Some athletes will need more space. And some people will need more than one Rea. But regardless of the situation, all these areas should be part of the program. Balance does not mean equal time or equal weight. Rather, balance the battle making sure that each area does not go away to such an extent that I nterferes with your progress. The big problem is that people get pulled in all different directions regarding balance. There's a re-ness some people who seem to do nothing but mobility work or do recovery work despite not doing 6 'm 5/3/1 FOREVER nothing to recover from. Hell, if you think half the crap people write, N O ONE is able to pick up if they don't pass 400 mobility tests. But if you stay with tra i ning long enough, you will know the undeniable truth: I ttle bit goes a long way. 3-5 Air Dyne sessions per week and you'll be in better shape for a few weeks. Are you tough and sick? Run Agile 8, twice a day. It will take 10 minutes or so to com weave each session and in less than two weeks, you will feel better. So even if you ren't happy to do some things, it doesn't require much more than discipline to be com committed to your success. And discipline and comment don't require talent - so there's never an excuse. The areas that we will try to balance are strength, conditioning, flexibility/mobility and recovery. They all work together. The better you are, the better your recovery and Your strength training workouts. Mobility work will allow you to achieve comfortable and strong positions in the main lifts and help you recover better between sessions. The better you recover, the easier it will be to train. None of them exist on their own, and they are all essential to your success. WARM-UP/MOBILITY/FLEXIBILITY This is done before each workout and is often done as part of the recovery. STRENGTH It consists of various jumps and medicine ball throws, basic lifts, extra lifts and assis tance work. The main elevators of the 5/3/1 program are re-squat, dead elevator, bench press and press. Some, not all, of the 5/3/1 programs use extra work. It is usually a rod work, which is the same elevator as the main elevator or a slight change. For example, a slanted press is an addition to the press and press movement. Relief work can be multi-part or insulation exercises that help basic l ifts and extra lifts. Weighted are chin windows, dips and abdominal work. CNDNDITNDING I usually classify air conditioning into two very unscientific categories: easy and difficult. A mild state of ING aerobic work that does not affect your strength training. The harder cond itioning to be accounted for 1 your training and is that weighted/heavy and requires a lot of dea l physical and mental effort. Prowler and Ladder/Hill Sprint are re-best examples of hard conditioning. RECOVERY This includes additional mobil ity/movement work, aerobic work, and diet and sleep. Recovery is essential for every lif/athlete, but not everyone has to recover from the same amount of work. Generally, the older/more experienced you reuse, the more recovery comes into play. In addition, the more intensively you train (college/professional athlete), the more recovery becomes necessary. WAR M-U P M O B I L I T Y / F L E I I B I L I T WARM-UP/M O B I L I T Y / F L E X I B I L I T Y Like all I n fitness industry, pendulum swing from side to side. For years, the warm-up before training was given lower billing, sometimes not even on the undercard. There was even people writing that you should be ready for battle; aka training at all times - we can safely assume that people who say it's damn weak and slow. Well, of course you don't need much warm-up if you only squat 200 pounds and measure you 100m time with your calendar. Then the pendulum swung the other way, and there re-humans who barely train yet do the 45th inute mobility session. They think that every part of their body should be aligned with their spine an D star before even picking up the p barbell. As Brad Arnett once told me: At some point, you'll need to pick up something heavy: And, as always, the answer i s lies somewhere in the middle. Most importantly your warm-up and mobility work sequence. Some people may need more work than others, but if you constantly do 1 0-15 minutes of warm-up before it's more than most will ever need. Now, if you ignore this for a long time, you may need a little more work, but as if by magic, once you catch up you only need that small box. It's all about consistency. Common sense tells us that a teenager needs less warm-up than a 40-year-old lifter who has been squatting every week for 25 years. The senior lifter has a few more miles on his body and it takes some time to oil the joints. But that doesn't mean the younger l ifter refuses to warm up; if he continues training throughout his life of interest he will build, consistently doing something will last long until his twilight years. And I know that a lot of older lifters read this and say, Jim's right. If I had given only 10 minutes each day dedicated to warming up, the ngs would have been very different right now: 'So if you re-young lifter who ignored this area of learning, take some advice from people who actually did something: start doing a warm-up habit today. Warming up should not include a million movements or require a special degree from Harvard. Joe DeFrancz wrote a simple program called Agile 8. You perform the following pre-workout moves: I IT Band foam roll x 10-15 passes behind the leg. I! Adductor foam roll x 10-15 passes on the leg. 3 Glute / piriformis mifaxic release; Best done with a lacrosse ball or PVC pipe x 30 seconds on each side. 4 Rollovers in V sits x 10 reps. S Fire hydrant circles, 10 back and forth circles with each leg. 8 Hip flexor stretch x 3 kit for 10 seconds on the leg, perform all reps with one leg before moving on to the other. 8 I'm 5/3/1 F O R E V E R If you have ny questions on how to make ny out of these movements, a simple search on the web will help you. Obviously, the Agile 8 isn't the only warm-up you can do. The key is finding what you will do consistently. I have a genera l template for warming up and mixing/match movements to avoid boredom. I move something: It's either an AirDyne bike, a rope, a prowler or a sled. Th usually takes 3-5 minutes and never did so to make me tired. Remember, it's not a job. Jumping is an inexpensive option, and anyone can do it...: the added benefit is that your footwork can improve. I am! G roin/hips - it lways something done to the side: hurd le duck-unders, Cossack squats, side shuffling or side lunge. 3 Body movement - usually wiring, pull up/ chin up, AB wheel or inch worm. 4 Legs/thigh flexors are usually Bulgarian one leg, squats with a pause at the bottom, Spider-Man or some kind of hinge. 5 Shoulder movement - it is usually a band pull apart or a shoulder dislocate. Squats - fall i nto squat and hold for 30 seconds. That doesn't usually change. Here's the exact warm-up I did this week. Again, you can change/move any of the movements. Jump rope x 50. - Hurdle Duck-Under x x - Push-up x 3, hold the bottom position for 3 seconds. Walking lunge x 5 reps/feet. Squats x 30 seconds. I did it three times with a focus on control and be as slow as possible. It's not a fight to do a lot of reps, but rather to perform reps slowly and do them right. If you don't have access to anything fantasies, use some basic calisthenics and weight movements to warm up. Jumping Jack x 25. - Squat on the body x 30 seconds to keep at the bottom. - Push-up x 5 (hold the bottom position for 3-5 seconds. - Bulgarian one-legged squat x 5/leg (hold the bottom position for 5 seconds). Ju MPS/ T H R O W S I 9 There is an endless supply of movements you can make. In genera l, we stay away from anything, which is weighted, except for sleigh and prowler. We aim for a ful l range of different movements, especially with legs. You want to do something for the front (lunge or one-legged squat) and have something to the side (obstacle duck-under or Cossack squat) and do some sort of body mass squat. We would also like to do whatever it takes to get on the ground and get out of the ground push-ups, rollovers or very light Turkish get-ups. Bottom line: move in different directions and be slow and controlled. Anytime you perform a hard conditioning session or lifting session, you have to do a warm-up. Don't rush and don't ignore it - be slow and be consistent. The quality beats the quantity every time. JUMPS / THROWS Few things got less love I spend in ing circles than using various psum jum and medicine ball throws. Well, let me clarify that and edit it to read the popular train ing circles: For those of you that were I nvolved in field activities in the track, you probably know this very well. I believe that the use of j umps and throws are essential to any overall curriculum, provided they are programmed and executed correctly. Jumping and th strings should not have the goal of performance of each workout. Rather, I want you to have a goal of consistency. Don't worry too much about how high the field you jump on or how far you throw the ball. J ust goal to make some kind of jump or throw before each tra i ning session. Aside from being just fun to do, there's a practical reason to do it before you train. In plain English, performing explosive exercises before training helps to turn on your body. Your nervous system gets turned on and gets you ready to lift quickly. Now, if you grew up learning in the 80s and 90s, you've probably heard about it. He made a big splash in athletics and plyometrics has become a big buzzword. Of course, people started using them by abusing them, and as the fitness pendulum swung the other way, pretty soon you weren't llowed to make them until you squatted 8m illion pounds. I swear, someone made up which said you couldn't do any jump training y nless you reached squat twice your body weight. It became law for some. For the rest of the people who biting their tongue every time they ate, realized how stupid this rule was. Let's use a 10-year-old kid - he j umps up and down and running. He flies off the couch, from playing ground equipment and from making a snr to Pro Fight ring he and his friends did. Fast forward 2 years later when he starts to raise with his older brother and he no longer lloved even napkins on the dust of the rabbit hanging from the ceiling of the fan. Remember that jumping on a box is not a plyometric movement. Pliometry include some kind of stretch or rebound. A simple jump of boxes from a standing position is not a plyometric. To illustrate the difference between the two, here's the best analogy: imagine throwing the ball on top of the box. It's a box jump. Now imagine bouncing that same ball on the ground and bouncing it on top of the box. It's a plyometric. So if you move away from the box, land and immediately jump on another box; it's 1 0 I 5/3/1 F O R E V E R Pliometric movement (provided you don't spend too much time on the ground). It's a rough analogy, but it's easy to imagine. Everyone can jump and throw. If you're picking up weig hts, you can jump on the box and you can throw a honey icine ball explosively. This is the best way to learn how to gather your strength and speed (power) and generate it for one purpose. It's an amazing training tool for coaches young athletes - there's n immediate purpose and you can't jump on a high enough box slowly. You have to be fast. This is lmost dumbmy proof. Conversely, not everyone should do plyometry, at least not with jumps. It is incredibly stressful and should be reserved for athletes that N EED to make them and can make them. For the most part, the average person shouldn't do them. There is l little reward for such a big risk. This is due to a lot of stress on the body, namely calves, knees and ankles. Before we get to the motions and programming, let's look at what you shouldn't be doing. RULES Df THROWING AND JUMPING - Don't make highly marked boxes of j umps or something like a box jumping. There may be a practical basis for using high rep jumping as part of an advanced, specific training program for a particular person. But I can assure you that it's not to get stronger, get in better condition or even improve your jumping ability. I'm not sure where this idea of training started, but it's horri ble. Do you know when you start dating someone and you have a common list of thi ngs that re-deal breakers or litmus test? For a ple exam, how one relates to their parents, or if they ever want children. Well, jumping with a high rep box is one of my litmus test to define lq training. Not so much for those who do it, but those who re-program it and to do it. If high rep box jumps were a medical procedure, it would be a relative of bloodshed to balance bodily humor. Don't do j umping movements/exercises that you're not ready for. You don't need to do a 7-foot depth jump to get better. Sooo Soooo what is appropriate for your skill level. Do not miss jumping and throwing. You will not spoil your strength by making jumps and throws before training. Apparently, some people re-in form so that doing 3 sets of 5 box jumps makes them weaker. If it's you, suck it up and get in better shape. Don't worry if you can't box to jump 18 feet like many popular athletes. It's not about achieving the YouTube Olympics, it's about improving the training you're coaching. Do not sacrifice explosiveness for the sake of weight. You masculinity is not measured by the weight of the medicine ball you throw. So put a boulder and use the ball that can be done explosively. For most men with some force tra i ning the background, a 10-12 pound medicine ball will suffice. My general rule is to make 10-20 jumps or throws before each workout, but that will always change depending on what you do in the weight room. Every program in this book has my rec ommendations. You can mix/match any combination you want. The point of throws and j umps JU M P S / T H R O W S J 1 should be as explosive as possible, so do not turn it into a session of conditioning. Make sure you have an adeq uate rest between each throw and jump. Do them right. eax JUMPS Box jumps re-easiest to do, and probably the least strenuous of all jumps. The only danger is missing the box, which can be prevented by using a dense foam box for jumping (they are sold everywhere) or padding the sides/top of the box with some carpet and using common sense. One down side to box jumping is that athletes often lym the hips of flexi ability flexi flexi - they can't bring their feet far enough on taller boxes. So while box jump is an awesome test, it doesn't have a ltimate body explosive test. Box jump I'm ncredibly easy to perform and exactly what it sounds like: you jump on the box. Use you weapons as part of the jump (remember jumping and throwing re-full body exercise) and try to land soft. Landing soft is a great way to learn how to be explosive (hard) and still have a sense of calm and relaxation. Once you land on the field, either step down or jump down. Personally, I like to jump down and stick to the landing position and then reset for the next jump. The height of the box should not be the maximum jump every time. Also you don't have to go through some heights of progression from exercise to exercise - let it be natural. You want to choose a box that you can make but still requires full effort to get on. The point of jumping into a box is not to jump on the highest box possible; Rather, it's a way to turn your body on for a lifting session. All in all, we usually jump on a box that approximately 80%-90% of the athlete's best jump or projected best jump. It's not hard to see if you're a coach with some experience. If you are a re-trainer or athlete who doesn't have much experience, just start with a low box and progress slowly over over Weeks. You don't have to go crazy when you first start j umping, and it's not a good idea to check the box jump max on the first day. This is especially true in the training of young or weak athletes. If you train yourself, think about it this way - you won't try to bench to push 500 pounds on the first day you come to the weight room. You start with the bar and work slowly. Use the same common sense approach when jumping. Remember, the inclusion of the nervous system is not separated I nto y pper and lower body. Box jumping is a great way to prime your body for pushing and bench clicking. So please, let's set up a body. If doing boxing jumps is solely for you jump training, I recommend 3-5 sets of 3-5 reps. You can change the height of the box between each set and I always recommend the first sets be lower than in the previous sets. Again, it's just common sense. Here's an example of jump box workout: 3 jump - 24 box 3 jump - 24 box 3 jumps - 30 box 3 sets 3 reps - 36 box 12 I 5/3/1 F O R E V E R STANDING LONG JUMPS As a box jump, there is a slight confusion as to what it is. I instead high jump, stand ing long jump at a distance. To perform, start with both legs planted in a comfortable jump position. Swing you rms back naturally and push you thigh back and bend your legs. Push forward and up and jump the distance. Be sure to stick to the ground I ng after each jump. This means that the ground is strong on both legs and does not fall forward or backward. Earth with the same knee bend as you need. Stand up and fold for the next jump. If you use them exclusively for your jump training, I recommend doing 5 sets of 3 jumps. A good way to add some incentives for each set is to put 2 cones down. First, where you start your set of 3. The second cone is where you would like to land your final jump. It gives you something to shoot and makes it a little more competitive with yourself. They can be a little more stressful than the window J umps due to the impact of the landing. Yet most people can cope with a standing long jump, and this is far from n advanced movement. STANDING HURDLE JUMPS These re-look like box jumps, but you jump over an obstacle and land on the ground. It's more stressful than a window jump as landing is much more stressful. Obviously you don't have to use an obstacle to jump over, but it helps - the smaller surface of the Rea at the top gives you a lot more room for maneu ver. The larger the top surface, the harder it is to cross. In other words, you have to jump over and over again. If you re-new to this, limit the work to 3 sets of 3 reps. Once you get used to it, you can use the same protocol as box jumps. STANDING JUMP It looks like a stand-up long jump with only n added second and third tied after the first two-legged jump. The border is simple: you spend little time on the ground. Ground contact m inimal and you have to ppear like a rabbit on hot coals. You don't land to land Kicking when you're tied -- you only stick to the final jump. You ust land on the balls of you feet and keep you body under control. It becomes very difficult if you don't have balance or you're out to jump your body. Too many people find themselves falling forward when they are limited and lose a lot of power during a transfer. It's not so much about getting the distance between each jump, but about maintaining minimal contact with the ground. With that being said, you get more power in g round the further you jump. So it becomes balancing the game literally and figs uratively. When you first try this, aim for shorter jumps and focus on minimizing ground contact and keeping your body in control. Be sure to use you rms. Related when jumping becomes a little more stressful for the body, especially the ankles and knees. It's not necessary for everyone! So don't be ashamed if you stick to the basics and con tinue to do so. J UMPS/T H R O W S I 3 B OUNDING BOX JUMPS This can be done in two ways. First, install u p two boxes. Stand on one box and go away (don't jump). Land on two legs and jump on another box. The boxes should be about 2-3 feet apart. You don't land flat feet - land on balls of you feet and bound on the field. This will require some practice to get the deadlines down - and again, be sure to use you rms. Now that you first try this, the field you step away should be shorter than the field you jump on. For example, get off the 12-box and go to 30. The higher the box you step away from the more energy you can bsorb and the higher you can jump. However, it becomes infinitely more tense and very d ifficult. Use this method with caution. The best thing I did was in high school. 40box to 40th box. The second way to do this is to create 5 boxes in a row, with 2-3 feet in between. Go to the first box, stick to the landing, get up and get out of the box. Land and tied on the second box. Repeat until you stick to the final landing. You can vary the height of the box from box to box. Yep in, it can be very stressful, so it's not for everyone. I recommend no more than 15 contacts per session. B OUNDING HURDLE JUMPS These are re-the hardest of all J umps, and I doubt that most reading it will ever need to make them. Set up 5 obstacles with the appropriate distance between them: You will have to figure the distance based on your own needs. Jump through the first obstacle and are tied over the rest, minimizing ground contact. It is incredibly stressful and requires very strong ankles and knees. It also requires a certain rhythm. We did it during the track season with my mentor and disc coach, Darren Llewellyn. They became the main jump during that time and we worked up to 10 high Sometimes I can't believe what we used to do. But understand that this wasn't something for beginners - we all did a lot of box jumps and boundaries before that. If you can do this, use the same protocol as Box jumps. STANDING OVERHEAD MEDICINE BALL THROWS This can be done with kicks parallel to each other (jump position) or with any foot forward. Bring the balm medicine L over your head, stretch back a bit and with you the whole body, throw the ball forward. Be sure to use you whole body when you throw the ball, not just you rms. Using your whole body means that your feet are leaving the ground. And that has to happen with every version of these medicine ball throws. STANDING MEDICINE BACKWARD BALL THROWS Back to the area you want the ball to the ground, stand with a wide position. Bring the ball a little between your legs as you push your hips back and bend your knees a bit. Explosively throw the ball over your head for height and distance. Like all ball medicine movements, your feet will leave the ground. One of the keys to this is to be sure to keep your mid-section strong so you don't fold on the way down or up. To make it a challenging task, I like to do it with a partner and with him a sign where every ball lands. J ust make sure you throw from the same spot and try to beat your previous throw. 1 4 I 5/3/1 F O R E V R STANDING MEDICINE BALL CHEST PASSES These re pretty self-evident. You can do this with your feet parallel to each other or with any foot in front. One d ifference that I preach with a breast pass to make sure you use you common body to throw the ball. Your feet will and should leave the ground. In fact, many times you will jump forward, just like abbreviated long jump when doing so. Be strong, be fast and don't do this upper body exercises. Turn on everything! With ball medicine, I love m ix and match all the moves and aim for 1 5-20 throws per workout. Don't rush to give up. Not half you effort. Remember that the weight of a copper movie ball for most men should be about 10-12 pounds. Wea ker athletes should use the appropriate ball for their level of strength- don't let you ego dictate the weight of the ball. Just make sure you re-make throws with a goal. You goal should always make 15-20 throws or jumps (or m ixture each) before each workout. This should ha ppen after the warm-up and before you start the climb. C OMBINING JUMPING, THROWING AND LIFTING the combination of you weight training with you jumping and throwing will help make you more explo sive. I taught this in high school and believe that most people can use this once their bodies have adapted to consistently jumping, throwing and lifting. This is what I learned from reading about athletics throwers. They did this in my opinion to help their weight training become more explosive. The idea is that when you combine something explosive with heavy weight training movement, you will become more explosive during the climb. First, let's consider the notion that your cancellation will suffer because of this. As long as you've been lifting consistently, ren't Ad made jumps/throws consistently, you'll be fine. Or if you're just a hard bastard - it works too. I've found that the best way to do this is to use jumps/throws while warm-up sets out you main lift and maybe the first one or two set work. All in all, we just do box jumps/throws between warm-up sets. Make sure you keep throwing and jumping for no more than 3 reps - it's not exercise conditioning, so don't turn it into a circus sideshow. It is imperative that each of the jumps/throws/lifts be done with a general focus - not just through the ball or jump on the 2 box. Be quick, be explosive. Here's an example of how to combine lifting and jumping/throwing. Let's say your first working set of dead elevators is 315 pounds. Here's how you'd approach it: D EADLIFT/B O X JUMP S - Warm-up mobility/flexibility. Box Jump - 3 reps x 24'. ST R E N G T H I 1 5 - Deadlift - 135 x 5 reps. Box Jump - 3 reps x 30'. Dead lift - 185 x 5 reps. Box Jump - 3 reps x 36'. Dead lift - 225 x 3 reps. Box Jump - 3 reps x 36' - Deadlift 275 x 3 rep. - Deadlift - First set at 315. - Now remember that you don't have to use medicine ball throws when you re-do bench press or click - you can do box jumps too. It doesn't matter what you choose as these re-all body movements and the point doesn't work muscles but prime your body. For example, in winter we do jumping into a box while we bench and click: We get the same effect as when we do medicine ball throws. I can't stress enough the fact m uscles don't exist on the island; everything is interconnected. STRE N G TH Nothing has changed with regard to the main elevators: we still use squats, lift, press bench and press. If you get strong on these fou r movements, along with balance from other reas, you will be a strong person. If you are injured and can't use one of these movements, change it. Just try to choose what I have in the same category; if you can't click, don't choose a rod curl in its place. Choose a slanted press or floor press. These alternative elevators take the place of the main elevator and reuse only when you can't tra in the main elevator used in the program. SUPPLEMENTAL LIFTS These re always barbell lifts and very reminiscent of the main elevators. The 5/3/1 program has some popular extra programs boring, but a great, first set last, second set last and boring but strong. All of these additional programs can be done with a major lift and they can lso be done with an alternative lift. If you use an extra lift you should find the right maximum preparation. The only downside to using n alternative lift is some people impatient and reluctant to spend 20 minutes and check out that lift and find training max. 1 6 I 5/3 1 I F O R E R E R Below are some additional options for each of the main lifts: DEADLIFT - Deficit Deadlift, Pull Stand. Pull out of the blocks. •• Grip Deadlift. - Fat Bar Dimlift. Double Ohwand Dmilt. The Bar Deadlift Train. SC WAT DOSELAL - Front squats. Box squats. A variety of different bars can be used as well l as a front squat. Safety Squat Bar. BENCH PRESS/PRESS SUPPLEMENTAL - Bench Press done with d ifferent g rip width. I ncline press. - The press office of the floor. - The press office of the football bar. Incline Press Football Bar. Football Bar Press. Football Bar Floor Press. - Log bar bench press. - Log Bar Incline Press. - Entrance Bar Floor Press. - Logue Bar Press. P R O G R AMM I N G Y O U R A I N N G J 17 Remember that not every 5/3/1 program has an extra lift. Also remember that there is a fac tion never-have-been that likes to talk about finding your weakness or some other stupidity, which helps hide the fact that they know shit about training and programming. You can lways follow the trail turds these charlatans leave behind, looking at things like, front squats will help your deadlift and pause squats, probably the answer! And people who preach hip trick trust. Actually, I'm laughing out loud right now. Using d ifferent extra exercise has its place, but if you're weak as urine and can't do basic things like 10 chin ups, 20 perfect hanging leg raises, actually perform some mile run without choking on you tongue or clipping you own legs, let's keep the bar for later. As long as you have some basic level of strength and some kind of fitness level, you don't need anything d ifferent. You weakness you are not strong and you ren't in shape. You weakness listens to idiots - fix that before you add deficit pulls with chains to help you speed off the floor. The weak spots of people are rarely muscles. It almost lways their head, their heart or their lack of discipline and/or consistency. YDUU TRAINING Program Depending on your level, we program 3, 4o r 5 cycles in advance. The newer you re-structured training (and training in general), the longer you can plan ahead. The more advanced you reuse, the shorter you plan. The preparatory plan will consist of two templates: the Leader template and the Anchor template. There's a re-run of three different programming models we use: 3 leader pattern cycles followed by 2 anchor cycles, 2 leader cycles, then 2 anchor cycles and finally 2 leader cycles and 1 anchor cycle. What model you use will depend on your level and the templates themselves. 3 Leaders / 2 Anchors - Used with beginners and people who make bored but big (BBB) and boring but strong (BBS) problems. I don't recommend this to most people. 2 Leaders / 2 Anchors - Rookie, Intermediate Beginner, Intermediate, Advanced: I recommend this for almost every l ifter and lmost of each program (if applicable). Essentially it gives the lif/athlete enough time to to assess progress. For example, you can use BBS for two cycles, cycles, then go to PRs in the next cycle. Are you squat and increasing the press with BBS? Okay - now you know you can use this to push your elevators. It didn't work for your bench press? Well done! Now you can try something new and build again. It's kind of like going through a mini-peak without having to spend six months building up to the maximum or see if something works. With 2/1, we can also make sure that you reuse the correct maximum preparation for each elevator. I see too many people trying to hit their work kits with speed, strength and power. Also, many of these programs re-very difficult and spending more than two cycles will burn you and disrupt any progress that you make. 2 Leaders/ 1 Anchor - 1 8 I'm 5/3/1 F O R E V E R So before the program starts, fig re-your plan. Use your learning experience to help you, or just try something different and/or fun. The problem most people have with programming their training is they want to do everything on the same level; This is when injuries and overtraining occur. Things should be in the right proportions for contin ue success. Learning is like building a castle: every day you lay another brick. This can be done with lifting, jumping, throwing, conditioning or recovery work. Brick by brick you slowly build a castle. Every brick is important, but the key is eventually looking and seeing that you have built a strong castle. So stop this nonsense by trying to build your body, or you target, on one training day. Train hard, but train smartly. LEADER SAGE - Increase the amount of work with the barbell, usually in the form of additional work. Less aid. Less jumps and throws. Less tight conditioning. Focus on light conditioning. ANCHOR TEMPLATE - Reducing the amount of work with the barbell. - higher intensity of barbell work. Increased relief work. More jumps and throws. Tighter conditioning. Easily air conditioning can lso be done. Note: Mobil ity and flexibility tend to remain the same regardless of the template if you feel the need to do more. Typically, the Leader template is usually larger in volume for more work. The Anchor pattern will have a smaller total barbell volume, but will be more intense (relative to 1RM) or the sets will push harder. Because Leader templates have a higher amount of barbell work, tight air conditioning and relief work will decrease. You will also do less jumping and throwi ng. Light air conditioning will help mainta i n or improve aerobic levels and help facilitate recovery. T H E D E L O A D / T T H W E E K R O T O C O L J 1 9 Anchor patterns tend to be more intense. Help work, hard conditioning and jumping and throws I ncrease. But the volume of the barbell will be lower and you will stil l Easy air conditioning. Most of the programs in this book have both a leader and an anchor template - all we need to decide is which one you want to do. The guidelines provided re-set I stone. There re certai n n t that violate these rules, but overall, these guidelines will serve you well. Please remember that when choosing tem plates you have to be honest with yourself about your goals, your commitment and what you body can take. Too many people think the pattern looks great, but the reality is that they are unable to handle the job. There must be some responsibility on the lift for its success. Sometimes having your heart is a good idea, but your head should be last consult. There is ample variety and variation to choose from, no matter what your goals are. Some are re-incredibly simple, others are much more complicated. No matter which program you choose, I only ask that you buy everything in - quote Mike from Breaking Bad, No Half Measure: D E L OAD/TT E WEEK PROT O C O L Anchor big change to the program is what I dubbed the Yalh Week Protocol. The reality is that the Yoh Protocol is not done every seventh week; it's just a name. The Week x lth protocol performs three functions: how to reboot, test week for your tra i ning max, or the chance to get into PR. Where you are I have your training will l determine how you use it. Common g uidelines are: The Yoh Week Protocol will be used as a reboot between The Leader and Anchor Patterns. The Week of the Week protocol will be used to test the tra i ning maxes templates at the end of the Leader and Anchor templates. This ensures that your tra i ning maxes re-fix for you the next round of training. The protocol of the week can also be used for shooting for a PR rep, but this is done rarely and only with certain programs. The week's protocol can be used as a reboot after any 5/3/1 cycle, no matter where you are in the program. This is especially important for older lifts and during especially taxation pro gras ms. It's your responsibility. For each of these uses, the overall setting and percentages of the week's protocol will remain the same. What will change the re-repetitions done. This week will reduce the total, no supplemen tal work is done and limited aid work, even if we use the protocol to test our tra i ning maxes or shoot for PR. 20 I 5/3/1 FOR EVER The biggest advantage of the yth Week protocol is allowing you to know if you are training the max properly. There will never be more issues having the right max preparation. So if you can bench to push 300 pounds, your training max (the number you're based on all you interest on) will be 270 pounds. As I've added various extra variations and more volume and even different set/turnups for basic lifts, starting with 85% max training often Every that tra i ns in my weight room starts at 80-85% -progress is better, and the bar speed is never compromised. I always try to stay between 85-90% for most lifts. In genera l, stronger lifts use Learning max; There are some that use as low as 77%, but these guys are few and far between. But understand that learning max has nothing to do with your machismo - you m ust use training max that better d rives you l ifts. And after that with hundreds of people over the years, the more progress you can make with the easier max training the better you will be. After staying with the program for a year or more, you Wil l understand that some l ifts should have different maximum preparations than others. But if you're still in limbo, use the training highs that are recommended for each template. 7TH WEEK, TRAINING MAX TEST As a training maximum testing week, the protocol yth Week is very simple. We work up our max training and attempt pt to get 3-5 reps. If you re-shoot for 90% traini ng max, you want to get at least three reps. If you shoot for 85% tra i ning max, you should get five reps. Personally, I never want these test weeks to be true 3RM or 5RM; I want the representatives to be strong and fast. 70%x5, 80%x5, 90%x5, 100% (TM) x 3-5 Since this week's testing, there's no excuse for being too heavy out of max training. Do not increase more than the usual number These sets should not be taken to failure - as long as you hit 3-5 reps, you can stop the set. Let me make it clear again: You don't increase your preparation max anymore if you can do more than five reps. If you are constantly making progress - don't change things if you re get stronger. This is one of the biggest mistakes that beginners make; they think that learning to max has some things to do with the level of strength. It is a tool to help the program you train in a way that allows incontinence to uoos success. This allows the bar's rope speed and allows you to take into account the bad days; not every training day will be awesome. In fact, the longer you train, the more average days you will have. And you'll have a lot of bad days too. There will be days that make you reconsider what you do and the question that you effort. every cycle. PRS l answer the same question dozens of times a day: I got 8 reps on my final set at 95%. Should I increase my training max more than the standard five or ten pounds? The answer is NO every time. If you increase your training max more than the allocated amount, bar speed will suffer, you will plateau faster and you will burn out and get weaker. That's common sense! If you do T H E E L O A D / T T H W E E K P R O T O L I 2 1 progress, do o don't sabotage you own training. Keep moving forward. Recently I had about 4 0 schoolchildren using the program We started the program using 85% of their max I had all the elevators. After three cycles, half of the children could do their training max for 15 or more reps. It's common with new lifts (1-5 years) that are new for good programming and run smart/eat well. The solution is to keep saving Forward; Don't adjust your workout max other than the basic 5-10 pounds. If you only do one or two reps at your training max, you should adjust so that your preparation max round 85-90%. In other words, reduce the maximum preparation. In this case, use the formula to sort out your intended max (weight x reps x .0333 weight) and adjust your maximum training to be 85-90% of that. Remember that many of the 5/3/1 training programs require a certain maximum training, many are re-done with 85% and several with 80%. Set you train the max properly to ensure progress. Personally, if an athlete or lift can't perform at least five strong reps with their tra i ning max, I'll have them lower it. I've seen too much success around 85% TM for it to be a coincidence. Before any Leader template, I recommend that you spend the maximum training test week. 7 T M WEEK, DELDAD Used as a download, you just work up to one (1 rep) on your maximum training. This is for those of you who feel that you need a break and know that you are training max properly. 70%x5, 80%x3-5, 90%x1, 100% (TM) x 1 Remember that the reason for the reboot is that you never have to unload. If you're already feeling the run down, you re-too late. As you get more experienced, you will know the signs and be able to take a week nd _ regroup. This is also a good option for those who know that their training maxes re-cor fix and don't need to test them. This de/load pattern is always used between the Leader and Anchor template. You can use it after any cycle if you feel you need it. 7 T M WEEK, PR TEST Used as a PR week, you will work up to you training max and attempt to hit the target number of reps or PR. This is a good option for those who use progression S for most of your training. This is a great option for athletes who need to keep most of their training easier (to account for all other stages of training), but still have a week where they can push and be competitive. 70% x 5, 80% x 5, 90% x 5, 100% (TM) x PR or Target Now, obviously if you shoot for PR or purpose that day and you don't hit 3-5 reps, you need to adjust the training max. 22 I 5/3/1 FOREVER 4 DAYS/WEEK M ONDAY TUESDAY Thursday FRIDAY Warm-up/Mobility Warm-up! Mobility Warm-Up! Warm up Mobility! Mobility Jumping /Ttrows 10 footy jumps / Throws 10 fufa legs / Throws 10 furic jumps / Throws 10 fofaJ af r y ench Press Hi Week week - Help Press Week 3) eadlift Ht Week rHt Help 3 DAY / WEEK MONDAY WEDNESDAY Mobility Warm-up / Mobility Jumping / Throws Throws - 10 fofal Jumps / Throws - 10 fufahly squi rtl Week (nch Press rHt Week r-11i Week, Press - rHt Aid Week Help 2 Days / WEEK S'ltauf - MONDAY Thursday warm-up! Mobility War1H-up! Mobility Jumping / Throws - 10 fofal Jumps / Throws - 10 Fofa / 11-1i Week, Nch Press - r-1-1i Week J eadlift - JHt Week, Press - JHi Week Assistance T H E D E L O A D / T T H W E E K P R O T O C O L I 2 3 ASSISTANCE, 7TH WEEK PROTOCOL •

Push • Pull • Single Leg/Core - 25-50 total reps per workout. 25-50 total reps per workout. - 25-50 total reps per training session. You can always reduce the total number of reps during this time and/or use less intense move ceps. For example, if you make dips and dumbbells bench press as your push movements, switch to triceps press. This will give your shoulders a much-needed break. Help work I'm important but when it stops or inhibits your basic elevators and other aspects of learning, then you re-do it wrong. Get out of your own way - don't let your fetish help derail your goals. Conditioning. 7TH WEEK PROTO COL - 3-5 light days of air conditioning. - You can conduct air conditioning tests. I generally have people avoid doing any tight conditioning if they want to do a conditioning test. It's time to check your mile or attempt your prowler goal. If you decide to check, you should use your best judgment on which lifts (if any) to click hard. Obviously, if you're using something like a Prowler or some kind of running test, it's best not to squat too hard the day before. Even if you do a conditioning test, I still recommend doing some recovery work with light conditioning other days. Don't just sit; Use this time to get your body moving. Remember that restorative work is not a workout - it's there to make you feel better. If this doesn't happen, you re-do it wrong. Understand this important point: You will have to reset your learning highs often. The longer you train, the harder it is to make progress. And this becomes especially relevant with the press and the bench press. So don't get upset; Just reset and attack with a nother strategy. Understand that not every elevator will increase at the same time or at the same level. It's just the reality of learning. Many of the programs in this book re-very tough and may require you to take a reboot after each cycle. Don't be so proud or so brainwashed to think that you don't need a reboot. You can't run your body into the red week after week and don't expect something bad to happen. Use your head, and use your experience. If you come to a point where you re-run too down to train or you have too many bad days in a row, then this is on you. Plan better, recover better and use experience to teach you a lesson that you won't repeat again. Between Each Leader and Anchor Program: 7h Deload Week Before New Programming: 7h WeekTM Test or 7h PR Test Week 24 1 5/3/1 FOREVER ASSISTANCE WORK One of the big problems 5/3/1 development of an aid program. I wanted something that was built enough to make programming easier. However, I wanted enough flexibility to allow individual lift to make a choice based on his preferences, his needs and what he has access to in his weight room. Weight. It's in mind, I've developed a very simple solution: Each day the ING train will consist of three categories: push, pull and one foot/core. Each category is given a certain number of common reps. Genera L's recommendations for the basic 5/3/1 program are: Push - 50-100 total reps. You can do more or less, but understand that it has been tested and we'll I thought. This is not something I came up with on Monday and published on Tuesday. I have a specific list of movements in each category. You can mix and match any of the movements to hit your overall reps. For the workout. Using different relief exercises can add variety to your training; I don't see any problem in changing exercise from exercise to exercise. It's the job that matters. However, there are exercises that can work best for you or ones that you just enjoy doing. The key does a balanced amount of work. So we have three main categories. From experience, most people have no problem doing dips, chin ups, rows and curls. They are re-more than happy to do so until they are blue in the face. One-legged work, hanging feet raises and backs up again another story. Even in the work of helping we strive for balance without the need to completely disregard what you probably want to do. So go head and do dips, but be sure to train your torso too. Understand that you should use common sense to choose the right help exercise for each program. If the program has a lot of squat and deadlift volume, cut the lower back work and heavy rows. Instead, use face pulls, band pull-aparts and lighter abdominal exercises. Not everything should be in red when you train. ASSISTANCE WORK, PUSH D IP S Weighted reps are a phenomenal way of developing your triceps, deltoids and chests. Not only do they build strength, but they can add a great size deal, too. Building a large press and bench press is often limited to the lack of size in the upper body, and the dips of the V line will certainly help you there. Dips are also good, but don't turn this exercise into a low-motion rep. While it may have some merit to get traffic on social media websites, you better use the barbell movements for hard work. It's not S S S T A N C E W O R K 1 2 5 means you can't download them, but doing heavy triple-to-dips isn't something I'll recommend. I recommend higher reps for this movement, 8 representatives. If you're going to do 100 reps of the dips I'm training, you can do 50 common reps of weighted dips and finish off with 50 repetitions of weighted dips. Not everyone can make failures. This usually stems from shoulder issues, and is more common in old lifts, made more pressing in a week than most of them did in their lives. Failures like a crazy ex-girlfriend, which is amazing in bed; it's fun at the time but you'll learn, learn Enduring repercussions end up not worth the short-lived pleasure. If do dips leaves you shoulders in such pain that you can't perform other movements, particularly mab barbell movements, then it's time to give in and move on to something else. I don't recommend doing failures of every workout - I can imagine the number of men out there who think doing dips each school day will reduce the amount of time until women finally realize how mazing they are. Well, it won't. So keep your shoulders down and do dips once or twice a week, as a last resort. There are plenty of options you can do besides dips. P U S H - U P S Don't laugh just yet. For while, I couldn't make dips because of shoulder problems and used push-ups in their place. Using a weight vest or chain/plate draped across my back/shoulders, push-ups have become an amazing alternative that I believe many have forgotten. Most people are more than strong enough to do weight push-ups, but I still have high rep kits sometimes with my weight for a change of pace. You can use pushable pens or blast straps/TAX if you are re-so inclined. One of the best reasons for beginners to do push-ups is to find out how tight they need to be when they bench press or click. You can do this by holding the lower position for 3-5 seconds and not giving you air. Make sure your shoulder blades re-pulse brought together and your body doesn't sag or-framing. If you don't know how to do it. do this, ask a qualified trainer who is strong and has more than a decade real world experience. It's a feeling at the top of your back/buttocks (and really all over) as you should feel when you bench the press or press. To practice, you should be able to stay perfectly stiff in this position and still be able to relax your mind. You should also be able to stop at any moment during the eccentric or concentric push-up phase and feel where you are body and what it is like. These are all very basic things that everyone should be able to do. I always surprised at how few people can do 25 straight push-ups; Don't be that guy. D U M B E L L P R E S S This includes dumbbell bench press, tilt press and standing press. Dumbbells are great for the work of tance ass, but only if you do them correctly. That's right to use a full range of motion, not cutting it down for the sake of using more weight. Too many people are using dumbbells, believing they are better for wee development or whatever nonsense is being thrown at people abandoning the bar bell (or really writing an article, so it causes their name to be thrown about on social media and message boards). Unfortunately, reducing the range of motion turns the movement into a modified press board. 26 1 5/3/1 FOREVER TRI C P S EXTENSIONS/PUSHDOWN S I'm sure there are a dozen EMG studies that show that a straight bar is better than a rope better than a V-shaped bar for pushdowns. I honestly don't think it matters; Use the one you want. The bands can also be used and Way to get a straight triceps work in your home gym. The extensions re-amazing exercise provided they don't hurt your elbows. If you decide to use extensions, my advice is to use the strictest form to reduce the weight that you use. I see too many people turning extension into press; Hell, I was one of them. F U L L R A N G E P L A T E R A I S E This is a great exercise for the shoulders and upper back. This is best done with a bumper plate, but you can also use the football bar. It's simple: with straight rms, you lift weights while you rms over your head. Make sure you pinch you top of your back together at the top. This is best done for higher reps and is great for those who have to give their shoulders a break from heavy pressing. ASSISTANCE WDRK, PULL CHIN-UPS/PULL-UPS Chin-ups/Pull-ups is a term used to describe pulling your chin over a bar without kicking/torso like an idiot. I can't recommend enough, using a wide range of grips, bars and tools to do so. You can change grips/implements each workout or between each set. I recommend using pulls and towels as part of your chin before training to help improve your grip. Unlike failures, however, you can do some lower reps on this movement, as this will not negatively affect the strength of the work done with the barbell. F A T M A N R O W S A K A I N V E R T E D R O W S This is a great exercise for those of you who can't do chin ups, and even for those who can make them. If you re-strong enough to make a chin box, throw on a weighted vest and challenge yourself to some high-rep sets in inverted strings. It's a big change of pace. It's best to do this with a barbell installed in the rack in the appropriate position, with machine or with Blast Straps/TRX straps. I even made them in my garage with adjustable drop handles in my squat rack. Whatever you decide to do, make sure your body is tight-nosed allowed. If you re-sag too much, raise the bar/straps until you can make them right. Another great variation of doing chin ups/pull-ups/inverted strings is what I did years ago to build my volume. I would have done a series of pull-ups on the chin bar. When I reached my goal, I would put my feet on the barbell, which was set in the rack, in front of my body. I'd call these Scammers. I'd finish off 10 more reps or so with my feet on the barbell. I'm sure there's a name for them, but I'll stick to what I've got. Try this option if you suck at pulling your chin over a stationary bar. A S I S T C E W O R K 1 2 7 R O W S I personally recommend dumbbells string over the barbell due to lack of stress on the lower back. You can also T-Bar series. Apparently there's a re-20 different versions of the barbell line now - it's amazing how complex the damn series can become. Whatever you decide to do, be sure to treat the barbell string as a muscle rather than movement: What does this mean is that you re-do exercises to help strengthen your back and compliment the core if. If don't use the bar by any means form to paddle the barbell. There is always a time and place for this, but not in this program. There's a re-a lot of fine rowing machines out there - Hammer Strength always has great string equipment. Unfortunately, they don't have the same training effect as a barbell or dumbbell. They re great for muscle building, but they have virtually no can rryover to create a strong dead lift. Aside from creating big, strong backs for pressing, barbells and dumbbell rows are a great way to strengthen the lockout on a dead elevator. It's learning the economy at its best. If I had to choose one kind of string that is carried over to most lifts it would be dumbbell strings. For the press or press, it helps to build a strong upper back and lats, both of which provide stability and strength in these movements. For the deadlift, the dumbbell strings helps with the lockout and maintain proper position throughout the elevator. For squats, it helps to develop a strong upper back to maintain position and provide a thick muscle pad to place the bar on. The real kicker clutch is the strength that dumbbell strings develops - essential to the press, bench press and especially the dead lift. It is best to develop with higher reps (20-50) using the heaviest weight you can use while maintaining some semblance of proper shape. Guntel Row is a one-stop exercise and learning economy at its best. C U R L S Coming from a sports background, I always lifted weights to be better on the field or on the track. It was never for cosmetic reasons. So I never gave a curl at any time in my training. However, curls are still important in this program for balance. There is a lot of clicking in this program and curls help balance that as well as a great way to prevent shoulder injury. The body does not exist in individual parts, despite what popular magazines tell you. It's an all-great system, and curls aren't just for bodybuilders. Strong hands are important, so don't neglect curls. You don't have to be a champion curl either. This can be done with a rod, dumbbell, or any of the millions of bars/cables or machines that someone invented to make curls. L A T P U L L D O W N After chin up/pull: the windows started to get all the love I'm fitness press: the lat retractables were relegated to the sideline and ashamed of being the second best. Lat pulling in order - the big problem with them is that you need a specialized machine to make them. You can do chin ups/pull ups almost anywhere, so they re-program most easily. There are probably hundreds of different machines and attachments to use when making retractable lats. They're all right. I still I recommend chin-ups/pull-ups, rows and upside-down rows over pulldowns. But they 28 1 5/3/1 FOREVER BAND PULL-APARTS This exercise wins the award for Most Boring, but effective exercise: Have I seen too many people fix their PR shoulder? blems by making pull-a-strip parts: daily or school day. Keeping a group pull parts every day (or train ing day) can fix a lot of problems. Not all of them, I'll be fine. Most people do pull-aparts with m ini-band, monster mini-group, or light group. Which group you use doesn't really matter. Make sure you reuse the full range of movement and holding the top position - you rms overstretched to you side. I like to use different angles, but I think it's right to be me struggling with boredom. This can be done on you over the weekend and re-lange when you re-perform your warm-up sets bench press and press. F A C E P U L L S Face pulls re very similar to the group pull parts, but a little more intensive. This line is done with a face/head. One day I saw an article detailing how to make a face pull; it's like teaching someone how to push a sled. Face pull is not a move you re-try to max on or install some kind of PR. Lots of reps and don't be an idiot: This is the face of Mantra Pull. Face pulls can be done with a band or any kind of cable machine/app. These exercises re great to make in a home gymnasiums. You can attach the strip to the chin bar (or something like that). If you're shoulder hurt, you can always make the sled face pulls - the lack of an eccentric phase can be a blessing to ing for you shoulders. R E A R L A T E R A L S It can be done with plates, dumbbells or cables. They are best made for higher reps with a fairly strict shape and are in the same class as the face pulls and strip pull parts. Let's not waste any more space on this movement. U P R I G H T R O W As an extension of the foot, the vertical row has been revived b every fitness expert, even those with no experience or credentials that will qualify them to make this statement. It looks like there's a re-a lot of physiotherapists and orthopedic surgeons trolling around the internet. Fortunately for us, they have extra time on their hands and are once again willing to refuse counseling without seeing someone personally, all masquerading as Mass4Ever: Who needs socialized medical care when the Internet can properly diagnose and treat most health problems? The vertical range is far from ideal, but people did them forever without problem; although some people have problems. It seems like you have to make a choice; freedom lways is a great thing for smart, active people who take responsibility for what they do and what happens to them. This can be done with a barbell or ny cable fastening attached to a low pulley. These are great for building big traps but not sure if they carry over to anything significant. A S I S S T. C E W O R K 1 2 9 S H R U G S Despite my love of big traps, I'm not a big fan of shrugs, but I recognize their use. It can be done carefully, rigorously and with various tools: barbell, trap bar, dumbbells, or weights. I use the term sloppy, please understand that it still means that the shoulders move up and down - there must be a noticeable movement. Don't just move your head as the chicken pecks Food. You know these people, perhaps you are the aforementioned chicken; anyway, stop it. Everyone's laughing at you. A I D W O R K. One. L E G / C O R E B A C K R A I S E S or R E V E R S E H Y P E R E X T E N S I

I will begin by being careful when trying to do it on one. Make sure I have the strength, coordination and balance to make the movement of the one foot.

One-legged workouts are performed for 5-10 repetitions; Representatives determine need by how competent the lift is in motion. BXBRCJSB REPS Ke/Hebel/Sw119/KelHebel Snatch or JYB/Doboyweish squat 25-50 total fofal reps push-ups/. Failures 25-100 fofals Press Chilli-up/Pull-ups 25-50 fofal rep s lfb Wheel/Han9119 Le9 Raise 25-50 fofal reps TofoJ Time Goot Coa: 20 milLufes - SAMPLE ASSIST. CJ CIRCUIT JJJJ SJl S'lua x 20 reps Push-Ups x 10 reps Chilli-UpS X 5 reps lfb wheel x 10 reps. Made 5 tiLLies throu9h SAMPLE ASSIST. CB CIRCUIT N92 KB SwI119 x 15 reps. Failures x 10 reps Faf Man Rows x 15 reps Han9119 Le9 Raise (knees benf) x 10 reps . Made 5 tiLLies throu9h Tofa / Time Goot 20milLufes - Remember, if you can't do pull-ups/h in the windows, use inverted strings instead. The scheme is done five times and it should be completed in 20 minutes. It's more than enough time to do it. The only problem is the KB snatch as you have to make both hands; It can take a long time. You can combine KB snatch with KB swing: One swing is followed by one snatch. That would be two representatives. In general, I'll have lifts alternative traffic whenever they want - it really doesn't matter too much m ah as they are all basic whether the same traffic. It's incredibly simple work, and just a tight ny man who has incredibly average strength/conditioning can go through it. BEG IN NER PREP SCHOOL I 43 RUNNING Sometimes, we will use Prowler for ING status, but most of the time we use Prowler or sleigh for those who can't squat. For example, I had one athlete who squatted absolutely. So we worked every day on his uniform, but on the days when he had to squat, we used Prowler and sleds to help strengthen his legs. So he was getting a good job for his hips and legs without worrying about the technique. Remember that our ultimate goal is to get them stronger overall. If you have access to a foot press machine, it would be a good time to use it. Running has also become one of the goals for beginner programs for my high school athletes. For running, the big focus at this stage was a one-mile run. I insisted that they run three times a week, at least one mile, no more than three. The main purpose of this was to be able to run one mile; That's what it's about. I'm amazed at how few healthy people can run one mile, even at a slow pace. The only time I allowed this slide was if the athlete was involved in the sport or was in the season. To change the tempo, I gave them a few running workouts that could have been done on Track. Remember, I'm Lve in a small town, and the track is open to the public. You can't have this option, so I recommend working on the street or an open grass field; be creative. Choose from the distances/workouts listed below. DISTANCE NUMBB RD PRUNS 100W, 10-16 200W, 6-8 HOOW, IF-6 800W, 2-3 L Never about the rest time between the tracks - just do it. The only thing I stressed was a run, not a sprint. Keep your mouth/jaw loose and try to relax as much as you can. Some of the kids will run the stadium steps or the hill. I really didn't care too much until they ran. For kids who wanted something extra in the days when they weren't lifting, I made sure to stress that they could do whatever they wanted provided it was body weight. To make it simple, I instructed them to do the same basic relief work that we do in the weight room. Since fewer children had access to weights, they made one leg variations. They were free to do it every day they weren't in the weight room, including the days they ran. So if you want to do more, that's the answer. The whole point that was emphasized is that we will lift weights in my room, nowhere else. No one screws their training more than people who aren't what the hell they do. I can't tell you how many times I've had to knock this in their heads. And 100% of the time when they screw it up, it showed. Everyone who is committed to this plan has become better. And not just a little; seeing the changes in them was absolutely amazing. I had teachers, neighbors and parents all commenting on the physical, emotional and social changes when they started learning. And to my surprise, it wasn't just a barbell. These kids loved to be challenged...the running and body weight work. 44 I am 5/31 FOREVER Having this plan has done wonders for everyone who has used it. Having a good birth base L training, the one that d raw on different ideas will set you up for the remainder of your training career. And in the case of these children, it helps them understand the importance of balance in learning. I emphasize this over and over again, especially when kids are going to go to college again. I want to teach them how to train, how to be more than just the weight on the bar, and how to put themselves. I have five goals for the beginner program: Each main elevator and an additional elevator that will be finished in 1.5-18 minutes. The key to this is not to force-time; rather, they should be able to achieve this goal on their own. I didn't force the issue at the beginning, but as the lift gets in better shape, this time rule should be light and easy. The total time, plug on both lifts, should be about 30-36 minutes. - Aid work done in 20 minutes. - Be able to run one mile. Learn to jump and land properly. Install grou ndwork for a balanced curriculum. Running, Lifting, Jumping, Gymnastics. Not a bad way to start training. I have each of the lifts trying to milk this program for as long as they can. After each cycle, they will increase their maximums of preparation. Because some of them are terribly weak in one or more of the lifts, we can only theme five pounds for a squat and dead elevator; or we will repeat the cycle or repeat the cycle using fractional plates added to the bar. There is no how long to carry out this pattern. If the lifto stops at i lift (and this lways happens with the press and press), I offer these solutions:- Reserve time three cycles and repeat. Reserve time three cycles and starting clicking the last set for PR or goal. That doesn't mean you go crazy on the last set and let your form go to hell. I only recommend they do this if there is a technique of sound. Reserve time three cycles and increase the amount of additional work 7-10x5 (FSL). Reserve time three cycles and run 5X5/31 (see this book for an explanation). Reserve time three cycles and use SSL (see this book for explanation). Other ways you could address diet and sleep. You have to eat to get strong. This may not be a huge factor in the first couple of months as an additional learning incentive is frequent enough. People will get stronger, in general, as long as they re-train hard enough. At some point, you will re-have to eat to support your learning. Sleep essential! for my physical or mental effort - the only person who will crush it is the one who does not have enough sleep. BORING BUT BIG I 45 The ultimate way to take is to go about to nether patterns; Start all over again and attack it. Remember to never look at the plateau as bad; It's your way of showing that you have the struggle, discipline and consistency. BORING BUT BIG - Always a dark leader plate. Great for people wanting to gain some muscle. Power can be gained in younger lifters. Not a good option for athletes, real beginners and very advanced lifts. 85% RM for most lifters, 90% for beginners. Of all the 5/31 extra work, Boring But Big (BBB) is easily the most popular. Whether it's because it feeds a bodybuilder's closet, is very easy to implement or just works, it's a go-to-pattern for many people. Let's clarify a few misconceptions before we start. First, BBB is not a good template for very new beginners or advanced lifts. Beginners are not very good with multiple sets of ten reps, as they do not have the strength or technique to make their crust fix. I have coached many beginners and have seen enough form to check the video to understand that beginners are not very good when fatigued. It's pa i.n.f.u.lly. I feel good here. There is a very simple test to determine whether or not you are a re-newbie. If you ask a question: I wonder if I'm a newbie?, then you're the one. If you want something specific, I would say, on the whole, a beginner has less than one year of consistently training the right way. So you can be a beginner if you've been training for five years, and it's best to describe your training as sporadic or mish-mash every program read in a magazine or online. The latter is a good plea exam to have too much information and not having meaning to understand that not all the gospel. Do people really believe everything they read? I'm looking for hope that they don't. It helps me. Hope for the future. Advanced lifts instinctively realize that BBB is not for them, and if they try to do so, know that they have a percentage of their extra work very, very low. The reason for this is simple: 60% for n intermediates is not the same as 60% for an advanced lift. If you can do 60% or 70% (or what ever percentage) without much mental/physical training or attention to technique, you are not over advanced. Let's use some numbers to make me illustrate this. Let's say a 200-pound guy who has been training for about two years has a 300-pound squat. 70% equals 210 pounds, which he can do in his sleep. For the same sized gym who has a 550-pound squat, 70% is 385 pounds. It's not a simple set and requires great focus, from start to finish. Also, the more advanced you reuse, the farther you reuse from your peak power. 46 1/31 FOREVER Also, advanced lifts have learned to use more myself I each set. Scientifically, we call L this intermuscular (individual muscles working together) and intramuscular (individual muscle fibers i n muscle) coordination. To illustrate this point with m in young lifts, I use this simple analogy: When I lift weight, I use 90% of my body and muscles to lift it. You (the newcomer) can only use 60%. This is why the advanced lift is usually more tired after the set and requires more rest. It just does more work: Now the percentages I give in the example are repeatedly not accurate - it's an example. The fact is that there is a huge difference between the two types of lifts. And that's one of the reasons why 88%, at least on prescribed interest, is noticed for advanced lift. It's just run it down and negatively affect the rest of its training. An interesting side point on the topic of nter- and i ntramascular coordination; this is one of the reasons why the Bulgarian Olympic lifting team uses only a few lifts in its ING train. First, using multiple elevators allows lifters to become more efficient when performing each lift. Secondly, becoming more effective in each elevator, they can train them more often without getting too sore. That's the point of HUGE when training athletes, especially i n-season (but really in every aspect). Athletes don't need a ton of variety; They should get better at a few lifts. It flows them to master these elevators and not too sore. Athletes need much more than just becoming stronger in the weight category. So th allows men to train other aspects without strength training intervention. It is a simple approach that is rooted in common sense. Doing in this topic, let me touch y pon rid iculous idea of always changing exercises; confusing muscle or any nonsense is being touted as a fact I'm one lies. This idea fits for you mom, provided that she wants to exercise as well Train. Mark Rippetoe is best defined by the tra i.m like... physical activity performed for pu pose to meet long-term-long term-goal, and therefore about the process, not the workout itself. On the other ha nd, exercising is ... Physics I activity is performed for the effect it produces today - night now. Each workout is performed for pu pose to produce a stress that satisfies i mediator needs the simulator: b y ring some calories es, getting hot, sweaty, and out of breath, pumping your biceps, stretch i ng - just punching the physical clock. Exercise p hysical activity done for its own sa ke, either g yring workout o r i m money lately after it's through: Again, it's M RK waxing poetic. D istinction is clear. There is nothing wrong with exercise. My parents d o it, and i m i k e my pa rents. If I thought it was bad, I would have put them straight i n a long time ago. H owever, if you re-read this now, you re-serious bo ut tr ai ning. You care where you re and where you want to go. And lways changes in movements or exercises, at least the basic li ft s, sur e fire w ay never make progress. People seem to forget that proper sti mulus fo r growth/strength/prog ress can be si mply made thr u coarse sets, reps and wei gh t. And that's one of the reasons why the barbell is such a good deal i n life - you work hard, you work smart and you can actually see r horn resst. It's a fa deal. I ways tel l you nger l ifters who come to my gym that they won't see a better return on the hard, snash and consistent work tha n ba r. Life is not fai r, even in the weight room; some of us can barely squat the barbell when they sta rt. Others have gi ft and can squat 315 without too much trouble. However, we ca n al l ge tt er. No matte r where one starts, progress ca n hap pen wi th proper la wash and physical effort. Random Tra in ING, from enwise known as exercise, prod uces crap results in the long run. Even if you are training for BO RI NG BU TI G I 47 chaos o r a bevvy of different tests, consistent, simple tra i n i ng w ll always win. Alwavs. Now I'll ge tt ra i n i ng. Boring Bu t Bi g has a lot of different variations in percentages, so let's stick to those that gave the best results. Just ma ke su re yo u ea t enough to support the work you do. If you are re-ready to eat at least a minimum of meat/eggs, you might as well not waste time. Make another darker plate or no less intense program. TRAINING DAYS There are again two options to do BBB: three or four days a week. The amount of work you do, and the recovery from that work, fits better when learning like this. You can always change what days you do what the elevator or even what days you actually train: everyone has a di fferent schedule, and it doesn't matter at all. MONDAY THURSDAY FRIDAY War11t-up/Mobility War11t-up/Mobility War11t-up/Mobility Jumps/Throws 10 fo Прыжкы/Броски 10 1-ofa Прыжки/Броски 10 1-ofa Прыжки/Броски 10 фoл С'флт 5/611 наборов и повторений повторений 5/611 sets and reps JEediff 5/61 sets and reps Click 5/611 sets and repetitions of squats - 5x10 nch press - 5x10 Jteddiff - 5x10 Press - 5x10 Help Help Aid while many do not recognize it, three days of training a week, three days of training a week. Jeodiff 5/61 sets and reps Click 5/611 sets and repetitions of squats - 5x10 nch press - 5x10 Jteddiff - 5x10 Press - 5x10 Help Help Aid while many do not recognize it, three days of training a week, three days of training a week. Monday Wednesday Friday War11t-up/Mobility Warm-up/Mobility War11t-up/Mobility Jumps/Throws - 10 fu'a Jumps/Throws - 10 fu'a Jumps/Throws - 10 SCUFU sweatshirts 5/61 sets and reps (nch Press 5/61 sets and repetitions)Je'diff 5/1 1/61 sets and reps MD 48 1/53/1 FO R EVER MONDAY MONDAY FRJDAY S'furJf - 5x10 yen press - 5x10 JerJd diff - 5x10 Aid Help M OND AY DAY Day PRmAY War11t-up/Mobility War11t-up/Mobility Nar11t-up/Mobi/fy Jus/pf Throws - 10 fofal ju_s, psf Throws - 10 fofa / Jumps / Throws - 10 fofal press 5/31 sets and reps S'Stuaf 5/311 sets and reps thcn Click 5/311 sets and reps Press - 5x10 S'furJf - 5x10 inch Press - 5x10 Help HELP WEEK three-day program is done with ternating schedu le. In the first week you will be squatting, bench press and deadlift. In the second week you will press, squat and bench press. The third week is dead athletics, press and squats. This graph, especially

- 5 sefs 5 repetitions Help Help Help You can use 5's Progression with this program (combined with a PR set) or simply use the standard number of reps per set of work. Both are good with me and I don't think it matters which one you choose to do. WBBK O N I WBEK TWO WBBK THRBI 10'o x 6 65'o x 5 15'o x 5 80'o x 6 15% x 5 85% x 6 90% x 8 CPR SeFJ 85 x 5 95/o x 1 PPC SeF) 5x5 10/o 5x5 65/o 5x5 15/o Key to PR set remembering that it's not as many reps, As you can set. It's just setting a personal best or achieving a specific goal for the day. PR can be a record representative based on that particular weight or a record based on the rep-max formula. Setting a goal for a PR set is best done based on what you currently feel like or, if you have a coach, what it challenges you. Most coaches can observe your speed and attitude during warm-up and workouts and know the best way to challenge you. Do not l ift with m indset we will see what happens: There is a plan. Follow this plan. 66 l 5/3/1 F O R EVER l n general, once l reach my goal or my athlete reaches his goal, the set is over. When coaching athletes, I want them to have a specific goal for every set they do- whether it's a fight technique, a mental approach or even the odd signal that I think will help them. The amount of work is akin to a busy job - it is pointless in the long run. If you want shit to do, focus on doing it right. PR-SET, SKAKA RS AND the first SET LAST is the one we would use in my weight room. I got some feedback about the difficulties with doing Joker Kits after the PR set. It never made any sense to me as we never had this issue with athletes or lifts in my weight room. I assure you, this is not because of the loud and brazen style of coaching. There's nothing worse than cheerleaders in a weight room. People barking cliches battle as annoying as a thousand paper cuts. If you have to become a cheerleader when you're re-coaching, you're not a good coach. If you have to become a cheerleader when you are a spotter or a rising partner, you are doing no one any good. Cues and talk lift th rough set is what makes a good coach. If you're a family d's with UFC and M MA, or even a casual fan, you know great trainer Greg Jackson. By my estimation (and I'm not alone with that) he is the best corner man in the game. Watch him between rounds and watch his approach. First, he calms the fighter and speaks in a straight and calm voice. He then gives the fighter one thing to run for the next round. It's one thing. One signal. Watch other angles between rounds; Fighter gets five d ifferent offers from three dif ferent guys. And smoke, they blow it up ridiculously. If a fighter loses or loses a round, he should know. The thing is, the coach isn't there. scream and be Tony Robbins. He's there to coach. And when the lift is already at an emotional peak before or during the set, the worst thing a coach can do is push it over the edge. Coach m est to be anchor, center, and he can't do that if he storms himself. As with previous templates, I recommend using a 3/5/1 programming style with this approach. You can also use S's PRO with a q is a template. WEBK DNI WEIK TWO WBEK THR81 rO/o x 6 65/o x 5 15/o x 5 80/o x 6 15/o x 5 85/o x 6 90/o x 6+ CPR Seff 85'o x 5 95/o x 1+ CPR Seff Joker Sefs (1-6 reps) 5x5 @ rO/o No Joker sefs 5x5 @ 65/o Joker Sefs (1-6 reps) 5x5 @ 75'o F l RST SET LAST l 67 MONDAY TUESDAY THURSDAY PRmAY Warm-up/Mobility Warm-up/Mobility Warm-up/Mobility Warm-up/Mobility Warm-up/Mobility Jumps/Throws - 20 Jumps/Throws - 20 Jumps/Throws - 20 Jumps/Throws - 20 S'tfAt - Mai11 work, PR SeF, Jokers Press - Mai11 work, PR SeF, Jokers JJetAdliff - Mai11 work, PR SeF, Jokers &nch Press - Mai11 work, PR SeF , Jokers S'lutAt 5 sefs of 5 reps - FSL Press 5 sefs 5 reps - FSL JJetAdliff - 5 sefs 5 reps and FSL . Bench Press 5 sets of 5 reps and FSL help aid help --- Note: If you can't make a few Joker sets after PR, you just need to get in better shape, men counting and physically. Once again, the Jokers are re-usually done for one to three reps. Make sure you don't miss out. 5/3/1 And WID D WMAKERS If I had to pick one favorite tem plate to do, it would be it. l once wrote a template called Harden the Fuck Up: It had everything: specific conditioning, recovery, mobility, even lifestyle stuff. The climb was 5/3/1 and the widow. This uplift pattern is incredibly simple, and if you can't get excited about PR sets and widower sets, you might as well bow out l ifting. Let me give credit to where the credit is due. The term widower comes from Dante Trudel, he is DoggCrapp fame. While l claim little influence, at least d irek, from the world of bodybuilding, Trudel has been a breath of fresh air in all areas of training and programming. He believes in hard work and pushing the body (get stronger I'm a major movement up to d Rive size), but had some thought given how he programs. Nowadays it is very rare. Those of you that are once again familiar with different patterns and 5/3/1 problems recognize some similarity to this pattern and the rest of the Pause Challenge. But there are still some differences and I think you will see this as new and improved, at least in my eyes it is. One thing I should point out is that Widowmaker sets aren't for everyone - if you're forming no g reat and you don't have a good core strength, I don't recommend doing so. First, let's d iscuss sets and reps for this template. WBIK DNB WIBK TWD WBIK THRll 65% x 5 10'lo x 3 15% x 5 15% x 5 80% x 3 85% x .3 68 l 5/3/1 F O R EVER WBBK DNB WBBK TWD WBEK THRBE 85/o x 5 CPR SeFJ '10/o x '3' SeFJ 95/o x 1 CPR SeFJ 1x15-20 1x15-20 Click, S's PRO - Press Spi, a/Tap, '5 s PRO - Help Conaifio11in9 Note: You can mix and match movements: squat/click and dead lift/bench press. Kicker is what we superset squat and bench press on Monday and deadlift and click on Thursday. It would suck for me to fight 12 years ago. Now, not so much. And it was pretty easy to handle for younger kids. I've never had a good time training or rest periods, but it only took a couple of workouts to get into the groove and it never became a problem. But then again, these kids have been training a little bit and no one gets to train here and be out of shape. HELP. SPINAL CRAN H.S. Because we had limited time l weight room, I have them doing work on helping at home. Each child had different recommendations based on their strengths, but here's what l gave one of them: -- Bodyweight Squat - 100 common reps. This can be done up to five days a week. CNDNITIDNING, SPINAL TAP H.S. - 2-3 heavy days of air conditioning, maximum. 3-5 days of light conditioning. SP INAL TAP, H.S., ANCHOR There's a re-a couple of options you can try. The first simply makes three reps for each set, not five. Again, the superset are two main l ifts every day. You can choose not to do any additional reps or perform a PR set at 90%, 95% or 85% set. You could Iso perform Joker sets in ny time during tra l ning. 1 24 l 5/3/1 F O R EV E R MUND Y TUBSD Y Thursday Warm-up / Mobiliy Warm-up / Mobiliiy Warm-up / Mobiliiy Warm-up / Mobiliiy Jumping / Throws / Fofal Jum s/Throws 0 fi, fa/ Jum s/Throws 0 fofa/ Jumps/Throws 20 fi/fa/s 0's PRO Assistance J)eadliff Spi11al Tap, 3 in PRO Help Nch Press Spinal Tap, 0 in PRO Condifio11in3 Tap Spi11al Tap, 3 in PRO Condifionin9 l The next variation can try as l originally started doing spinal click programming. SITS RIPS 70 3 80 3'10 3 (c.tl11 will be made for PR sef and/or Jokers wn to be made) 75 5 85 3 '15 1 (c.tlll will be made for PR sef and/or Jokers c.tltr to be done) 65 5 75 5 85 5 (c.tlll will be made for PR sef and/or Jokers c.tltr to be done) 65 5 75 5 85 5 (c.tlll will be made for PR sef and/or Jokers c.tltr to be done) 65 5 75 5 85 5 (w,w, Be made for PR sef and/or Jokers c.'tr to be done) As you can see, reps change at this stage. You can choose to do j ust prescribed reps or go for PR or Joker kits. In general, I prefer that people do a set of five reps at 95%. If the speed is good and the lift feels good, we will make one or two sets of Joker. Representatives tend to be between one and three. While this is an opportunity, we never go for additional reps or Jokers at 85%. But it can still be possibil ity. Note the i ncrease for jumping/l rows up to twenty per day training (they can Iso be done in relief days). Speaking of aid work, it will remai n the same and should be done in at least two days a week and as much as five. Hard conditioning can be done three days a week, on C O F F I N R M J 125 any day. Recovery and easy to ease can be done as much as you need or want. For those of you who are re-stronger and in the form of a g reat, a weight vest can be added to the relief work. If it screws up your basic workout, don't do it off ntil you'll get stronger or in better shape. C D FFINW D RM - Great for strength. Ideal for intermediate and advanced lifts. 85-90% TM. The Coffinworm program is ideal for those who want to simplify their training and just handle heavy weights. This is very different from the original 5/3/1 program; The first two weeks re iden tical and the third week is a semi-reboot. I recommend doing this Leader program for two cycles. You can do this three or four days a week; If you choose the first, you can do l ittle more assis tance work on the day of training, but do not over-perform. Squats and deadlift re-aly is much more important than curl. The first two weeks of the program will be programmed a little different from thi rd week. C O FFINWORM - WEEKS 1-C! Warm-up /Mobiliiy Warm-up/ Mobijiiy 'Warm/Mobiliiy' Warming up / Mobiliiy Jumps / Throws 10 foot / jumps / throws 10 fufol jumps / throws 10 fufa / s af co'nworm Press Coffinworm J) nch Press - 5 sefs of 5 reps 10/o - nch Press Coffinworm J)eadJiff 5 sefs 5 reps rOlo s uaf 5 sefs reps rOlo Press - 5 sefs 5 reps rOlo Help Aid ffe l - 126 l 5/3'1 F O R EVER C O FFINWORM - W EEK 3 War11t-up/Mobility War-up/Mobility War-up/Mobility War-up! Mobility Ju1r1psl1rows 10 footpez Jumps!1rows 10 fofaz Ju.,psl1irows 10 fofa Jumps!1rows 10 fofa Squaf Coffinwor1r1, Week 3 Press Coffinworm, Week 3 n Press Coffinwor1r1, Week 3 J Eadliff Coffo'nworm, Week 3 Help Aid Aid Kit/Rep Structure is a combination of spinal tap and 5x5/3/1. You can also sow some of them. work to help between the main work. 10% x 5 10% x 5 65 / . x 5 80/o x 5 80% x 5 15% x 5 901o JC 5 90/o x 5 85/o x 3 sefs 5 reps 80 / . JC 5 80/o x 5 90/o JC 3-5 90/ . x 3-5 100/o x 1-3 100/o JC 1-3 ASSISTANCE. C:FFINWDRM You will re-have to be a very smart fight aid work, especially if you decide to do a fou r day/week program. Choose wisely. - Click - 25-50 total reps/workouts. Pull - 25-50 total reps/workout. One leg/core - 25-50 total reps/trainings. C:DNDITIDNING. C:FFINWDRM 2-3 difficult days of ING status, maximum. 3-5 days of light conditioning. C O F F I N WO R M, A N C H O R J 127 Due to the natural download of thi rd week, you can choose to skip the y lh Protocol Deload before heading l nto anchor program. C D FFINWDRM, ANCHOR Now begins the fun. The anchor part of this program will be heavy on weights and PR sets. Again, play it smart by using work during that time and choose exercises that match the ment Work. The basic setting of rema ins is the same; however, sets and reps will change, and additional work work You can Iso choose to do it three days/week, and repeat each workout every nine days. C O FFINWORM. ANCHOR - WEEKS l -C! TUBSDAY четверг PRmAY War1tt -up/Mobiliy War1tt-up/Mobiliy War1tt-up/Mobility War1tt-up/Mobility Juwips/1hrows 10 tofa' Jumps/1hrows 10 1-ofa' Juwips/1hrows 10 1-of a/ Juwips/1hrows 10 1-ofal Squaf - Coffinworwi Press - Coffinworm qnch Press - Coffenworm J)eadliff - Coffinworm tOlo fopfonan Squaf 5 sefs 5 повторений - tOlo fopfonan Press 5 sefs из 5 повторений - tOlo (опfionan Assistance Assistance Assistance TUISDAY THURSDAY PRIDAY War1tt-up/Mobility War1tt-up/Mobi ify War1tt-up/Mobiliy Juwips/1hrows 10 1-ofal/ Jumps/1hrows 10 1-ofal/ Jumps/1hrows 10 fofal/ Jumps/1hrows 10 1-ofal/ Squa' Coffinworm, Week 3 Press Co'fin, Неделя 3 l>ench Пресс Коффинчер , Неделя 3 J)eadliff Coffinworm, Неделя 3 /ssistance Помощь помощи C O FFINWORM. ANCHOR - W EEK 3 128 l 5/3/1 FOREVER You will go on PR sets for all weeks. The first two weeks allow you to train u p to your ING max train and give you the opportunity to make Joker sets. Thi rd week is easier, but gives you the ability to push light weight. WBBK DNE WBBK TWD WEB THRBB 10'o x 5 10'o x 5 65/o x 5 80'o x 5 15'o x 5 10'o x 5 '10' o x 5 85/o x PR set 80% x 5 80% x 5 '10'o x 6-5 90% x 6-5 100'o x PR sef, optional Joker sefs 100% x PR sef, Opfal Joker sefs ASSISTANCE, COFFINWORM, ANCHOR Aid remains the same but you may have to change it. Use your best J udgment. - Click - Pull one leg/core - - 25-50 total reps/workout. 25-50 total reps/workouts. - 25-50 total reps/workouts. CONDIA NT, COFFINWORM, ANCHOR - 2-3 difficult days of conditioning, maximum. 3-5 days of light conditioning. S E C O ND SET LAST - as simple and simple as FSL and BBB. Great for strength. Still can push the aid and conditioning. Made for 2-3 cycles as a Leader template. 85-90% TM. S E C O N D SET L A ST l 1 2 9 Second Set Last (SSL) is one of the most popular and simple 5/3/1 templates. It also fits well in conjunction with FSL. It works perfectly: three SSL cycles, two FSL cycles. Simple. The reason we do Second Set Last after the beginning (leader pattern) is the speed of the bar. Although the percentage may be higher, the bar speed will not be compromised. You can do this three or four days a week. WIBK TWD WlIK THUI tO'fo x 5 65% x 5 l-5/o x 5 80% x 5 75% x 5 85/o x 5'10% x 8 5 85% x 5'15/o x 5 5x5 - 80% 5x5 - 15% 5x5 and 85% WDK O Now you can see how creative l was with the name, The second set of The Last: Overall, We always pair the second set last with 5 in the PRO. This allows the bulk of the work to be on the extra movem nt. You can do this with 5/3/1 programming or 3/5/1. TH Worm-up! Mobility Worm-up/Mobility Worm-up/Mobility Worm-up/Mobility Jumping / Throws 10 fofa / Jumping / 10 Fofa / Jumps / Throws 10 fofal Jumps / Throws 10 10 S'f'lof - 5/311, s's PRO. SSL 5x5 Nonch 51311, s's PRO. SSL 5x5 Jjeodliff 5/311, 5's PRO. SSL 5x5 Press - 51311, s's PRO. SSL 5x5 Assisi-once Assisi-once Assisi-once - there is a second option that makes people all wet and bothered. Don't worry reading you don't recover very well. Worm up! Mobility Worm-Up/ Mobility Worm-Up! Mobility Worm-up/Mobility Jumping / Throws 10 fofal Jumping / Throws 10 fofa / Jumps / Throws 10 fofal Jumps!hrows 10 fofal Jjeadliff 5x5 P 0 uaf - s PRO t l 1 5/3/1 FOREVER MONDAY TUBSDAY Thursday PRIDAY Nonch Press 5x5 - SSL Press 5's PRO Press 5's PRO Press 5x5 - Help SSL Aid Next Variation pairing SSL with But Boring Strong. With this variation, I highly recommend cutting out to roll all the tight conditioning and be incredibly active with you recovery. It also works very well when training three days a week and using a nine-day schedule. Help for this change will be limited to just some curls, chin ups/pull-ups and face pulls between you press and bench press. Nothing else. Be careful! Monday TUBSD Y Thursday P.RJlI AY Warm-up / Mobiliiy Warm-up / Mobility Warm-up / Mobility Warm-up / Mobi l ify Jumps / Throws 10 Fofa / Jumps 10 1-ofa / Jumps / Throws 10 1-ofal Jumps / Throws 10 fofa / S SSL Jgt:etAdliff 10x5 - FSL S uf 10x - FSL JJetAdliff 5 s PRO. 5x5. SSL Nch Press 10x5, FSL Press 5 in PRO, 5x5, SSL Nch Press 5 in PRO, 5x5, SSL Press 10x5 @ FSL Assistance Assistance Assistance Assistance Assistance (j 1 The final variation is a little more subdued than using Boring But Strong. MORAY TUISDAY Thursday PRIDAY Warm-up / Mobility Warm-up / Mobility Warm-up / Mobility Jumping / Throws 10 Fofa / Jumps / Throws 10 Fofa / Jumps / Throws 10 1-ofa / Throws 10 1-ofa /s ; PR 5x5, SSL Jgt:etAdliff 5x5 - FSL Uf 5x and FSL J'gt:etAdliff 5's PRO, 5x5. SSL 4x5. FSL Press' 5 s PRO, 5x5, SSL n Press ' 5 s PRO, 5x5. SSL Press 5x5 - FSL Aid Aid Relief (! 1 5J F U L L B O D Y, 85% J 131 ASSISTANCE. SECOND SET LAST - Push - 25-50 tota l reps/workout. Pull - 25-50 total reps/workout. One leg/core - 25-50 total reps/trainings. If you're making Full Body templates, you may have to make some changes. Use you the best judgment. CONDITIONING, SECOND SET LAST Remember that if you use SSL with BBS, you can eliminate all tight conditioning. 2-3 hard days cond itioning. 3-5 days of light conditioning. After two or three Second Set Last cycles, I recommend using the following templates: Progression No. 5, Jokers and the first set of the last. - PR set and the first set last. - PR set, Jokers and the first set for the last time. 5/3/1 and widows. Progression 5 and the first set last. Full body, 5 in PRO. Full Body, PR Set. Outside, FSL. Original 5/3/1. Full B ODY, B S D/ A - Full Body, Weightlifting: Sound interesting to you? If you take a shirtless selfie, you can post them on social media and then that you re-do it for your kids, it's probably not for you. 132 l 5/3/1 FOREVER - Leader pattern made over 2-3 cycles. 85% TM. Although very similar to SSL, this variation allows you to do more work extra than even the SSL. If you are struggling with any set or your bar speed is going down, you have the wrongTM. If you don't have a good g rasp on this program or bar speed or don't have a training partner that does, don't make that change. This variation requires S's PRO for basic elevators. It's out of the question. This template can be run three or fou r days a week, the first has the main lift done every nine days. For many people, a three-day training program can be a great idea if you decide to make this variation with each l ift. Remember that every option doesn't need to be done with every lift - you can mix and match. Monday TUISDAY THUR DAY Warm-up / Mobiliy Warm-up / Mobiliy War1tt-Up / Mobiliy Ju.,p s/Throws 10 fufa/ Ju.,ps/Throws 10 fofal Ju.,ps! Throws 10 fatal Ju.,ps! Throws 10 fofa / S uaf 5s PRO Jjeadliff 5x5 - 85% S'luaf 5x5 - 85 /a . Dead/i 5's P 0'nch Press 5x5 - 85/a Press - 5's PRO Press 5's PRO Press - 5x5 - 85/a Assistance Assistance mAY f Again, you can switch days/lifts, no matter how you are in shape. And it doesn't take a genius to figure out why we only complete the 85% body with the lighter ing max train. So be smart and make sure you only work th for allotted time. If you re-only going to do 85% extra work with two elevators, you can run the first set of last No. 5x5. ASSISTANCE, BS 0/a Full BDDY - Push - 50-100 total reps/workouts. Pull - 50-100 total reps/workouts. - One leg/core - 50-100 total reps/trainings. C:DNDITIDNING, B S0/a Full BDDY - 2-3 hard days cond itioning, maximum. 3-5 days of light conditioning. F U L L B O D Y, 85% l 133 We can also combine this template with BBS. Make sure you choose the right elevators on the right days, as shown below. Monday TUISDAY Thursday Friday Warm-up / Mobility Warm-up / Mobi l Hy Warm-up / Mobility Warm-up / Mobility Jumping / 7hrows 10 1-ofal Jumping / Throws 10 1-ofal Jumping / 7hrows 10 fofa / s, ,uf 5 s PRO J)e Page 2 Using commercial ready-made hardware and developing their own software, the ham group created high-speed wire wire

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