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For Raw Strength (2nd Edition) By Jim Wendler**

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Following on from our deload week we will be starting our new strength cycles. Book '5/3/1 – the simplest and most effective training system for raw strength'

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Jim also wrote a book called “5/3/1: The Simplest and Most Effective Training System for Raw Strength”. I'll link the eBook version of it below!

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I still use Jim Wendler's 5/3/1 workout routine and have combined it with the Texas If you haven't read the book, I highly recommend getting your hands on it. (2nd Edition): The Simplest and Most Effective Training System for Raw Strength.

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Jim is one of the most passionate and real human beings I've ever known. His point of view is raw and honest, and it could change the way you live and train forever. Listen up. . 5/3/1: A must have book for your training journey. Click to order. It's a no-BS guide to maximal power & Strength. Jim, Matt, we

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Beyond 5/3/1: Simple Training for Extraordinary Results by Jim 5/3/1: The Simplest and Most Effective Training System for Raw Strength has become one of the most popular training protocols for anyone looking to increase their strength. While the book does draw on the principles of Wendler's original

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### **5/3/1: how to build pure strength | t nation**

Complement 5/3/1 training with assistance work to build muscle, prevent And that's where a seemingly simple system starts getting a little more complicated. Big (my version of a hypertrophy program), The Triumvirate (shown below), . of 5/3/1: The Simplest and Most Effective Training Method for Raw

### **5/3/1 by jim wendler workout review - gym-talk**

In creating 5/3/1, Wendler wanted a simple routine to build strength, one that eschewed the complexities of regular powerlifting programmes (Westside) For the second microcycle, you work up to 3×3 on each lift. . 5/3/1: The Simplest and Most Effective Training System for Raw Strength (Second Edition).

### **5/3/1: the simplest and most effective training system for raw**

5/3/1: The Simplest and Most Effective Training System for Raw Strength Wendler's 5/3/1's is pretty popular, so I picked up a copy of this book to check it out.

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