

Jim Wendler 5 3 1 Second Edition Pdf

	Exercise	Week 2			Week 3		
		Weight	Reps	Notes	Weight	Reps	Notes
Monday	Squat	164	5		164	5	
		204	5		204	5	
		245	3		245	3	
		286	3		307	5	
		327	3		348	3	
		368	3	Bad Day	389	2	
	GM	138	5x10	skipped	135	3x8	
	Dbell Lunges	77	5x12	skipped	85	3x10	
	Tuscon / Roman	11	5x13	skipped	10	3x7	sup. Set
Tuesday	Bench	121	5		121	5	
		151	5		151	5	
		181	3		181	3	Biceps a lil
		211	3		226	5	tweaky today
		242	3		257	3	
		272	3		287	1	
	Inc Dbell Bench	88	5x10		95	3x8	
	Dbell Row	99	5x10		110	3x8	
	Hanging/Reg Humdlings	0			0	3x7	sup. Set
Thursday	Deadlift	214	5		214	5	
		267	5		267	5	
		321	3		321	3	
		374	3		401	5	
		428	3		455	3	
		481	6		510	4	full stop
		0	5x10				
	Romanian DL	275	4x10		285	5x8	1 overhand, 2 over/mix, 2 mix
	Stranglers	77	5x13		80	5x13	
Friday	Oht Press	75	5		75	5	
		94	5		94	5	
		113	3		113	3	
		132	3		142	5	
		151	3		160	3	
		170	5		179	4	
	Dips	45	3x10		50	5x8	last set Olbs
	Pullups	15	3x10		20	5x10	last set Olbs
	Splinters	25	5x12		25	5x12	

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