



# **5/3/1 for Powerlifting: Simple and Effective Training for Maximal Strength**

*Jim Wendler*

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The 5/3/1 program is one of the most popular and widely used training programs today - and this is because it works. Strength, real strength training, has been lost in the world of fitness. We want heavily knurled bars, chalk and garage gyms. We need heavy squats and deadlifts. We go to extremes for the personal record. There are no secrets to getting strong and the 5/3/1 program has brought back the principles that have been lost among the academics and pencil necks.

5/3/1 for Powerlifting brings the program to the next level. This program remains simple and effective but gives you all the information for how to peak for a meet and display your strength on the platform. Even if you don't have plans on competing, this book will show you how to push for new one rep maxes and break through barriers.

The principles presented in this book have stood the test of time - these have been used by some of the world's strongest men in their quest for strength and size. Don't be fooled by parlor tricks and sleight of hand! Put a bar on your back or in your hands and get to work. 128 Pages.

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