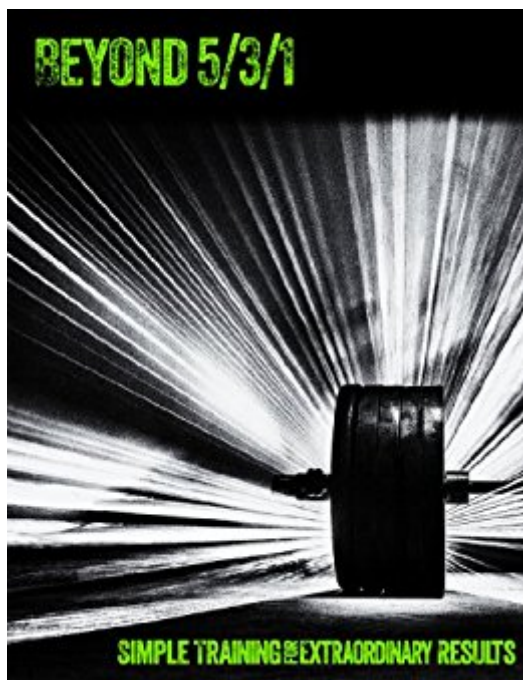


The book was found

Beyond 5/3/1: Simple Training For Extraordinary Results



Synopsis

This is a new chapter in training. Beyond 5/3/1 has all the tools you need to push the boundaries of strength, intensity, frequency and the quest for a new personal record. Beyond 5/3/1 will allow you to expand your training program to fit your goals and training style. This book has new templates and variations for every lifter that is looking for an edge. This book pushes the 5/3/1 program in every direction with one goal - to get stronger.

Book Information

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Customer Reviews

This review is just as much about Jim Wendler as this particular publication, but this book does, IMO do a great job of capturing Wendler's knowledge and attitude, both of which are pretty awesome. In order to take advantage of this particular book, one really needs to understand the basics behind the 531 methodology. Jim has been incredibly generous in sharing so much online, that even though this book doesn't delve too deeply into the basics, one can easily get that by googling '531 Jim Wendler' or something like that. Its not complicated at all, but its very different than most of the 'black ops, cutting edge, top secrets of the pros BULL\$H!T that we all (including me) fell for and

wasted precious time trying to follow. 531 is all about simplicity in programming for the 3 powerlifts, as well as the overhead press. Its not about minutia. Its about getting strong over the long haul...not adding 30 pounds to your bench in 30 days. Its about building useful, functional muscle mass. Its not about putting a peak on your biceps or cuts on your quads. Its NOT about programming every rep and set of every assistance exercise for every body part until you look like Mr Big and Oily. It IS about getting as strong as you can get, as SAFELY as you can. Finally, 531 is not for brand new beginners (although they can do a lot worse). I would recommend Starting Strength as an excellent resource for newbies (those under about 6 months of serious training). some of the reviews have pointed out (perhaps rightly so) that the basics are not particularly well explained in this book. Well, duh, that's what the original 531 (or terrabits of Wendler's free explanations online) are for. Its amazing to me that people bitch about this book not having what Wendler has already provided elsewhere, but that's people. What this book provides, is Wendler's philosophy on WHY 531 works, and how to apply the 531 template to your specific situation. In addition, space is devoted to the areas that the 531 template does not address (by design), specifically the pulling muscles. Before reading this book, I confess that I tried applying the 531 to movements such as rows and pullups and the results were not all that great. The info in this book helped me understand why 531 WORKS for the powerlifts, but not so well for the 'assistance' or auxiliary movements, and what I could do for those movements. In terms of applying 531 to specifics, this book really shines in terms of what to do on a particular workout (Joker sets, last set first, or I ain't doing s*** today), as well as how to go about mixing things up for a particular cycle. In summary, if you have been working out for 6 months to a year, and want to take things to the next level, understanding basic programming is what you need to learn over the next 5 years. 531 is the resource I always steer people to in this situation. If you want step by step detailed instructions for every workout handed to you. Hire a trainer. There are some great ones. If you want a way to waste your time, money and energy, continue reading ghost written articles from the 'pros' published in magazines designed to sell you the latest and greatest supplements. If you want a resource which will teach you the basics (and beyond) and help you find your own path forward, then check out 531.

I was a competitive powerlifter for 18 years with my last competition in 1987. Now at 64 I decided to try my hand at powerlifting again. Having been out of the game for over 25 years I attempted to train the way I had in the past. While cruising the youtube I seen the Wendler 5/3/1 program. After some study, I decided to give it a try. Needless to say I have made outstanding gains and have since purchased Beyond 5/3/1. I am very pleased with the book but wish Jim would cut out the profanity. I

do not need it to understand what he is saying. Other than that I think the book is well worth the price. If not for the profanity I would have given it a five star rating.

Great Book lots of ideas to increase strength and size. I'm still using the original 5/3/1 with assistance exercises. You must adhere to 5/3/1 to make progress I've gained 5 pounds in 2 months with 5/3/1 and it's not fat strength is going up every month with steady increases. You must stay true to the system to work and not combine it with anything else I'm 53 years old and I've been lifting all my life and this is the best system I've found yet.

This book lives up to its name. Bought and read the ebook then got the hard copy to store in my gym bag. There's so many great plans in this book, you will never get bored. Favorite additions include the joker set concept and detailed explanations of why and how to deload. I agree that this is probably overwhelming for a beginner, however it's very user friendly, just pick a program and go! It's a must for any lifter who wants sound programs that will get you stronger. There are many detailed explanations on how to train and a plethora of different plans to help you get stronger! It's a quick read and Jim is funny and easy to understand! Jim is legit, try his programs for yourself and find out.

Wendler hits you with his no nonsense in your face approach. No scientific mumbo jumbo words to make him or the material sound like it needs it to back it up like so many of today's articles & theories of the week need. Hard work, dedication, drive & 5/3/1, just doing it. Is it the only way to work out? NO. Will it get you results and consistent results? Yes. Do you have to worry about the angle of your pinky while your contracting the brachial as you balance on one foot on a bosa ball with your head turned the opposite angle? No! If you're worried about stuff like that, you should probably look at some other books or stay up late to catch a late night un-infomercial. Lift heavy, follow the schedule! Simple, effective.

I purchased Beyond 5/3/1 within a week after picking up the original 5/3/1 book. I was intrigued to learn more as I recognized many of the principles and programs outlined in both books had been used in my training with my former professional trainer. Beyond 5/3/1 takes the principles to another level and offers numerous programing options built on the original 5/3/1 principles. You can train for years testing and trying the different program variations. If you are serious about utilizing the 5/3/1 system, I recommend reading Beyond 5/3/1 at least twice cover-to-cover because of the volume of

information and to better grasp the differences in the program variations, especially if you are new to self-training.

Good information to build on the foundation provided by the core 531 program but like others have mentioned the format/layout is a bit rough.

Best training book you may ever own, period.

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