

3/5/1– Customizable Program Adapted from Jim Wendler's 5/3/1 Program

Day One

Press – 5/3/1 sets and reps

Pressing exercise for 5 sets of 10 reps

Pulling exercise for 5 sets of 10 reps

1-3 extra exercises for triceps, biceps and upper back (optional)

Upper

Day Two

Deadlift – 5/3/1 sets and reps

Multi-joint leg exercise for 5 sets of 10 reps

Abdominal work: I recommend choosing the abdominal wheel, hanging leg raise, dumbbell side bends or weighted sit-ups for 5 sets of 10-30 reps

1-3 extra exercises for quads, hamstrings and grip (optional)

Day Three

Bench Press – 5/3/1 sets and reps

Pressing exercise for 5 sets of 10 reps

Pulling exercise for 5 sets of 10 reps

1-3 extra exercises for triceps, biceps and upper back (optional)

Day Four

Squat – 5/3/1 sets and reps

Exercise for lower back for 5 sets of 10 reps

Abdominal work: I recommend choosing the abdominal wheel, hanging leg raise, dumbbell side bends or weighted sit-ups for 5 sets of 10-30 reps

1-3 extra exercises for quads, hamstrings and grip (optional)

Pressing Assistance (Pick two, switch every cycle): 5x8-12

- Dumbbell Bench Press
- Dumbbell Incline Press
- Dumbbell Press
- Incline Press
- Dips/Weighted Dips
- Floor Press
- Dumbbell Floor Press

Pulling Assistance: 5x10-20

- Dumbbell Rows
- Barbell Rows
- T-bar Rows
- Chest Supported Rows
- Lat Pulldowns (various bars/handles can be used)
- Chin-ups/Pull-ups
- Any seated rowing machine

Optional Exercises: 1-3x10-30

- Triceps Pushdowns
- Triceps Extensions
- Curls (any kind of curl is fine)
- Face Pulls
- Dumbbell Lateral Raises
- Dumbbell Rear Raises

Lower

Deadlift Assistance: 5x8-12

- Front Squats
- Box Squats
- Leg Press
- Hack Squat
- Power Squat

Squat Assistance: 5x8-12

- Good Mornings
- Straight Leg Deadlift
- Deficit Deadlift
- Romanian Deadlift

Ab Exercises: 5x10-30

- Abdominal Wheel
- Dumbbell Side Bends
- Crunches
- Lying Leg Raises
- Med Ball Slams

Optional Exercises, see Eric Helms APT Video: 1-3 exercises

- Step Ups
- Lunges
- One-Leg Squats
- Leg Curls
- Glute Ham Raises
- Calf Raises
- Grip work
- Neck Harness/4 Way Neck/Manual Neck
- Band Good Mornings

INCREASE WEIGHT ON ACCESSORY LIFTS WHEN MAXIMUM REPS IN THE RANGE HAVE BEEN ACHIEVED ACROSS ALL SETS.

Week One

Day One

Press – 3 sets of 3+, plus joker sets
reps adding 5-10%.

First set last

Pressing exercise – 5 sets

Pulling exercise – 5 sets
Optional assistance work – as needed

Day Two

Deadlift – 3 sets of 3 reps, plus joker sets adding 5-10%. NEVER MORE THAN 3 REPS, use same %'s on 5 rep week. Like 3/3/1

Leg Exercise – 5 sets

Abdominal Exercise – 5 sets
Optional assistance work – as needed

Day Three

Bench Press – 3 sets of 3+ reps, plus joker sets adding 5-10%

First set last

Pressing exercise – 5 sets

Pulling exercise – 5 sets
Optional assistance work – as needed

Day Four

Squat – 3 sets of 3+reps, plus joker sets adding 5-10%

First set last

Lower Back/Hamstring Exercise – 5 sets

Abdominal Exercise – 5 sets
Optional assistance work – as needed

Week Two

Day One

Press – 3 sets of 5,

First set last

Pressing exercise – 5 sets

Pulling exercise – 5 sets
Optional assistance

Day Two

Deadlift – 3 sets of 3 reps, plus joker sets adding 5-10%. NEVER MORE THAN 3 REPS, use %'s on 5 rep week. Like 3/3/1

Leg Exercise – 5 sets

Abdominal Exercise – 5 sets
Optional assistance

Day Three

Bench Press – 3 sets of 5 reps,

First set last

Pressing exercise – 5 sets

Pulling exercise – 5 sets
Optional assistance

Day Four

Squat – 3 sets of 5 reps

First set last

Lower Back/Hamstring Exercise – 5 sets

Abdominal Exercise – 5 sets
Optional assistance

work – as needed

work – as needed

work – as needed

work – as needed

Week 3:

Day One

Press – 3 sets of 1+, plus
joker sets
reps adding 5-10%.

Day Two

Deadlift – 3 sets of
1 rep, plus joker
sets adding 5-10%.

Day Three

Bench Press – 3
sets of 1+ reps,
plus joker sets
adding 5-10%

Day Four

Squat – 3 sets of
1+reps, plus joker
sets adding 5-10%

First set last

Pressing exercise –
5 sets

Pulling exercise – 5
sets
Optional assistance
work – as needed

Leg Exercise – 5
sets

Abdominal Exercise
– 5 sets
Optional assistance
work – as needed

First set last

Pressing exercise –
5 sets

Pulling exercise – 5
sets
Optional assistance
work – as needed

First set last

Lower
Back/Hamstring
Exercise – 5 sets

Abdominal Exercise
– 5 sets
Optional assistance
work – as needed

**REPEAT WEEKS 1,2 AND 3 BUT INCREASE TRAINING MAX FOR UPPER BODY LIFTS
2.5LBS AND 5LBS FOR LOWER BODY LIFTS. ON THE 7TH WEEK YOU DELOAD
SHOWN BELOW**

Week 7: Deload

Day One

Press – 3 sets of 3
reps @ 65%, 75% and
85%
Pressing exercise –
3 sets

Pulling exercise – 3
sets
Optional assistance
work – as needed

Day Two

Deadlift – 3 sets of
3 reps @ 65%, 75%
and 85%
Leg Exercise – 3
sets

Abdominal
Exercise – 3 sets
Optional assistance
work – as needed

Day Three

Bench Press – 3
sets of 3 reps @
65%, 75% and 85%
Pressing exercise –
3 sets

Pulling exercise – 3
sets
Optional assistance
work – as needed

Day Four

Squat – 3 sets of 3
reps @ 65%, 75%
and 85%

Lower
Back/Hamstring
Exercise – 3 sets

Abdominal
Exercise – 3 sets
Optional assistance
work – as needed