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

Press – 5/3/1 sets and reps sets and reps Pressing exercise for 5 sets of 10 reps Pulling exercise for 5 Abdominal work: I Bench Press – Squat – 5/3/1 sets and reps 5/3/1 sets and reps Pressing exercise for lower back for 5 sets of 10 reps Pulling exercise for 5 Squat – 5/3/1 sets and reps Exercise for lower back for 5 sets of 10 reps Pulling exercise for 5 Abdominal work: I	Day One	Day Two	Day Three	Day Four
Pressing exercise for 5 Multi-joint leg Pressing exercise Exercise for lower sets of 10 reps exercise for 5 sets of 10 reps reps 10 reps	Press – $5/3/1$ sets and	Deadlift – 5/3/1	Bench Press -	Squat – 5/3/1 sets
sets of 10 reps exercise for 5 sets of 10 back for 5 sets of 10 reps back for 5 sets of 10 reps	reps	sets and reps	· ·	and reps
of 10 reps reps 10 reps	Pressing exercise for 5	Multi-joint leg	Pressing exercise	Exercise for lower
	sets of 10 reps	exercise for 5 sets	for 5 sets of 10	back for 5 sets of
Pulling exercise for 5 Abdominal work: I Pulling exercise for Abdominal work: I		of 10 reps	reps	10 reps
	Pulling exercise for 5		Pulling exercise for	
sets of 10 reps recommend 5 sets of 10 reps recommend	sets of 10 reps		5 sets of 10 reps	
choosing the choosing the		S		•
abdominal wheel, abdominal wheel,		•		•
hanging leg raise, hanging leg raise,		0 0 0		
				dumbbell side bends
or weighted sit-ups or weighted sit-ups		0 1		
for 5 sets of for 5 sets of				
10-30 reps 10-30 reps		•		-
1-3 extra exercises 1-3 extra exercises 1-3 extra exercises				
triceps, biceps and for quads, for triceps, biceps for quads,		•		•
	upper back (optional)		• •	hamstrings and grip
(optional) (optional)		(optional)	(optional)	(optional)

Upper

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%.	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	Day Three Bench Press – 3 sets of 3+ reps, plus joker sets adding 5-10%	Day Four Squat – 3 sets of 3+reps, plus joker sets adding 5-10%
First set last		First set last	First set last
Pressing exercise – 5 sets	Leg Exercise – 5 sets	Pressing exercise – 5 sets	Lower Back/Hamstring Exercise – 5 sets
Pulling exercise – 5 sets Optional assistance work – as needed	Abdominal Exercise – 5 sets Optional assistance work – as needed	Pulling exercise – 5 sets Optional assistance work – as needed	Abdominal Exercise – 5 sets Optional assistance work – as needed

Week Two

Day One Press – 3 sets of 5,	Day Two Deadlift – 3 sets of 3 reps, plus joker sets adding 5-10%.	Day Three Bench Press – 3 sets of 5 reps,	Day Four Squat – 3 sets of 5 reps
First set last	NEVER MORE THAN 3 REPS, use %'s on 5 rep week. Like 3/3/1	First set last	
			First set last
Pressing exercise – 5 sets	Leg Exercise – 5 sets	Pressing exercise – 5 sets	Lower Back/Hamstring Exercise – 5 sets
Pulling exercise – 5 sets Optional assistance	Abdominal Exercise – 5 sets Optional assistance	Pulling exercise – 5 sets Optional assistance	Abdominal Exercise - 5 sets Optional assistance

Day Two

Week 3:

Day One

Press – 3 sets of 1+, plus joker sets reps adding 5-10%.	Deadlift – 3 sets of 1 rep, plus joker sets adding 5-10%.	Bench Press – 3 sets of 1+ reps, plus joker sets adding 5-10%	Squat – 3 sets of 1+reps, plus joker sets adding 5-10%
First set last		First set last	First set last
Pressing exercise – 5 sets	Leg Exercise – 5 sets	Pressing exercise – 5 sets	Lower Back/Hamstring Exercise – 5 sets
Pulling exercise – 5 sets Optional assistance work – as needed	Abdominal Exercise – 5 sets Optional assistance work – as needed	Pulling exercise – 5 sets Optional assistance work – as needed	Abdominal Exercise – 5 sets Optional assistance work – as needed

Day Three

Day Four

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	Day Two	Day Three	Day Four
Press – 3 sets of 3	Deadlift - 3 sets of	Bench Press - 3	Squat – 3 sets of 3
reps @ 65%, 75% and	3 reps @ 65%, 75%	sets of 3 reps @	reps @ 65%, 75%
85%	and 85%	65%, 75% and 85%	and 85%
Pressing exercise –	Leg Exercise – 3	Pressing exercise -	Lower
3 sets	sets	3 sets	Back/Hamstring
			Exercise – 3 sets
Pulling exercise – 3	Abdominal	Pulling exercise – 3	Abdominal
sets	Exercise – 3 sets	sets	Exercise – 3 sets
Optional assistance work – as needed	Optional assistance work – as needed	Optional assistance work – as needed	Optional assistance work – as needed