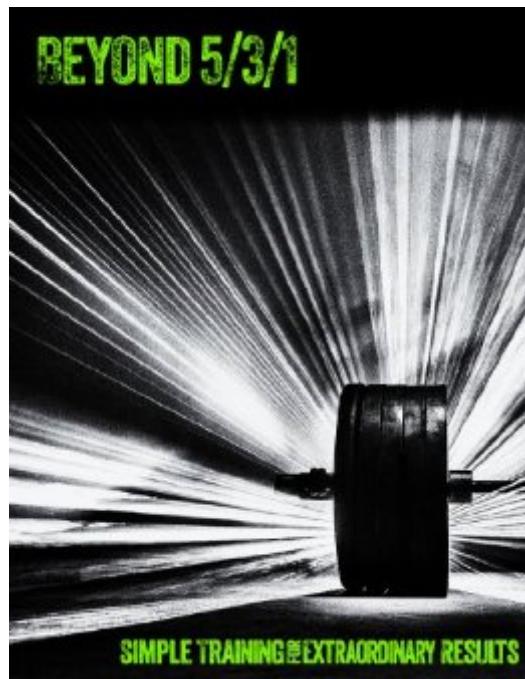


The book was found

# 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**

File Size: 306 KB

Print Length: 189 pages

Simultaneous Device Usage: Unlimited

Publisher: Jim Wendler LLC; 1st Edition edition (July 5, 2013)

Publication Date: July 5, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B00DT5FIYQ

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #51,886 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #30 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Weight Training #43 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Training #73 in Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training

## **Customer Reviews**

If you are familiar with Wendler's other book 531, and like it, then this is an absolute requirement to purchase. I have read through my copy of Beyond 531 about 4 times now, taking notes, and it contains tons of new info and new variations to training. It's almost like Wendler just said screw it and poured all his training knowledge into this one book. Essentially what you get are unlimited new spin-offs to the original 531 program. For example if you want to use more volume, there is a plan. More singles, there is a plan. Higher frequency, there is a plan. Peaking for a meet or increasing strength, there is a plan. He even includes a program in the works called Beyond 531, which is very

interesting. Particularly I found the most useful bits to be what he refers to as the Last Set First, Joker Sets, and Spinal Tap Training to be the best parts of the new book. He also lays out a 28 week training block where you manipulate the classic Boring But Big plan from 10 rep sets all the way down to singles. So if you haven't purchased 531 yet, I would say start there. This book is a completely new addition to his methods and doesn't really explain the original 531 book, since his first book did. Rather this book provides tons of new options and ways to modify one's own program to fit their needs/schedule/training goals. The best way I can explain it, is it's like if your favorite band released 100 songs all at once, instead of narrowing it down to a 12 song cd. He puts it all out there and lets you decide what is useful and what is not for your training. What's funny is that ever since about 2 years ago when I started following the 531 plan, people have been asking me what I do in the gym or what complex lifting program I follow!

[Download to continue reading...](#)

Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) Beyond 5/3/1: Simple Training for Extraordinary Results Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy house training, house ... training, puppy training guide, dog tricks) Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting) Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy house training, house ... training, puppy training guide, dog tricks) PUPPY TRAINING: DOG TRAINING: Crash Course in Training Your Dog in Days, Housebreak and Obedience Puppy Training Guide Book Puppy Training: How to Housebreak Your Puppy In Just 7 Days (puppy training, dog training, puppy house breaking, puppy house training, house training a puppy,) Brain Games for Dogs: Training, Tricks and Activities for your Dog's Physical and Mental wellness( Dog training, Puppy training, Pet training books, Puppy ... games for dogs, How to train a dog Book 1) Potty Training In 3 Days: Quick And Easy Guide To Potty Training Your Toddler In As

Short As 3 Days (potty training, toddlers, toddler, toilet training) Puppy Training : How to Housebreak Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training) Buried in the Sky: The Extraordinary Story of the Sherpa Climbers on K2's Deadliest Day: The Extraordinary Story of the Sherpa Climbers on K2's Deadliest Day Calisthenics: 80 Bodyweight Exercises See Results Faster Than Ever with the Definitive Guide to Bodyweight Training- 3rd Edition Effortless Reading: The Simple Way to Read and Guarantee Remarkable Results CAT TRAINING FOR HUMANS: OBEY THE CAT RULES OR THERE WILL BE TROUBLE: CAT CARE CAT FOOD CAT BEHAVOUR CAT RULES CAT TRAINING EXPLAINED FOR HUMANS (IT IS ... FOOD CAT LOVER CAT TRAINING SERIES Book 1) Dog Training: Ultimate Puppy Training for Happy, Obedient Dogs: Stop Bad Behaviors, use Positive Reinforcement, and Develop Obedience (23 Impressive Dog ... Raising A Puppy, Potty Training) Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) Kettlebell Training: Rapid Muscular Enhancement and Athletic Development Using Kettlebell Only Training (Kettlebell Training and Workouts Book 1)

[Dmca](#)