

WENDLER 5-3-1 STRENGTH PROGRAM CARD

Enter your starting loads which are based on 90% of your 1 repetition maximum (1RM). Using the Wendler Excel Spreadsheet, available at www.thecellfitness.com.au, enter your target weights for the 4 weeks. After you have performed the movement for that day, enter the actual weight lifted.

	STARTING LOAD	WEEK	SETS/REPS	LOAD %			DATE	TARGET WEIGHTS			ACTUAL WEIGHTS/REPS		
BACK SQUAT		1	5-5-5 or more	65	75	85							
		2	3-3-3 or more	70	80	90							
		3	5-3-1 or more	75	85	95							
		4	5-5-5	40	50	60							
	STARTING LOAD	WEEK	SETS/REPS	LOAD %			DATE	TARGET WEIGHTS			ACTUAL WEIGHTS/REPS		
DEAD LIFT		1	5-5-5 or more	65	75	85							
		2	3-3-3 or more	70	80	90							
		3	5-3-1 or more	75	85	95							
		4	5-5-5	40	50	60							
	STARTING LOAD	WEEK	SETS/REPS	LOAD %			DATE	TARGET WEIGHTS			ACTUAL WEIGHTS/REPS		
PRESS		1	5-5-5 or more	65	75	85							
		2	3-3-3 or more	70	80	90							
		3	5-3-1 or more	75	85	95							
		4	5-5-5	40	50	60							
	STARTING LOAD	WEEK	SETS/REPS	LOAD %			DATE	TARGET WEIGHTS			ACTUAL WEIGHTS/REPS		
POWER CLEAN		1	5-5-5 or more	65	75	85							
		2	3-3-3 or more	70	80	90							
		3	5-3-1 or more	75	85	95							
		4	5-5-5	40	50	60							