



# Beyond 5/3/1: Simple Training for Extraordinary Results

*Jim Wendler*

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## **Beyond 5/3/1: Simple Training for Extraordinary Results** Jim Wendler

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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.

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