Cheatography

Beyond 5/3/1 Cheat Sheet

by Artem Rodygin (arodygin) via cheatography.com/110245/cs/21555/

Week 1
Warmup Sets (required)
5 × 40%
5 × 50%
3 × 60%
Main Lifts (required)
5 × 65%
5 × 75%
5+ × 85%
Joker Sets (optional)
5 reps
Down Sets (optional)
(see below)
Boring But Big Sets (optional)
5 × 10 × 50%
Notation is *reps* × *Training Max*, or *sets* × *reps* × *Training Max*.

Week 2
Warmup Sets (required)
5 × 40%
5 × 50%
3 × 60%
Main Lifts (required)
3 × 70%
3 × 80%
3+ × 90%
Joker Sets (optional)
3 reps
Down Sets (optional)
(see below)
Boring But Big Sets (optional)
5 × 10 × 50%
Notation is *reps* × *Training Max*, or *sets* × *reps* × *Training Max*.

Week 3
Warmup Sets (required)
5 × 40%
5 × 50%
3 × 60%
Main Lifts (required)
5 × 75%
3 × 85%
1+ × 95%
Joker Sets (optional)
singles
Down Sets (optional)
(see below)
Boring But Big Sets (optional)
5 × 10 × 50%
Notation is *reps* × *Training Max*, or *sets* × *reps* × *Training Max*.

Week 4
Main Lifts (required)
5 × 40%
5 × 50%
5 × 60%
Notation is *reps* × *Training Max*, or *sets* × *reps* × *Training Max*.

Down Sets variations
5/3/1 Pyramid
First Set Last (1 × *max*)
First Set Last (3-5 × 5-8)
Notation is *sets* × *reps*.



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