## Part 1 — Beginning

Principles of the 5/3/1 Program 5 Warm-Up / Mobility / Flexibility 7 Jumps / Throws 9 Strength (Supplemental Lifts) 15 **Programming Your Training** 17 The Deload / 7th Week Protocol 19 Assistance Work 24 Assistance Work, Push 24 Assistance Work, Pull 26 Assistance Work, Single Leg / Core 29 Bodyweight Assistance 32

In the Beginning

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## Part 2 — Training / Programming

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38	Beginner Prep School
45	Boring but Big
48	Forever BBB
49	Original Boring but Big
50	Full Body Boring but Big
52	Boring but Big Challenge
53	Boring but Big, FSL
54	Slightly Less Boring but Big
58	First Set Last (FSL)
61	5's PRO, 5x5 FSL
63	5's Progression, Jokers, and FSL
65	PR Set and FSL
66	PR Set, Jokers, and FSL
67	Widowmakers
70	Full Body, 5's PRO
71	Full Body, PR Set
71	Beyond, FSL
74	Full Body (1000% Awesome)
75	Full Body (1000% Awesome), Anchor
77	S.V.R. II
80	S.V.R. II, Anchor
81	The Morning Star
83	The Morning Star, Anchor
84	Volume and Strength
86	Volume and Strength, Anchor
87	5x5/3/1

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5x5/3/1, Anchor
93
             Rhodes 5x5/3/1
96
      Portal's 5x5/3/1
97
98
      Portal's 5x5/3/1, Anchor
      Five and Dime
100
      Five and Dime, Anchor
103
      Simplest Strength Template (SST)
105
107
      Simplest Strength Template, Anchor
      God Is a Beast
107
      God Is a Beast, Anchor
111
      Full Body, Four Days
112
114
      Full Body, Four Days, Anchor
      Black Army Jacket
115
      Black Army Jacket, Anchor
117
      Spinal Tap, 5's PRO
118
      Spinal Tap, 5's PRO, Anchor
121
122
      Spinal Tap, The High School Years
      Spinal Tap, The High School Years, Anchor
123
      Coffinworm
125
      Coffinworm, Anchor
127
128
      Second Set Last (SSL)
      Full Body, 85%
131
      Full Body, 85% + Boring but Strong (BBS)
133
      Boring but Strong (BBS)
134
             Boring but Strong Challenge
135
             NTW, BBS
138
            The Whip and the Body, BBS
139
            Negative Birth, BBS
139
            At the Mouth, BBS
140
             First Set Last / Boring but Strong (FSL/BBS)
141
      Supplemental Heaven
142
             5x5/3/1, Supplemental Heaven
143
145
      Full Body – Squat, Push, Pull
      Full Body – Squat, Push, Pull, Anchor
155
      Pervertor
159
162
      Pervertor, Anchor
164
      Original 5/3/1
      Original 5/3/1 and First Set Last
168
      Original 5/3/1 and First Set Last, Anchor
169
      5/3/1 Prowler Challenge
170
173
      Original 5/3/1 Challenge
      Combination Template
177
180
      Limited Time
             Widowmaker, Limited Time
181
             BBS, Limited Time
181
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182	BBB, Limited Time
182	BBB/BBS, Limited Time
183	5x5/3/1, Limited Time
183	Limited Time, Anchor
185	Bodybuild the Upper / Athlete the Lower
186	Bodybuild the Upper / Athlete the Lower, Anchor
187	Strength and Conditioning
190	Strength and Conditioning, Anchor
192	The Wendler Classic
196	The Wendler Classic, Anchor
198	Leviathan
200	Leviathan, Anchor
201	Con Clavi Con Dio
202	Con Clavi Con Dio, Anchor
203	Con Clavi Con Dio, Flexibility/Mobility
204	Con Clavi Con Dio, Conditioning
205	Prep and Fat Loss Training
211	5/3/1 Strength Circuit
214	5/3/1 Strength Circuit, Anchor
218	5's PRO Forever
219	5's PRO Forever, Anchor
220	Titanium Knickknack Challenge
225	Widowmaker Circuit
227	Widowmaker Circuit, Anchor
228	Ceremony of Opposites
230	2X2X2
232	2x2x2, Anchor
233	The Krypteia

## Part 3 — Conditioning / Recovery

246	The Prowler
248	The Sled
249	Hills, Stairs, and Everything Else
250	Runnin' With the Devil
253	Easy Conditioning
254	Recovery
255	Recovery, Training
257	Recovery, Diet
265	Recovery, Sleep
268	Active Recovery for the Older Athlete

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