

Dein 5/3/1 Jim Wender Trainingsplan

Press									TM: -	1RM: -
Satz	Woche 1		Woche 2		Woche 3		Woche 4			
1. Warm-Up	5	40%	5	40%	5	40%				
2. Warm-Up	5	50%	5	50%	5	50%				
3. Warm-Up	3	60%	3	60%	3	60%				
1. Work	5	65%	3	70%	5	75%	5		40%	
2. Work	5	75%	3	80%	3	85%	5		50%	
3. Work	5+	85%	3+	90%	1+	95%	5		60%	

Deadlift									TM: -	1RM: -
Satz	Woche 1		Woche 2		Woche 3		Woche 4			
1. Warm-Up	5	40%	5	40%	5	40%				
2. Warm-Up	5	50%	5	50%	5	50%				
3. Warm-Up	3	60%	3	60%	3	60%				
1. Work	5	65%	3	70%	5	75%	5		40%	
2. Work	5	75%	3	80%	3	85%	5		50%	
3. Work	5+	85%	3+	90%	1+	95%	5		60%	

Bench-Press									TM: -	1RM: -
Satz	Woche 1		Woche 2		Woche 3		Woche 4			
1. Warm-Up	5	40%	5	40%	5	40%				
2. Warm-Up	5	50%	5	50%	5	50%				
3. Warm-Up	3	60%	3	60%	3	60%				
1. Work	5	65%	3	70%	5	75%	5		40%	
2. Work	5	75%	3	80%	3	85%	5		50%	
3. Work	5+	85%	3+	90%	1+	95%	5		60%	

Squat									TM: -	1RM: -
Satz	Woche 1		Woche 2		Woche 3		Woche 4			
1. Warm-Up	5	40%	5	40%	5	40%				
2. Warm-Up	5	50%	5	50%	5	50%				
3. Warm-Up	3	60%	3	60%	3	60%				
1. Work	5	65%	3	70%	5	75%	5		40%	
2. Work	5	75%	3	80%	3	85%	5		50%	
3. Work	5+	85%	3+	90%	1+	95%	5		60%	