5/3/1 – Week 1 (5-5-5)

Cycle: _____

Squat		**Press**		**Deadlift**		**Bench Press**	
Actual / calculated 1-rep Max		Actual / calculated 1-rep Max		Actual / calculated 1-rep Max		Actual / calculated 1-rep Max	
Cycle Training Basis		Cycle Training Basis		Cycle Training Basis		Cycle Training Basis	
Date:		Date:		Date:		Date:	
Sets	**Weight**	**Sets**	**Weight**	**Sets**	**Weight**	**Sets**	**Weight**
65% x 5		65% x 5		65% x 5		65% x 5	
75% x 5		75% x 5		75% x 5		75% x 5	
85% x 5+		85% x 5+		85% x 5+		85% x 5+	

Assistance exercises

5/3/1 – Week 2 (3-3-3)

Cycle: _____

Squat		**Press**		**Deadlift**		**Bench Press**	
Actual / calculated 1-rep Max		Actual / calculated 1-rep Max		Actual / calculated 1-rep Max		Actual / calculated 1-rep Max	
Cycle Training Basis		Cycle Training Basis		Cycle Training Basis		Cycle Training Basis	
Date:		Date:		Date:		Date:	
Sets	**Weight**	**Sets**	**Weight**	**Sets**	**Weight**	**Sets**	**Weight**
70% x 3		70% x 3		70% x 3		70% x 3	
80% x 3		80% x 3		80% x 3		80% x 3	
90% x 3+		90% x 3+		90% x 3+		90% x 3+	

Assistance exercises

5/3/1 – Week 3 (5-3-1)

Cycle: _____

Squat		**Press**		**Deadlift**		**Bench Press**	
Actual / calculated 1-rep Max		Actual / calculated 1-rep Max		Actual / calculated 1-rep Max		Actual / calculated 1-rep Max	
Cycle Training Basis		Cycle Training Basis		Cycle Training Basis		Cycle Training Basis	
Date:		Date:		Date:		Date:	
Sets	**Weight**	**Sets**	**Weight**	**Sets**	**Weight**	**Sets**	**Weight**
75% x 5		75% x 5		75% x 5		75% x 5	
85% x 3		85% x 3		85% x 3		85% x 3	
95% x 1+		95% x 1+		95% x 1+		95% x 1+	

Assistance exercises

5/3/1 – Week 4 (Deload 5-5-5)

Cycle: _____

Squat		**Press**		**Deadlift**		**Bench Press**	
Actual / calculated 1-rep Max		Actual / calculated 1-rep Max		Actual / calculated 1-rep Max		Actual / calculated 1-rep Max	
Cycle Training Basis		Cycle Training Basis		Cycle Training Basis		Cycle Training Basis	
Date:		Date:		Date:		Date:	
Sets	**Weight**	**Sets**	**Weight**	**Sets**	**Weight**	**Sets**	**Weight**
40% x 5		40% x 5		40% x 5		40% x 5	
50% x 5		50% x 5		50% x 5		50% x 5	
60% x 5		60% x 5		60% x 5		60% x 5	

Assistance exercises