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The 5/3/1 2nd Edition features new chapters on programming assistance training for all the big assistance lifts. No more questions on what weights to do and what exercises to choose from. Full body training to increase your squatting and overall strength.

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Jim Wendler is the creator and author of 5/3/1: The Simplest and Most Effective Training Method for Raw Strength and Beyond 5/3/1: Simple Training for Extraordinary Results. He is a three-time letter winner at the University of Arizona (football) and has squatted 1000 pounds in competition.

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