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The Wendler 531 program focuses on the basics, and pushing them hard. The results people have gotten from this program over the past several years speaks for itself. The fact that he released a 2nd edition reflects that success. In the next post I will reveal what is included in the new 2nd edition.

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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. Follow Jim Wendler on Facebook

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