

03 / 5 / 3 / 1: FIXED-FIVE EXAMPLE

Use the training max. Not today's maximum.

A fixed-five bench session with illustrative assistance. This is one educational example, not an official complete 5/3/1 template or a substitute for its weekly plan.

TM = training max, not actual 1RM. Use the established, conservative TM from your chosen template. Every bench percentage below is calculated from that TM. No bonus reps in this example.

PREPARE THE SPACE

Barbell, plates, rack safeties, stable bench and suitable spotting; a chest-supported-row setup; secure support for split squats; floor space.

WARM UP FIRST

Start with easy movement and progressively heavier bench practice sets. Prepare the assistance movements with easy rehearsal. Keep warm-up work separate from the log below.

ILLUSTRATIVE SESSION - WORK SETS

MOVEMENT	ASSIGNMENT	EXECUTION / LOAD CONTEXT
Bench press	1 x 5 at 65% TM 1 x 5 at 75% TM 1 x 5 at 85% TM	Hypothetical 100 kg TM: 65 kg x 5, 75 kg x 5, 85 kg x 5. The TM is not a claim about an actual maximum.
Chest-supported row	3 x 8	Controlled reps. Choose assistance resistance that leaves a few good reps available.
Supported split squat	2 x 8 per side	Use stable support and a range you control. Record left and right separately.
Dead bug	2 x 6 per side	Use a controlled variation. Record left and right separately.

Rest: about 2-4 minutes between bench work sets, longer if needed. **Quality:** fixed five reps, no grinding contest. Allow adequate rest for controlled assistance work.

PROGRESS ONLY WHEN READY

Advance the TM, lighter work and resets only according to your chosen complete template. A higher TM is a programming change, not proof of improved tested strength. Do not add work from another template.

REDUCE OR CHANGE COURSE

If assigned bench reps lose control, reassess the TM and workload. Reduce demanding assistance or choose a more manageable complete template. A different press variation needs its own loading reference.

Safety: Educational example, not medical advice or an individualized prescription. Get appropriate guidance if an injury, health condition or medical restriction affects exercise. Stop for sharp or increasing pain, dizziness, chest discomfort or unusual breathlessness; seek appropriate medical help for concerning symptoms.

Fixed-five arithmetic and TM distinction checked against official sources:

[Jim Wendler: The Training Max - What You Need to Know](#)

[Jim Wendler: published five-repetition example](#)

SESSION LOG

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Name

Date

kg / lb

Established bench TM (units above):

Bench load = established TM x 0.65, 0.75 or 0.85. Round conservatively to available plates and log the actual total load. These are not percentages of actual 1RM.

MOVEMENT	SET	TARGET	ACTUAL LOAD	ACTUAL REPS OR SECONDS	EFFORT RIR / NOTE	REST SEC
Bench press	1	65% TM x 5				
Bench press	2	75% TM x 5				
Bench press	3	85% TM x 5				
Chest-supported row	1	8 reps				
Chest-supported row	2	8 reps				
Chest-supported row	3	8 reps				
Supported split squat	1	8/side				
Supported split squat	2	8/side				
Dead bug	1	6/side				
Dead bug	2	6/side				

Review before the next session

Chosen complete template / cycle and next-session adjustment:

Write L/R for split squats and dead bugs. RIR = estimated good reps left. Fixed five on bench: no bonus reps. Print a fresh log for another session.