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And Most

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Effective Training

**Simplest**  
System For Raw

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## **5 3 1 The Simplest**

5/3/1 by the Numbers.

In 5/3/1, you're expected to train three or four days a week.

Each workout is centered around one core lift - the parallel squat, bench press, deadlift, and standing shoulder press. Each training cycle lasts four weeks, with these set-rep goals for each major lift: Week 1 3 x 5. Week 2 3 x 3.

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**5/3/1: How to Build  
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**(PDF) 5/3/1: The**  
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We do this by first finding the greatest common factor of 5 and 3, which is 1. Then, we divide both 5 and 3 by the greatest common factor to get the following simplified fraction:  $5/3$  Therefore, this equation is true:  $5/3 = 5/3$  If the numerator is greater than or equal to the denominator of a fraction, then it is

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called an improper fraction. In that case, you could convert it into a whole number or mixed number fraction.

$$5/3 = 1 \frac{2}{3}$$

### **What is 5/3 simplified? - the Fraction Calculator**

5 / 3 is already in the simplest form. It can be written as 1.666667 in decimal form (rounded to 6 decimal places).

Steps to simplifying fractions. Find the GCD



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(or HCF) of numerator  
and denominator GCD  
of 5 and 3 is 1; Divide  
both the numerator  
and denominator by  
the GCD  $5 \div 1 / 3 \div 1$ ;  
Reduced fraction:  $5 / 3$   
Therefore,  $5/3$   
simplified is  $5/3$

**5/3 simplified,  
Reduce 5/3 to its  
simplest form**

And here is where i'm  
regressing with  $5/3/1$ .  
In this video i squat  
 $140 \times 3$  (which i know

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it's baby weight but hey, i "just" started) But i ended up squatting 140x5 before the switch. I can now barely squat 135x2. You also see me bench 100 kgx6 and i ended up benching that weight easily for 8 reps. I can now barely bench 95x5 kg.

### **Simplest Strength in Beyond 5/3/1? - Jim Wender 5/3/1 ...**

5 / 1 is already in the

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simplest form. It can be written as 5 in decimal form (rounded to 6 decimal places). Steps to simplifying fractions. Find the GCD (or HCF) of numerator and denominator GCD of 5 and 1 is 1; Divide both the numerator and denominator by the GCD  $5 \div 1 / 1 \div 1$ ; Reduced fraction:  $5 / 1$  Therefore,  $5/1$  simplified is  $5/1$  ...

**5/1 simplified,**

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**Reduce 5/1 to its  
simplest form**

5/3 in simplest form 2

See answers Answer 0.

Gellisalin. 5/3 is in its  
simplest improper

form. For mixed

number form it is  $1 \frac{2}{3}$ .

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Answer 0. daniela903.

$1 \frac{2}{3}$  is what  $5/3$  is

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## **5/3 in simplest form** **- Brainly.com**

Dividing by 3 and 5 will not work, so, Divide both numerator and denominator by 7 to get  $3/7$ . Note:  $21 \div 7 = 3$  and  $49 \div 7 = 7$  In the fraction  $3/7$ , 3 is only divisible by itself, and 7 is not divisible by other numbers than itself and 1, so the fraction has been simplified as much as possible.

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**What is 3/1 in  
simplest form -  
Fraction Calculator**

1 / 5 is already in the simplest form. It can be written as 0.2 in decimal form (rounded to 6 decimal places).

Steps to simplifying fractions. Find the GCD (or HCF) of numerator and denominator GCD of 1 and 5 is 1; Divide both the numerator and denominator by the GCD  $1 \div 1 / 5 \div 1$ ; Reduced fraction:  $1 / 5$

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Therefore,  $\frac{1}{5}$   
simplified is  $\frac{1}{5}$ .

**$\frac{1}{5}$  simplified,  
Reduce  $\frac{1}{5}$  to its  
simplest form**

3.5 : 2.5 in its simplest  
form - 11687221 As. If

$\sin(7\phi + 9^\circ) = \cos 2\phi$ ,  
find a value of  $\phi$  5

$6\sqrt{x^3}$  is a polynomial?

why?  $6\sqrt{x^3}$   $6x^3$  In  
an arithmetic

sequence,  $a_{17} = -40$

and  $a_{28} = -73$ . Explain

how to use this

information to write a

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recursive formula for  
this sequence.

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**3.5 : 2.5 in its  
simplest form -  
Brainly.in**

No further reduction is possible, so the answer is  $1/5$ . Method 2. To reduce a fraction to lowest terms (also called its simplest form), just divide both the numerator and denominator by the Greatest Common Factor (GCF or GCD).



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For example,  $\frac{2}{3}$  is in lowest form, but  $\frac{4}{6}$  is not in lowest form (the GCD of 4 and 6 is 2) and  $\frac{4}{6}$  can be expressed as ...

### **Reduce $\frac{3}{5}$ to the simplest form - coolconversion.com**

Here we will simplify  $\frac{1}{5}$  to its simplest form and convert it to a mixed number if necessary. In the fraction  $\frac{1}{5}$ , 1 is the numerator and 5 is the

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denominator. When you ask "What is  $\frac{1}{5}$  simplified?", we

assume you want to know how to simplify the numerator and denominator to their

smallest values, while still keeping the same value of the fraction.

**What is  $\frac{1}{5}$  simplified? - the Fraction Calculator**  
must be  $\frac{19}{30}$

**What is the sum of**

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**1/10, 1/5 and 1/3?**

**Give your answer in**

...

What is  $\frac{5}{8} + \frac{3}{10}$  in  
simplest form See

answers (1) Ask for

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this answer The answer

would be  $\frac{38}{40}$  which

simplifies to  $\frac{19}{20}$ . 5.0

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**what is  $\frac{5}{8} + \frac{3}{10}$  in  
simplest form -**

**Brainly.com**

Simplify  $3\frac{5}{6}$ . A mixed number is an addition of its whole and fractional parts. Add and . Tap for more steps... To write as a fraction with a common denominator, multiply by . Combine and . Combine the numerators over the common denominator.

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Simplify the  
numerator. Tap for  
more steps... Multiply  
by .

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**Simplify 3 5/6 |**

**Mathway**

what is  $\frac{2}{3} + \frac{1}{4} + \frac{3}{8}$

in simplest form show

work what is  $1 \frac{5}{6} + 3$

$\frac{5}{12} + 2 \frac{1}{4}$  in

simplest form show

work estimate the

following sum and

difference show work  $4$

$\frac{5}{6} + 3 \frac{1}{5} + 11 \frac{8}{9}$

estimate  $17 \frac{11}{12}$

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divided by  $6 \frac{1}{10}$   
Answer by  
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Source): You can put  
this solution on YOUR  
website!

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