

# SIMPLE STRENGTH TRAINING GOALS

## MEN

- **Deadlift**
  - Level I – 5x 50% Bodyweight
  - Level II – 1x Bodyweight
  - Level III – 1x Double Bodyweight
- **Squat**
  - Level I – 25x Air-Squat
  - Level II – 1x Bodyweight
  - Level III – 15x Bodyweight
- **Bench Press**
  - Level I – 25x Push-Ups
  - Level II – 5x Bodyweight
  - Level III – 15x Bodyweight
- **Pull-Up**
  - Level I – 1x Pull-Up
  - Level II – 5x Pull-Ups
  - Level III – 15x Pull-Ups
- **Carry**
  - Level I – 33% Bodyweight per hand
  - Level II – 50% Bodyweight per hand
  - Level III – Bodyweight in each hand

## WOMEN

- **Deadlift**
  - Level I – 1 x 50% Bodyweight
  - Level II – 1x Bodyweight
  - Level III – 5x 150% Bodyweight
- **Squat**
  - Level I – 25x Air-Squat
  - Level II – 5x 50% Bodyweight
  - Level III – 1x Bodyweight
- **Bench Press**
  - Level I – 10x Push-Ups
  - Level II – 1x 50% Bodyweight
  - Level III – 1x Bodyweight
- **Pull-Up**
  - Level I – 5x Inverted Rows
  - Level II – 1x Pull-Ups
  - Level III – 3x Pull-Ups
- **Carry**
  - Level I – 25% Bodyweight per hand
  - Level II – 33% Bodyweight per hand
  - Level III – 66% Bodyweight per hand

# Dan John Easy Strength Template

**J Elliott**



**Dan John Easy Strength Template:**

## Unveiling the Energy of Verbal Artistry: An Mental Sojourn through **Dan John Easy Strength Template**

In some sort of inundated with monitors and the cacophony of quick conversation, the profound power and mental resonance of verbal artistry often diminish in to obscurity, eclipsed by the constant assault of sound and distractions. Yet, nestled within the lyrical pages of **Dan John Easy Strength Template**, a fascinating work of literary splendor that impulses with natural feelings, lies an unforgettable trip waiting to be embarked upon. Published by way of a virtuoso wordsmith, this enchanting opus manuals readers on an emotional odyssey, softly exposing the latent potential and profound influence stuck within the delicate internet of language. Within the heart-wrenching expanse of this evocative analysis, we can embark upon an introspective exploration of the book is key subjects, dissect its interesting writing design, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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