

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

SJ Ball



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Table of Contents Dan John Easy Strength Template

1. Understanding the eBook Dan John Easy Strength Template
 - The Rise of Digital Reading Dan John Easy Strength Template
 - Advantages of eBooks Over Traditional Books
2. Identifying Dan John Easy Strength Template
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Dan John Easy Strength Template
 - User-Friendly Interface
4. Exploring eBook Recommendations from Dan John Easy Strength Template
 - Personalized Recommendations
 - Dan John Easy Strength Template User Reviews and Ratings
 - Dan John Easy Strength Template and Bestseller Lists
5. Accessing Dan John Easy Strength Template Free and Paid eBooks
 - Dan John Easy Strength Template Public Domain eBooks
 - Dan John Easy Strength Template eBook Subscription Services
 - Dan John Easy Strength Template Budget-Friendly Options

6. Navigating Dan John Easy Strength Template eBook Formats
 - ePub, PDF, MOBI, and More
 - Dan John Easy Strength Template Compatibility with Devices
 - Dan John Easy Strength Template Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Dan John Easy Strength Template
 - Highlighting and Note-Taking Dan John Easy Strength Template
 - Interactive Elements Dan John Easy Strength Template
8. Staying Engaged with Dan John Easy Strength Template
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Dan John Easy Strength Template
9. Balancing eBooks and Physical Books Dan John Easy Strength Template
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Dan John Easy Strength Template
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Dan John Easy Strength Template
 - Setting Reading Goals Dan John Easy Strength Template
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Dan John Easy Strength Template
 - Fact-Checking eBook Content of Dan John Easy Strength Template
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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