

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

Judd E. Hollander



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The Eclectic Magazine John Holmes Agnew, Walter Hilliard Bidwell, 1846
MacUser, 1992-10 *Commercial News USA*, 1983 Railway and Engineering Review, 1896 **Paperbound Books in Print**, 1992 *The Christian Century*, 1926 **Bulletin of the National Federation of Business and Professional Women's Clubs**, 1930 **Congressional Record** United States. Congress, 1973 *The American Encyclopædic Dictionary* S. J. Herrtage, John A. Williams, Robert Hunter, 1897 **Leslie's**, 1912 Seaboard, 1946 **The Insurance Press**, 1905 *North-western Christian Advocate*, 1901 **The Nautical Gazette**, 1945 *Engineering*, 1900 Billboard, 1998-05-16 In its 114th year, *Billboard* remains the world's premier weekly music publication and a diverse digital events brand content and data licensing platform. *Billboard* publishes the most trusted charts and offers unrivaled reporting about the latest music, video, gaming, media, digital, and mobile entertainment issues and trends.

Timber Framing, 2003 Railway and Engineering Review, 1896 **Sight and Sound**, 2006

Unveiling the Magic of Words: A Review of "**Dan John Easy Strength Template**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Dan John Easy Strength Template**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound affect on the souls of its readers.

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