

# 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

**John C. Bean, Dan Melzer**



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