

# 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

# Easy Strength Dan John

**Matt Brzycki**



## **Easy Strength Dan John:**

**Effective Coaching in Strength and Conditioning** Ian Jeffreys, 2019-09-16 This book takes a radically different approach to the challenge of coaching in strength and conditioning. In doing so, it addresses many of the paradoxes of strength and conditioning, providing new perspectives that shed light on the many questions that challenge coaches. Rather than focusing on methods, it delves into the questions of what makes a coach effective. It examines the conditions that are necessary for training applications to become optimal and the skills necessary to create these conditions. It provides coaches with a flexible pathway towards understanding the challenges of strength and conditioning and by which they can develop the craft of coaching to maximise their effectiveness and potential. The book is essential reading for anyone wishing to pursue a career as a strength and conditioning coach, acting essentially as a prequel to the many scientific and applied texts in the field. It will also appeal to more experienced coaches, providing a wider perspective on the challenges they face and providing potential solutions not traditionally considered.

**New Functional Training for Sports** Michael Boyle, 2022-10-18 Train to perform at the highest level with the lowest risk of injury. **New Functional Training for Sports** Second Edition produces the best results on the court, field, track, and mat, not just in the weight room. Michael Boyle, one of the world's leading sport performance coaches, presents the concepts, methods, exercises, and programs that maximize athletes' movements in competition. A series of functional assessments help in determining the design of a specific plan for each athlete. Self-reinforcing progressions in exercises for the lower body, core, upper body, and ultimately total body give athletes the balance, proprioception, stability, strength, and power they require for excelling in their sports. Sample programs assist in the customization process and cover each aspect of preparation for physical performance. Boyle also draws on the latest research and his wealth of experience to offer programming advice and recommendations on foam rolling, stretching, and dynamic warm-ups. **New Functional Training for Sports** goes beyond traditional exercise descriptions and explanations, incorporating full-color, high-definition composites of foundational movements, as well as online access to video demonstrations, commentary, and analysis of key exercises. **New Functional Training for Sports** is a refined and expanded version of Boyle's original work, published more than a decade previously. This edition offers the most current functional training expertise to apply to your specific purposes. Note: A code for accessing online videos is included with this ebook.

**Simple, Not Easy: A No-Nonsense Guide to Fitness, Nutrition and Weight Loss** Raj Ganpath, 2025-01-27 About the Book: A SIMPLE NO NONSENSE GUIDE TO ALL THINGS FITNESS. Is strength training necessary? Which diet is the best for weight loss? How much protein do you really need? Do you really need eight hours of sleep every night? Is it OK to eat carbs for dinner? Why do some people lose weight faster than others? In a world where social media is the information hub for health and fitness, there's just too much advice floating around. Some of this helps with clarity, but a lot of it causes anxiety. As a result, fitness feels complicated, confusing, and intimidating when it is, in fact, quite simple and intuitive. So let's skip the specifics and zoom out.

for a second Let s understand concepts instead of memorising facts Let s learn to reason instead of blindly believing Let s make fitness approachable and attainable Let s simplify and simplify ruthlessly In a hundred short chapters fitness and nutrition coach Raj Ganpath clears the haze around fitness offering focused and actionable advice to get you going on your fitness journey Simple Not Easy is the ideal guide to fitness in this digital age [Rehabilitation of the Spine: A Patient-Centered Approach](#) Craig Liebenson,2019-10-29 The gold standard resource in the field Rehabilitation of the Spine A Patient Centered Approach provides a practical overview of all aspects of spinal rehabilitation The 3rd Edition has been completely revised with new information to bring you up to date Comprehensive and easy to read this reference is invaluable for chiropractors and physical therapists as well as spine surgeons physician assistants and nurse practitioners involved in the care of patients with spine problems [Easy Strength Omnibook](#) Dan John,2022-12-25 **The Influence of a Coach** Kelvin King, Jr.,2023-04-22 The pressures of life can mount on the shoulders of the best coaches Nevertheless overwhelmed by the issues of family athletes coworkers and others in academic professional and athletic settings each coach no matter the level of struggle has an opportunity to consult with the Holy Spirit and community humbly applying wisdom through down the earth principles to encourage through non judgemental lenses Coaches occupy a critical leadership position through righteous character influence and real life stories strategically relayed through practical applications to build self confidence and meet those they lead where they are Sports coaches to CEOs can use clear examples and real stories outlined in this devotional to hone their skills to bring out the best in their team in the field and off to become more effective and inspiring leaders ensuring that every moment matters and they are intentional in all they do This devotion will challenge and equip coaches to strategically occupy their rightful position to change lives [Easy Strength Strength Conditioning](#) Dan John Men s Health t nation Hardstyle B [Strength. Training. Anatomy 1](#) Jerónimo Milo,2024-10-22 The Strength Training Anatomy series offers a detailed exploration of the connection between strength training and functional anatomy To enhance understanding the series is divided into three comprehensive volumes focusing on the core lower limbs and upper limbs respectively Jerónimo Milo expertly simplifies complex concepts making them easy to grasp and immediately applicable to physical activity and training contexts This manual series is designed to equip readers with the essential knowledge of functional anatomy enabling them to integrate this understanding effectively into their strength training programs Key Features 106 pages filled with over 160 original drawings illustrations and diagrams Detailed anatomical breakdown of the trunk and its role in key exercises Planes and axes explained with practical training examples Integration of joints muscles and bones their characteristics and function Explanation of the Joint by Joint Continuum for better movement analysis Categorization of exercises by movement patterns Functional anatomical analysis of 13 strength based exercises Understanding mobility ranges and their significance in exercise evaluation Integration and importance of

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