

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

Clifford Lane



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