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Episode 6: Dan

John's Easy

Strength Training

Concept Easy

Strength +

Conditioning What

is easy strength?

The Easy Strength

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~~Strength Training
You Need to Know!
How Heavy Should
You Kettlebell
Swing? Pavel
Tsatsouline on
GTG, optimal rep
count and rest
duration for
strength Get Ups
and Simple and
Sinister ~~What's
Missing in a
Kettlebell Only~~~~

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~~Program Don't Do
Heavy Turkish Get
Ups Complete~~

~~Strength Training
Programming~~

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~~Periodization | How
to Create a~~

~~Strength Program
How to Feel~~

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Green Structures~~

~~His Training |~~

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Are You Ready for
the 10,000 Swing
Challenge A Few
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Questions Easy
strength: Increase
strength without
fatigue 5 3 1 vs
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Some Thoughts on
Minimalist
Programs Easy
Strength before
Mass Made Simple

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Strength Progression

in Easy Strength

Easy Strength Year

Round Should I do

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again? Dan John

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Easy Strength Pros

Deep Roots in

LiBing History

PosiTve (and

Shocked) Feedback

from Users

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Excellent for non-
PED Using Athletes
Great for QIII
Athletes, Fat Loss
Clients and
Everybody Else(s)
(Stop leng football
wag the tail of the
Strength Coach's
job) Time Friendly
for Busy People
Cons Arnold didn't
do this. Since the
advent of

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anabolics, you

New Easy Strength
- Dan John

Easy Strength is a 40 workout, eight week program consisting of five training days in a row followed by two days off (John, et al., 2011). The same lifts are performed each

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day, but a lower intensity is used so the trainee has a rate of perceived exertion (RPE) around five or six on a ten point scale.

Easy Strength
Training Program
for Strength Gains -
Dan John
A Simple Strength

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Program (This is dedicated to my friends at Fort Lewis. This is the idea I was trying to explain.) ... Try to dominate each and every set. You WANT the weight to feel light and easy. Inch that load up over a few workouts. Like we discover in

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throwing the shot
and discus, inching
your effortless
efforts up a bit
seem to ...

A Simple Strength
Program » Dan
John

Dan John's Easy
Strength / 40 Day
Workout. I thought
that today I would
enlighten you a bit

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with my experience
with Dan John's 40
Day Workout. I
followed this
template to the
letter and my
results,
experiences and
improvements are
noted below.

Dan John's Easy
Strength / 40 Day
Workout – The

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active life

“It shouldn’t be this easy, but it is.” The Plan. You’ll do the same strength-training workout — save for weight increases — five times a week, for eight weeks. Forty workouts in all. Each one will take you just 15 to 20 minutes to

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complete. Here's a template of what each gym session will include, along with John's suggested ...

The Easy-Strength Workout -
Experience Life
The Story of Easy Strength Dan John tells a story of when he met Pavel

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Tsatsouline, who gave him this 40 day program. Pavel told him to pick 5 lifts to be performed for 2 sets of 5 reps and never go close to failure or even struggle. The weight should feel easy and when it's really light, add some weight to the

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Easy Strength -
Dan John's 40 Day
Program —
Strength ...

Dan John is an elite-level strength and weightlifting coach. He is also an All-American discus thrower, holds the American record in the Weight

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Pentathlon, and has competed at the highest levels of Olympic lifting and Highland Games.

Tip: The Simplest
Strength Routine |
T Nation

Easy Strength.

During Lindsay's senior year, Pavel and I wrote a book

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on the simplicity of strength training. It is called "Easy Strength" and is considered by many to be a "game changing" book in the strength field.. And I expand on that in this post, Even Easier Strength. Attempts

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Easy Strength »

Dan John

Even "Easier

Strength" Years

ago, when I first

met Pavel, he

challenged me to

do a "40 Day

Workout." I

followed his simple

instructions to a

"T:" "For the next

forty workouts,

pick five lifts. Do

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Template
them every
workout. Never
miss a rep, in fact,
never even get
close to struggling.
Go as light as..

Even Easier
Strength » Dan
John
Easy Strength and
the 40-Day
Workout. Dan
John's signature in

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my copy of
"Intervention." I'm
a sucker for plug-
and-play strength
programs where I
just show up in my
own home gym and
do the workout as
written on the
page. Dan John has
a great program
that Pavel
Tsatsouline gave
him years ago

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Dan John 40-Day
Workout - My
Results - HOME
GYM STRONG
Dan John Easy
Strength Template
Easy Strength
Training Program
for Strength Gains -
Dan John For this
experiment, the
Easy Strength

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training program
by Dan John and
Pavel Tsatsouline
was selected Easy
Strength is a 40
workout, eight
week program
consisting

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As will become
clearer later on,

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the Easy Strength approach provides a philosophical and literal template for strength training that allows you to more mindfully develop an athlete's strength attributes over his or her life-cycle/career.

Second, What Is "Antifragile"? To

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quote Nassim
Nicholas Taleb:

Easy Strength Is
Antifragility
Training |
StrongFirst
It's been 10
workouts since I've
updated my
progress on the
"Even Easier
Strength" program,
Dan John and Pavel

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Tsatsouline's brain-child. It's not that there wasn't much to say. It's just that it was almost daily and with such small changes in weight, reps, sets, each day brought minimal changes. However, over the course of...

Goodbye "Even

Page 30/41

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Easier Strength". I
hardly knew ya.
(Days 3 ...

Dan John is an elite-level strength and weightlifting coach. He is also an All-American discus thrower, holds the American record in the Weight Pentathlon, and has competed at the highest levels

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of Olympic lifting
and Highland
Games. Follow Dan
John on Facebook

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here, we have
countless book dan

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- abcd.rti.org

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has competed at the highest levels of Olympic lifting and Highland Games. Follow Dan John on Facebook

The 40-Workout
Strength Challenge
| T Nation
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strength template
is available in our
book collection an

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strength and
weightlifting coach.
He is also an All-

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American discus thrower, holds the American record in the Weight Pentathlon, and has competed at the highest levels of Olympic lifting and Highland Games. The Forty Day Workout...Again »
Dan John

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- old.chai-
khana.org

The 2-3 sets are "easy" and the 5's are killers. The Hypertrophy Ladder. For building muscle, especially in overhead pressing (one arm or two arm), this ladder

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works very well:

2-3-5-10. Just doing one round of that is 20 reps and it's very easy to march up to 100 total reps by going through it five times.

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