

Easy Strength

Daniel John

Think Like a Freak

Knowing what to measure simplifies life.

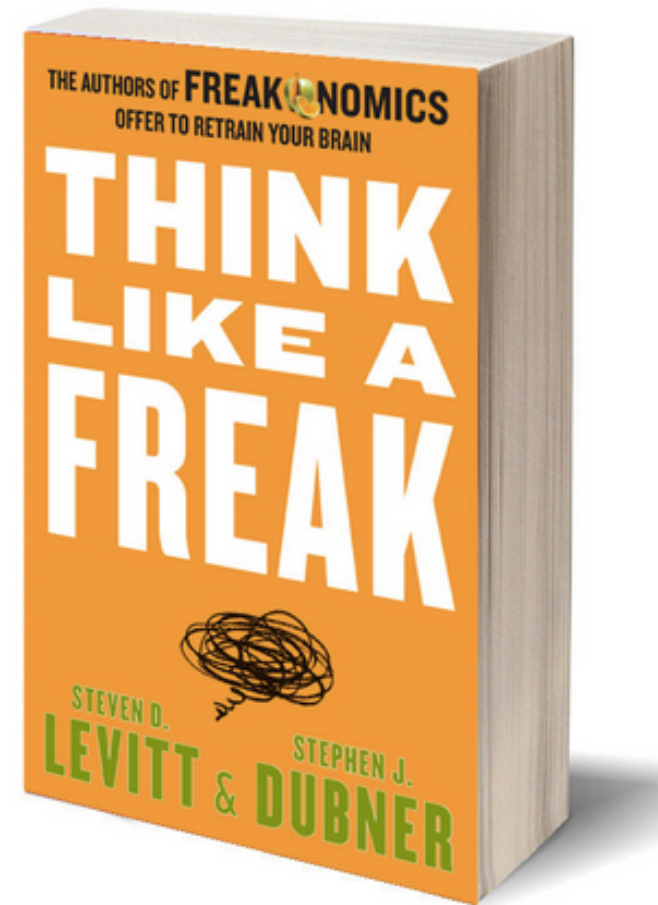
(Strength Coach: Load?)

Conventional wisdom is usually wrong.

(“Arm Day” “Cardio”)

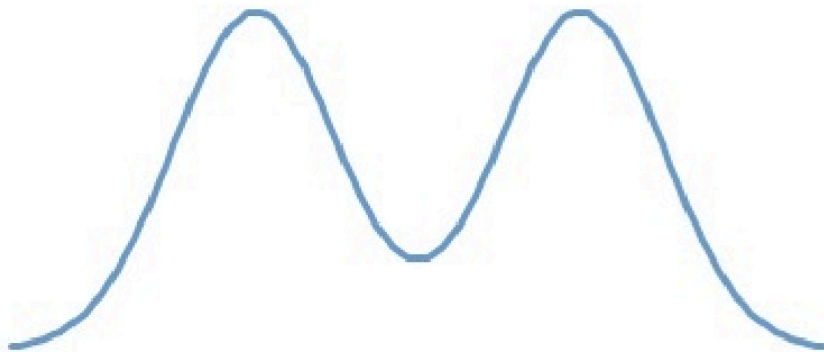
Fear of the obvious

(To get stronger, lift weights)



The Barbell Model

Barbell Distribution Curve



“Safe and Sound AND
Wildly Insane...nothing in
the middle.”

Fundamental Human
Movements and
Breakfalling

Sports: Principles and
Outliers

Is there an “easy” way to get strong?

- Lift Heavy.
- Do the Fundamental Human Movements
- Keep your reps and sets low.
- Stop your sets and your workout before you get fatigued.
- Don't even struggle.
- Basically, never miss a rep; keep plenty in the tank and keep coming back.

Easy Strength

Pros

Deep Roots in Lifting History

Positive (and Shocked) Feedback from Users

Excellent for non-PED Using Athletes

Great for QIII Athletes, Fat Loss Clients and Everybody Else(s)
(Stop letting football wag the tail of the Strength Coach's job)

Time Friendly for Busy People

Cons

Arnold didn't do this.

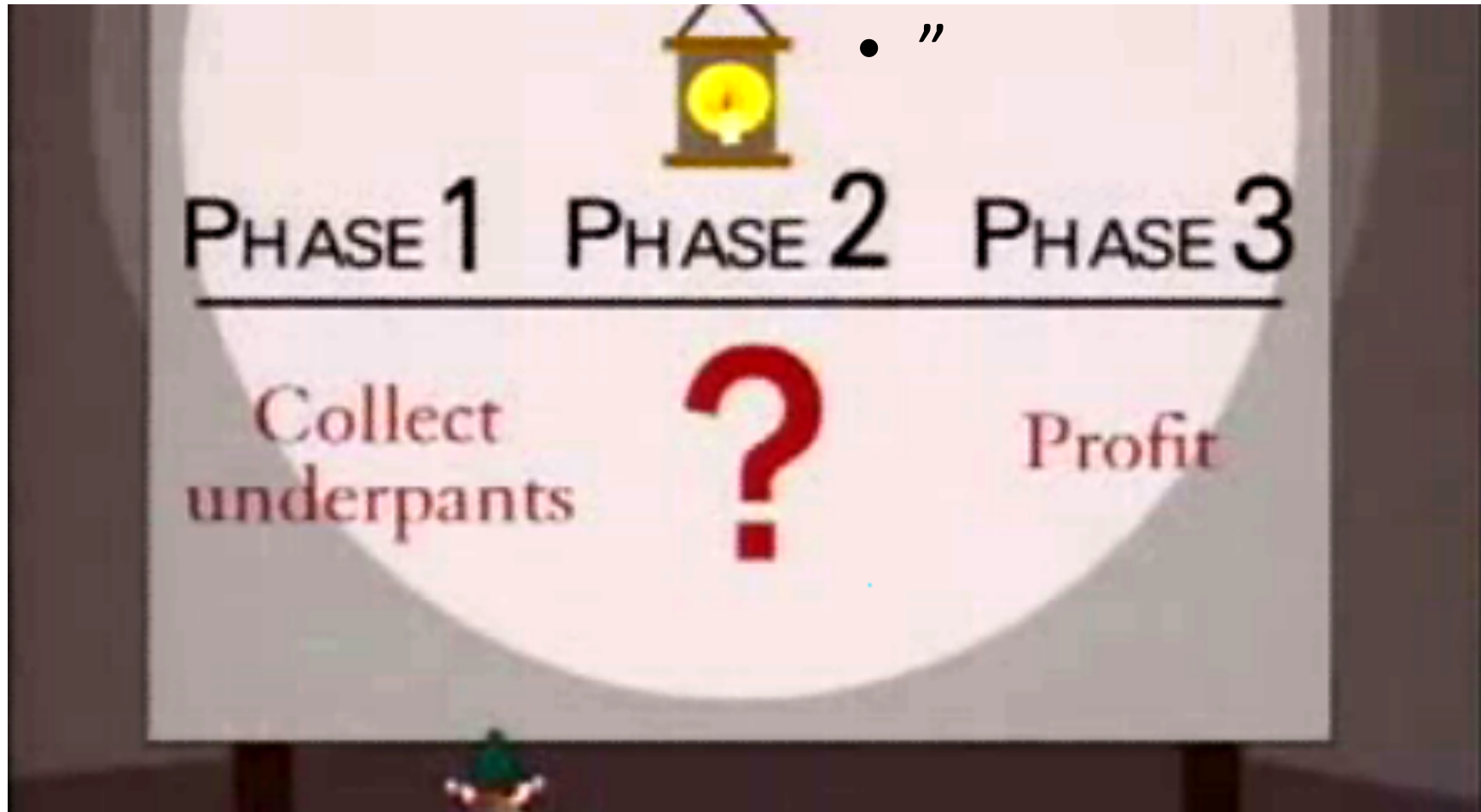
Since the advent of anabolics, you don't see this kind of thing in popular fitness writing.

QII athletes still need armor building and lots of other qualities from the weightroom.

Since it doesn't take very long, athletes discount it.

The big one: It is tough for the modern athlete to "think on their own" and logically pick loads that "feel right" today.

How do we know *IT* works? It does!
South Park's Underpants Gnomes



The Two Tests I Use to “Prove” Things

Farmers Walk for Distance (100 yards)

(Use a Trap Bar)

- Under 135: 135 pounds
- 135-185: 185 pounds
- 185-205: 205 pounds
- Over 205: 225 pounds
- Male or Female

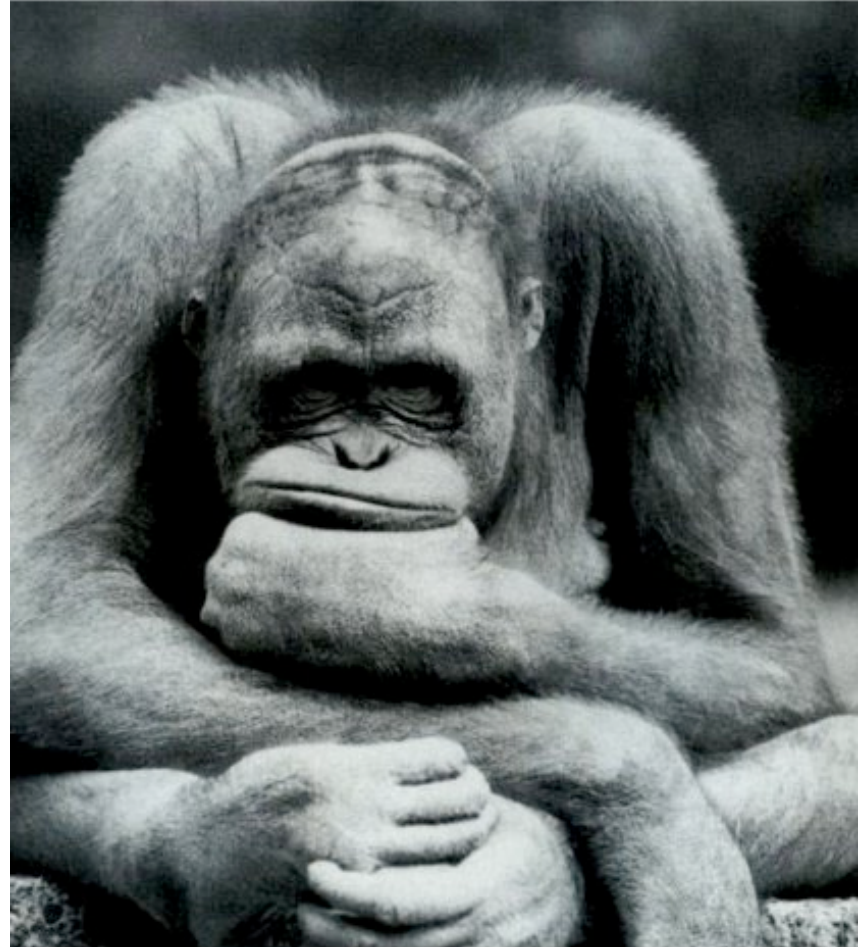
Standing Long Jump

- The SLJ and Farmers Walk assess the program.
- SLJ up...universally good.
- Farmer Walk up... universally good.
- Other variations (down!) need discussion. It's not “bad,” to pack on 30 pounds of muscle and not improve your SLJ, for example.

Epistemology

- The Study of Knowledge
- We “know” that lifting weights makes us stronger.
- How?
- Don’t know!

*Authority, Deductive Logic
and Phenomenology*



Authority, Deductive Logic and Phenomenology

What do the BEST coaches do?

What do the BEST athletes do?

(Ask! Tom Fahey and Dave Davis's method)

What works for you in your situation?

This last one is big...nothing worse than going to a place with a 10 million dollar budget and you have a \$100 budget!

Science is The Fourth Method

DeLorme (Watkins) and Janda

Tragically, it was Polio that connects them all

- Sets and Reps
- “The DeLorme Protocol”
- Three sets of Ten (Eight)
- RM
- 1 x 10 @ 50% 10RM
- 1 x 10(5) @ 70(75)% 10 RM
- 1 x 10 @ 100% 10 RM

"Restoration of muscle power by heavy-resistance exercises" (1945)

Journal of Bone and Joint Surgery.

Tonic/ Phasics of Janda

Phasic – get weaker	Tonic – shrink
Glutes	Pectorals
Rhomboids	Biceps
Deltoids	Upper traps
Triceps	Hamstrings
Abs	Hip flexor

The Physiology of Strength

Theodor Hettinger, MD:

- • The calves can increase in strength 6% a week; the glutes 4%; the triceps 3%; and the biceps 2%.
- • Men are stronger than women. In tests, some parts of women are 55% as strong as men (forearm extensors), but in the hip area it rises to 80%.
- • Strength peaks in the late twenties and maintains for a long time, and then gradually declines, especially in untrained populations.
- • It's easier to train in the summer, and Vitamin D might help that, too
- • Injecting Testosterone seemed to make everybody train better for a long time.

All this science! So, let a Strength Coach sum this:

Increase your strength. Absolute Strength is the glass and “everything” else is the liquid..

Get the biggest glass you can't get and you can fill it with more “stuff.”



Key Principles of Strength Training...for Strength Coaches

1. Strength
Training for *Lean
Body Mass* and
Joint Mobility
Work trumps
everything else.

2. Mastery of
Fundamental
Human
Movements is
Fundamental.

Janda and the Fundamental Movements

- Push: Deltoids and Triceps
- Pull: Rhomboids
- Hinge: Glutes
- Squat: Glutes
- Loaded Carries: Glutes
- Sixth Movement: Abs, Obliques, Glutes...all the Extensors

Now, I can expand on this...

Movement	Planks as a Program	Strength Training (Less than 10 reps) Hypertrophy (15-25 reps)	Anti-Rotation Work	Triads	Olympic Lifts	
Push	PUPPs Plank	(Bench) Press Push-up	1 Arm Bench Press 1 Arm Overhead Press 1 Arm Bottoms Up Press	Push press/jerk Swing Litvinovs, Litvisprints, Litvisleds	Squat Snatch Clean & Jerk	
Pull	Bat Wing TRX Row TRX T-Y-I	Pull-up Row	1 arm TRX Row			
Hinge	Kneeling Planks Hip Instruction Trinity	Gluteal Bridge with AB Hold	Hip Thrust Rack DLs Goat Bag Swing			Hill Sprints/ Stadium Steps Skipping/Bounding/ High Knee Work
Squat		Goblet Squats 6 point Rocks Potato Sack Squats	Dbl KB Front Squat The Whole Squat Family			Bear Hug Carries Bear Crawls Bear Hug Carries with Monster Walk
Loaded Carry	Farmer's Walk Heatbeat Walk Horn Walk	Prowler Car push	1 arm carries: Suitcase Carry Waiter Walk Rack Walk			

The World's Fastest "Personalized" Program...

- Whatever they are not doing...Do!
- Rocky: I dunno, she's got gaps, I got gaps, together we fill gaps.
- Push
- Pull
- Hinge
- Squat
- Loaded Carry
- Sixth Movement: Groundwork, Brachiating

Goblet Squat and Farmers Walk

“These don’t hurt!”



**“What muscle does this build?”
All of them...**



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- Don't even struggle.
- Basically, never miss a rep; keep plenty in the tank and keep coming back.

The Threads of Easy Strength

George Hackenschmidt and Percy Cerutti

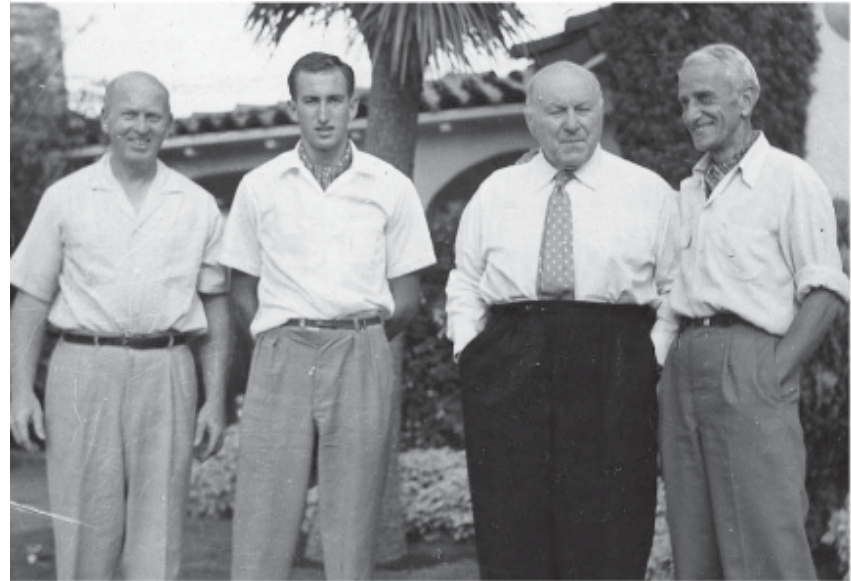
Letters first, then meeting a few times.

Cerutti's advice to RUNNERS:

Run Hills

Lift Weights

*A Marathoner should BP
bodyweight and DL Double
BDWT!!!*



One of Hackenschmidt's most devoted disciples was Australian track coach Percy Cerutti, who trained gold medalist Herb Elliott for the 1960 Olympics. Cerutti was converted to weight training because of Hackenschmidt, and in his own books on running, gave Hackenschmidt credit for this inspiration. On a trip to California in the mid-1960s, Ray van Cleef (left), Olympic Gold medalist Herb Elliot, George Hackenschmidt, and Australian track coach Percy Cerutti met and posed for the camera.

Percy's Template

1. *Deadlift.*

2. *Press.. Cerutti liked the bench press.*

3. *An explosive full body move. He liked the heavy dumbbell swing.*

4. *Pull. Cerutti liked pull-ups and cheat curls. Cheat curls are like a power clean with a curl grip (power curls) or that bouncing heavy bar curl you see every many trainees do.*

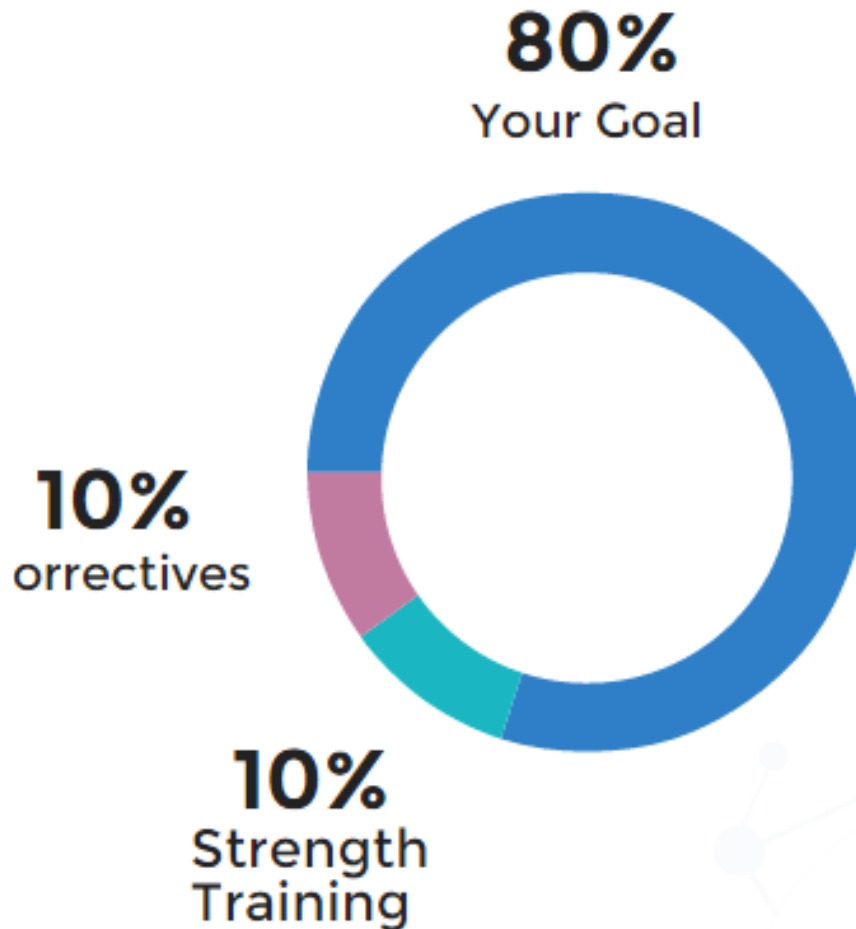
5. *Ab Exercise. If deadlifts make you go one way, the ab exercise should strengthen you in the other.*

*After going heavy on these lifts with **two to five sets of two to five** (save for swings and abs where the reps go fairly high), you hang from a pull-up bar and stretch for a few minutes.*

Pavel's Advice to Me in 2003

“For the next 40 workouts, pick five lifts. Do them every workout. Never miss a rep, in fact, never even get close to struggling. Go as light as you need to go and don't go over 10 reps in a workout for any of the movements. It's going to seem easy. When the weights feel light, add more weight.”

Total Time Allotted for Athletes



Discus Throwers:
Throw!

Swimmers:
Swim!

You get the point...

(Josh Hillis on Fat Loss:
80% of TIME on Food
Prep/Shopping!)

The Quadrants

Understand that the IMPACT of the
Strength Coach has to be clear.

“Looks like Tarzan, Plays like Jane”

The ROLE of the Strength Coach: Fuzzy or Clear?

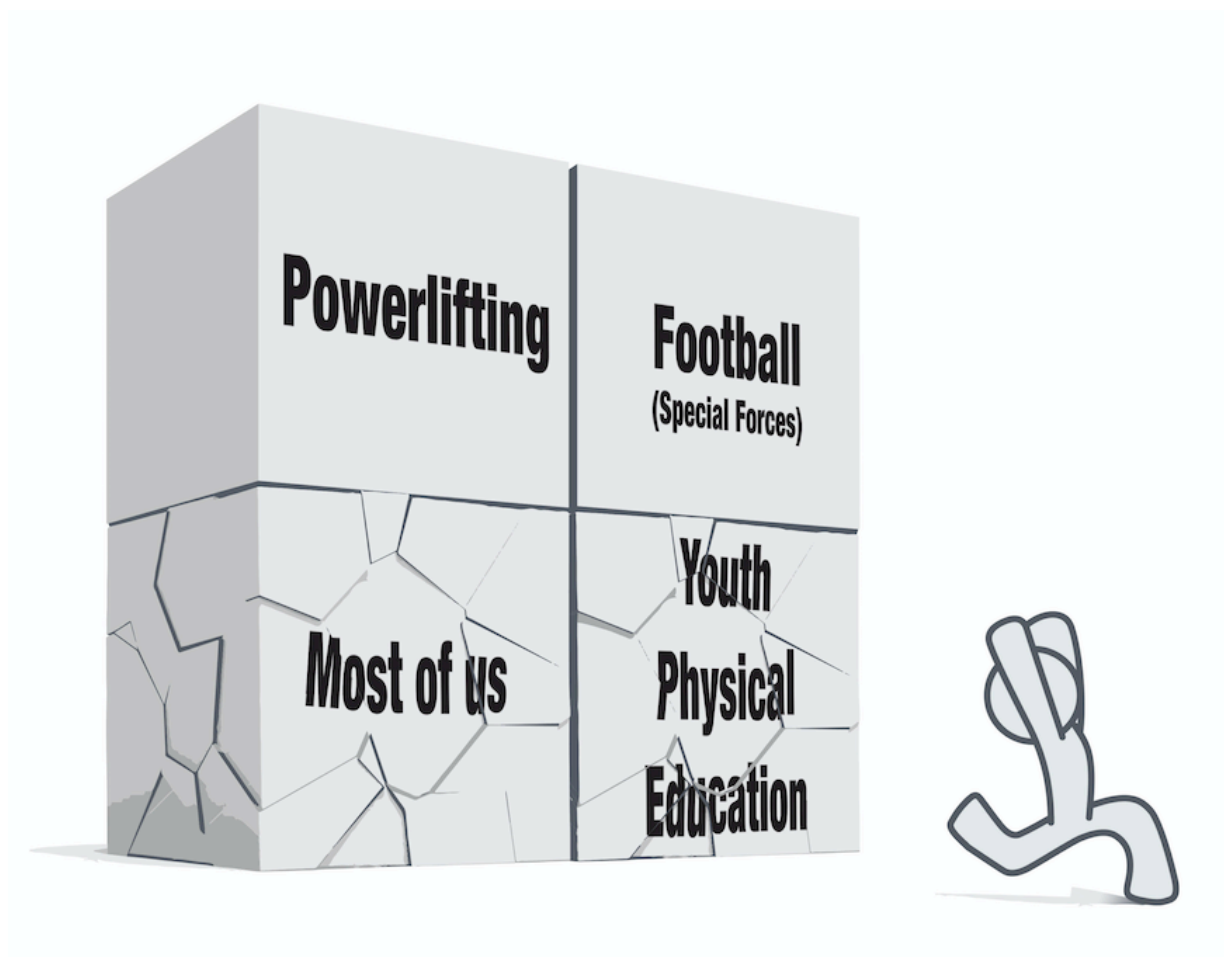
Make people stronger?

“Look with favor upon a bold beginning.”

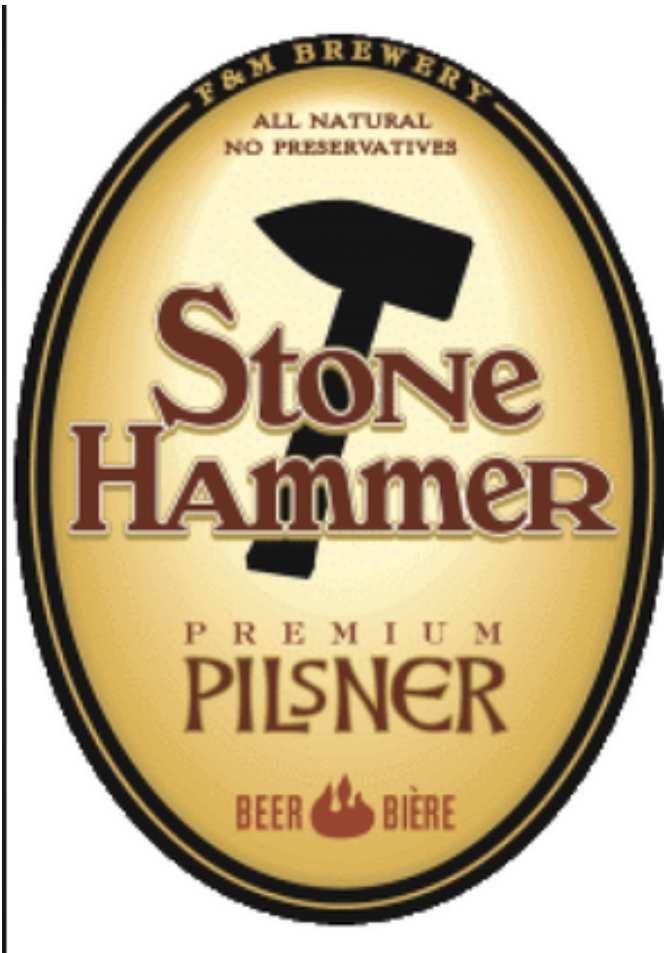
Virgil

- Gray Cook and Mike Boyle: “increase the number of quality workouts/performances.”

We Have Been Crushing S and C



Hammer and Stone/Bow and Arrow



Hammer and Bow Work

Hammer

Basic skipping, bounding,
and sprinting.

Hill Sprints and Stadium
Steps

Rack Deadlifts

The Olympic Lifts

Medicine Ball Work
(serious stuff, not what
you usually see)

Bow

Mastery of the Glute
Bridge or Pelvic Tilt...
whatever you call it.

Loading the Hip Thrust

Doing the whole Deadlift
family

The Kettlebell Swing

Olympic Lifts

Training Chart

Movement	Planks as a Program	Strength Training (Less than 10 reps) Hypertrophy (15-25 reps)	Anti-Rotation Work	Triads	Olympic Lifts
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Stone and Arrow 101: Loaded Carries

- Loaded Carries
- “Integrity Under Load.”
- These are natural and easy to learn



Three As of Stone Training



Only Quadrant II needs “all of this.”



Hammer and Stone

Bow and Arrow

Hammer

Hill Sprints
Stadium Steps
Sleds/Prowlers
Double KB Jerks
Rack DLs

Bow

Olympic Lifts
Swings

Bow and Arrow:

Swings!
Olympic Lifts

Stone

Anaconda
Bear Hug Carries
Goblet Squats with Curls
Goblet Squats with Heartbeats

Armor Building

Double KB Cleans
Double KB Front Squats
Tumbling

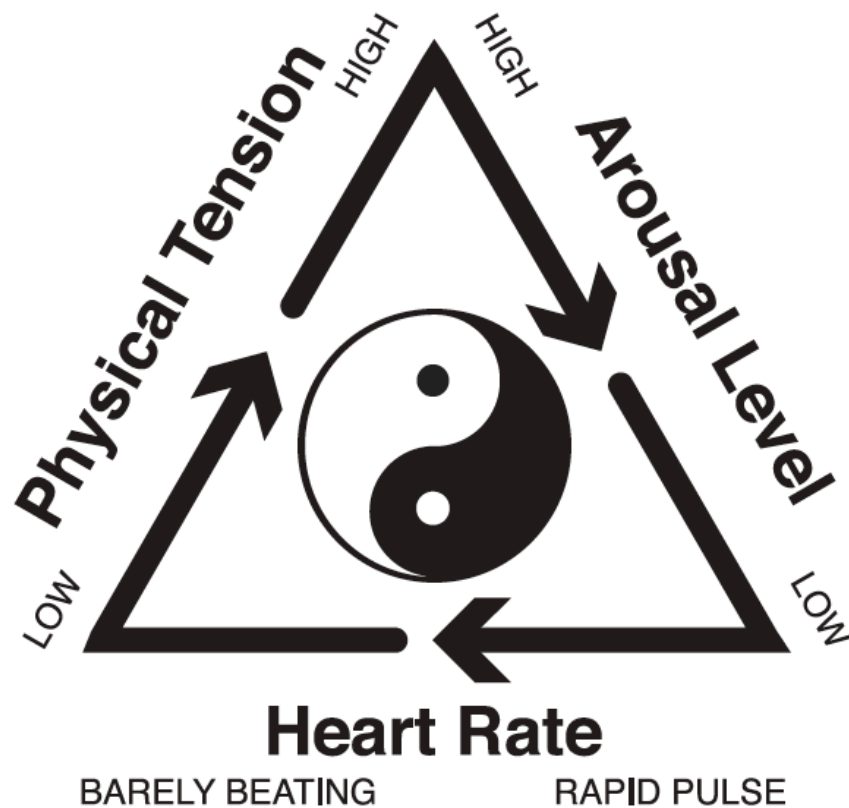
Arrow

Planks
Deadlifts

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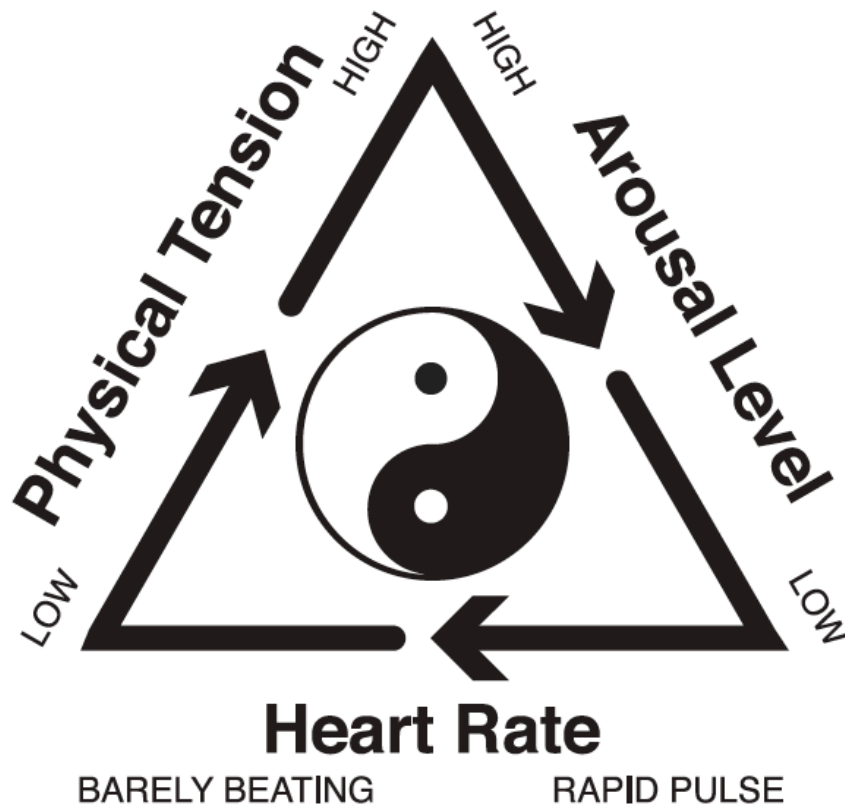
Arrow Training is High Tension/High Arousal



Teach RELAXing in Training.



The Strength Coach can support Elite Performance...



Appropriate Physical Tension/Relaxation: Technique

Appropriate Heart Rate:: Focus

Appropriate Arousal: Recovery!!! (Huh?)

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Jim Gaffigan on Programming

- “Mexican food’s great, but it’s essentially all the same ingredients, so there’s a way you’d have to deal with all these stupid questions. “What is nachos?” “...Nachos? It’s tortilla with cheese, meat, and vegetables.” “Oh, well then what is a burrito?” “Tortilla with cheese, meat, and vegetables.” “Well then what is a tostada?” “Tortilla with cheese, meat, and vegetables.” “Well then what i-” “*Look, it’s all the same s--!* Why don’t you say a Spanish word and I’ll bring you something.”

Rules of Easy Strength/40 Day

1. For the next 40 workouts,
do the exact same training program every day.

(For the record, I find that most of my goals are reached by day 20 or 22, so you can also opt for a shorter period.)

“Just” Five Exercises

2. Pick five exercises.

I suggest you do a squatting movement like the goblet squat or overhead squat as part of the warm-up, as you don't want to ignore the movement, but it might be fun to focus on other aspects of your body.

Squatting in the 40 Day really makes it much harder.

“Increase your Hinge, Maintain your Squat”

3. Focus on THESE Five

- A large posterior chain movement (the Deadlift and Variations)
- Upper body push (bench press, incline bench press, military press)
- Upper body pull (pull-ups, rows, or, if you've ignored them like me, heavy bicep curls)
- A simple full-body explosive move (kettlebell swings or snatches)
- And something for what I call an "anterior chain" move (an abdominal exercise). I think the ab wheel is king here, but you can also do some movements best suited for lower reps. (Hanging Leg Raises/L-Sits)

4. Reps are minimal

Only do two sets of five reps per workout for the deadlift and push/pull exercises

One set of 20 to 50 for the explosive move.

Do a solid single set of five reps for the abs.

Two Sets of Five

Five Sets of Two

Three Sets of Three

Six Singles

Five-Three-Two

75-250 Total Reps on Swings

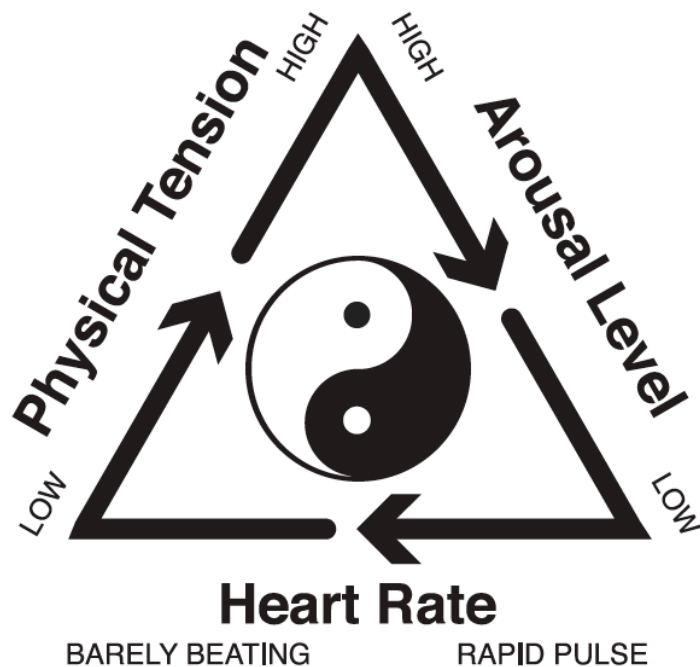
**OTHER REP SCHEMES THAT HAVE
WORKED**

The HARDEST Two for Great Ones

5. Never plan or worry about the weight or the load. Always stay within yourself and go heavy "naturally."

6. Don't eat chalk, scream, or pound on walls. Simply do each lift without any emotion or excitement and strive for perfect technique.

The Strength Coach can support Elite Performance...



Appropriate Heart Rate

Appropriate Physical
Tension/Relaxation

Appropriate Arousal

Easy Strength

- Supports the need for Strength
- Can be used in conjunction with appropriate HR, Tension and Arousal
- Takes little recovery
- Gets people strong.

Links for More Insights

<https://megametaman.wordpress.com/2013/02/10/even-easier-strength-days-3-12/>

<http://www.strengthessentials.net/easystrength.html>

The “Next” Program, Even Easier Strength

<http://danjohn.net/2011/06/even-easier-strength-perform-better-notes/>