



Simple Strength Table

Warm Up (7 min)	Link To Follow Along Warm Up			
Dice Roll	1	2 - 3	4-5	6
(Reps) x Sets	(4-6) x 2	(4-6) x 4	(4-6) x 6	(4-6) x 8
Frequency	3 x week			
Length of Phase	6 Weeks			
Exercises (Pick One Push, One Press, And, One Squat per training session)	Push - Crawl (done for time 20 seconds), shoulder press , push up , lying chest press , stir the pot Pull - KB Swing , row , pull over , halo , Hangs (done for time 20 seconds), Pull Ups Squat - Dead lift , Squat , Side Squat , Single Leg Squat , Reverse Lunge			
Guideline for Choosing Resistance	Pick a resistance you can do for 8 - 10 reps with great form (i.e., 8-10 rep max). Always your best form on each rep, never finishing close to failure.			
Recovery Time Between Sets	When you feel recovered and ready to go. Back to comfortably breathing - Be able to talk without breathing heavily. Don't skimp on your recovery.You should have enough recovery time to be able to repeat all the reps with great form on the next set.			
Dice Roll - if you roll the same number on consecutive days roll again. With any single arm or leg exercise do the same number of reps on each arm/leg.				
Here is a sample follow along - Swing and Push Up Session (33 Minutes)				

Instructions - roll the dice and whatever number comes up will determine the number of sets and reps you will do that day.

Disclaimer

The information presented in this document is for informational purposes only. Not all exercise, movement, activity, in this document are suitable for everyone. Check with your doctor before beginning any exercise, movement, or activity program to avoid/reduce the risk of injury. Perform these suggested exercises, movements, or activities at your own risk. Endurance Journey (Patrick Ash Coaching Inc.) will not be responsible or liable for any injury sustained as a result of using any exercise, movement, activity, reading, hydration, sleep, and breathing recommendations presented in this document.

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