

## **10 Things Every Lifter Should Be Able to Do**

- 1 – Bench Your Bodyweight
- 2 – Deadlift Double Your Bodyweight
- 3 – Hold a Two-Minute Plank
- 4 – Sleep With Only One Pillow
- 5 – Sit on Floor Without Using Hands, Knees, or Shins
- 6 – Balance on One Foot for 10 Seconds
- 7 – Hang for 30 Seconds, Pull-Up
- 8 – Long Jump Your Height
- 9 – 30-Second Bodyweight Squat and Hold
- 10 – Farmers Walk Your Bodyweight

FOCUS ON WHAT YOU *NEED* TO DO,  
not necessarily on what you want to do.

That's the secret  
to STRENGTH  
TRAINING SUCCESS.



- Dan John