

# LEARN & EARN



EARNED STRENGTH

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# LEARN AND EARN

*Learn & Earn* explains how to create physical learning opportunities and establish a physical learning environment through the employment of the Earned Strength Method, Principles, and Values. With physical learning as the basis for strength training, Earned Strength presents safe, effective, and engaging training courses and programs.

Strength training develops physique and spirit, improves health and performance, prepares us to face adversity, can be enjoyed alone or with others, and links us to our human nature. A common, but incomplete view regarding strength training today is that it should be very demanding and exhaustive on the muscles.

While we know that in order to earn strength we must invest sweat equity, we should understand and account for the crucial role the brain plays regarding training. Although this is a biologically complex process, Earned Strength (ES) sees acquired physical strength largely as the result of physical learning.

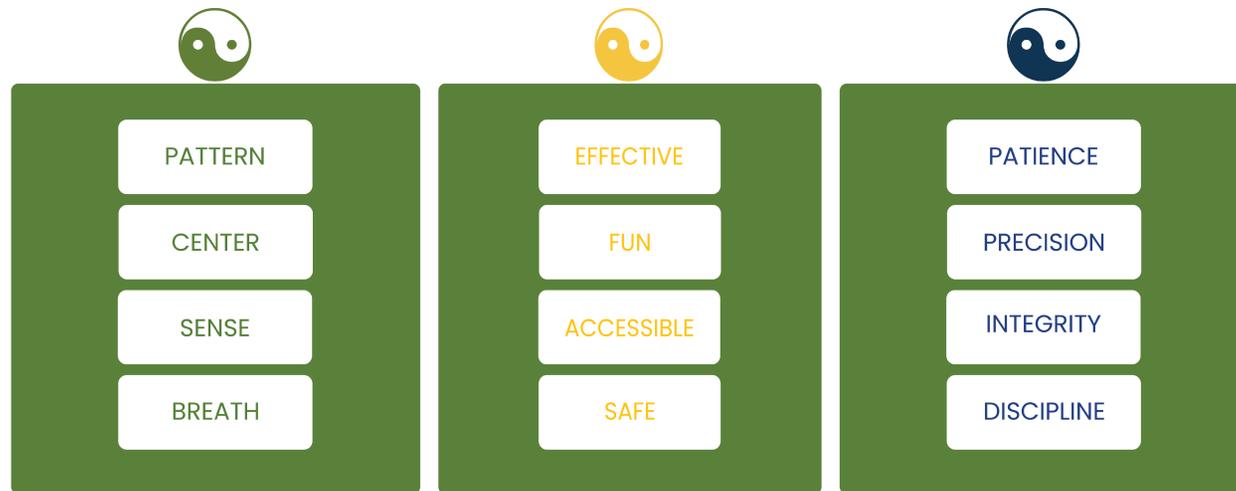
We learn and earn strength when we create and seize physical learning opportunities during training. This conscious pursuit of strength is demanding of attention, but it is worth the investment because a little attention can reward us with lots more in return.

To aid in the pursuit of strength the following pages present the Method, Principles, and Values as guides to enjoy the benefits of physical learning and strength training.

# LEARN STRENGTH

The emphasis on learning in strength training creates a clear path to goal achievement and removes many of the common risks associated with physical activity. Knowing how to learn a new physical skill or improve a current one is very empowering. Such knowledge makes healthier, stronger, and better people, leading to a healthier, stronger, and better world.

Earned Strength Courses (the Courses) and their training programs are based on the employment of the Method, Principles, and Values. The combination of these offers individual solutions to strength training needs for people of various ages, abilities, and goals, because it takes advantage of physical pattern learning.



**The Earned Strength system creates opportunities to learn and earn strength.**

The Method points out physical learning opportunities through an alignment of four important movement factors: breathing, sensory information, center line control, and pattern skill.

The Principles offer digestible lessons that empower the trainee to learn and earn strength. Safe, accessible, fun, and effective training programs set the stage for the Method to flourish.

The Values develop both physical and mental fortitude. The Courses highlight the opportunity for personal development through strength training with a focus on discipline, integrity, precision, and patience.

## LEARNING OPPORTUNITIES



PATTERN

CENTER

SENSE

BREATH

The Method is based on the idea that physical learning is best achieved when these four factors function well together: breathing, perception of sensory information, control of the vertical center line, and familiarity with a specific movement pattern.

The Courses utilize the Method to organize the learning of movement patterns that make up high value exercises. The training programs adapt easily to the movement and skill ability of the trainee because all of the four factors offer multiple points of entry to learn strength.

Once the trainee is familiar with it, the Method can also be used to learn other exercises and physical skills, including sports, arts, crafts, etc.

**Breathing** is a subject that has been covered widely in the health and fitness fields. Earned Strength recognizes that the breath is the bridge between body and mind and perhaps the most valuable movement to practice.

When we move with the breath, we sense at a higher detail and we allow for better perception of our environment. We take advantage of the brain's search for safety through movement, learn how to solve complex spatial and weight challenges, and build biological connections that result in useable strength.

All ES training programs start with a focus on the breath. The breath is that important and it is strongly recommended not to deviate from this approach.

Discover a world of learning opportunities through the breath.



**Sensory** information is used by the brain to make rapid decisions on what moves next. Our brains process significantly more sensory information than we are or need to be aware of, however, when we focus on particular senses we can discover opportunities to move better.

While all senses matter when it comes to health and strength, sight and touch seem to offer the best learning opportunities regarding strength training and are thus highlighted in the training programs.

The **Center Line (CL)**, defined here as running from the bottom of the pelvic floor through the center of the body to the top of the head, plays an imperative role in movement pattern learning because the body naturally protects this physical space for various vital reasons.

Located along this line are the brain, spine, and plenty of major organs. Positions or movements that are deemed biologically unsafe for the CL will usually be difficult, if not impossible, to access.

ES programs demonstrate the structural requirements to establish a strong foundation, leading to safer and easier access to desired positions and patterns.

In order to establish a strong CL, the training programs teach pattern learning with a focus on breath, vision, and grip (hands *and* feet).

**Pattern** learning allows us to increase movement confidence and competence via the alignment of breath, sensory information, and center line control. The Courses teach strength exercises by building natural movement patterns from the ground up.



Each training program consists of five lessons and each lesson of five movements, with one being dedicated to the breath, one to the senses, one to the center line, and two to the pattern.



The Method demands a certain amount of physical and mental investment and functions best when the trainee is well rested and when it is employed in an environment geared towards physical learning. This environment is easy to establish by following the ES Principles.

## LEARNING ENVIRONMENT



EFFECTIVE

FUN

ACCESSIBLE

SAFE

Strength training should be performed in a state of mind that allows conscious perception of new information. This state of mind is easiest to achieve and maintain in a safe environment. The way each of us perceives safety is very individual, but we all learn better in environments we deem as safe.

Set up your training space in such a manner that you can train with focus and without concern. While good training programs can make use of little space, it is important to manage risk of physical injury to ourselves, others, as well as damage to objects and property.

To ensure a safe training load, breathing is perhaps the best standard of measure. It is a simple way to check that the body can meet the demands of the task at hand. If the trainee can breathe with intention and control their breath, they can perceive new information easier.

When new information is accessible, learning becomes safer and easier, as well. There may be lots of reasons to train various exercises, but without an appropriate way of learning them, the desired exercise benefits may not be fully realized. ES teaches competence by providing access to digestible information and comfortable entry points to physical learning.

Fun is an important aspect of training and can mean different things to each one of us, however reaching training goals without injury is very fun. Whatever your preferred training method, if it leads to growth and development, a good mood, and quality results, it is quite likely fun to perform.

Safe, accessible, and fun training is effective. If we stay true to the first three principles, then we manage to avoid injury and fatigue, we learn new lessons on a regular basis, and we enjoy the healthy results of effective strength training.

The Method and Principles function wonderfully together, creating an internal and external learning space. It is again worth mentioning, however, that their benefits come at a price and that price is honesty.

## LEARNING MINDSET



PATIENCE

PRECISION

INTEGRITY

DISCIPLINE

The learning strength approach certainly works very well, but it is demanding in ways that other training programs are not. More so than physical effort, the Courses ask the trainee to honestly search for learning opportunities. The trainee finds out quick that learning strength in earnest is often a more significant challenge to the character rather than the body.

ES highlights discipline, integrity, precision, and patience as guiding values for physical training and personal development.

Read these definitions on a regular basis and reflect how these values can help you learn and earn strength.

## Values

### **Discipline**

noun

1. training to act in accordance with rules
2. activity, exercise, or a regimen that develops or improves a skill

verb

1. to bring to a state of order by training and control

### **Integrity**

noun

1. adherence to moral and ethical principles; honesty
2. the state of being whole

### **Precision**

noun

1. accuracy
2. mechanical or scientific exactness

### **Patience**

noun

1. the bearing of provocation, annoyance, misfortune without complaint, loss of temper, or irritation
2. quiet, steady perseverance; even tempered care; diligence

# WHAT TO LEARN

## **NATURAL STRENGTH**

Perhaps the most beautiful way to learn, earn, and enjoy strength is through nature. Whether it is a walk in the park, a hike in the woods, a climb up a cliff, a swim in a lake, river, or ocean, or whether it is paddle boarding, horse riding, mountain biking, or camping, nature offers boundless ways for us to live strong.

The outdoors complement regular strength training in a fantastic manner, as well. Increased strength capacity usually means more ways to enjoy nature and more time in nature usually means better rest and recovery, leading to increased strength capacity.

## **ARTS & SPORTS**

Studying strength through arts and sports is another elegant training solution that offers so much more beyond physical development. Arts and sports allow movement to be expressive in ways that weight lifting simply cannot be.

Recreational sports, martial arts, and creative arts are wonderful paths to learning and earning strength. They complement each other well, because each activity is influenced by the movement lessons of the others.

# EARNED STRENGTH COURSES

Earned Strength Courses offer several training programs as an answer on what to learn and what movement patterns to practice. Each course is focused on a movement theme and contains three different training programs, a bodyweight, a kettlebell, and a dumbbell or barbell program.



GROUND MOVEMENT

The length of each program can be set to five, eight, or thirteen weeks. Programs can be completed alone, in combination with the same course programs, with a program from another course, or other training methods.

All courses can be easily set up at home, outdoors, or in the gym, offering convenient options where to learn and earn strength.

**Ground Movement** starts at the beginning of human movement learning and introduces fundamental strength lessons. These lessons often hold keys to powerful training solutions. Learn the building blocks of movement from the ground up and earn the strength necessary to move better, train better, and live better.

- *Rise Up* teaches lessons from early human development that culminate in understanding how to push the body up from the ground in various useful ways. (Bodyweight)
- *Strength for Life* builds on those lessons and demonstrates how to get up from the ground with a weight overhead. (Kettlebell or Dumbbell)

- *Lift the Bell* completes the course through a fundamental weight lifting routine made up of high value movements that are beneficial to both new and experienced trainees. (Dumbbell or Kettlebell)

The entry points to learning strength are numerous in *Ground Movement* and since it can be completed with only one weight and little space, it is easy to practice at home, on the road, and, of course, in the gym.

*Center Strength* focuses on grip strength and center line control through the study of lessons that highlight the value of lifting and carrying similar, but different loads in similar but different ways.



- *Pull Up* teaches the trainee how to concentrate grip and center strength in order to pull up to the bar with control and precision. (Bodyweight; requires pull up bar, bonus: barbell and rack)
- *One Good Swing* brings to light the importance of every kettlebell swing being good. Learn this powerful exercise safely and successfully, and earn as many swings as you wish thereafter. (Kettlebell)
- *Lift the Bar* is the finale to *Center Strength* because lifting a barbell off the ground is a simple exercise full of great lessons into grip strength and center control. (Barbell and rack)



*Play Power* is strength training designed for ultimate performance. This course offers three programs designed to increase safe power production for top athleticism.

- *One Up* is a continuation of bodyweight strength study. Trainees learn the path to performing a one arm push up and one leg squat, a great combination to learn advanced rotation control . (Bodyweight)
- *Power Trio* is a factory for quickness. Two kettlebells and three movements, the clean, the squat, and the press create a training program that develops speed and skills that lead to ultimate performance.
- *Press the Bar* makes clear that there is no replacement for displacement. Pressing the barbell overhead is a complex movement with tons of potential to learn and earn strength and power.

## ANNUAL TRAINING

Earned Strength courses can be studied in numerous ways, but the general recommended format is annual training. The courses are designed to take up one complete calendar year, made up of three strength training seasons and one rest season, reserved for recovery, travel, play, or however the trainee wishes to spend it.

Similar to modern educational systems, it is recommended to study *Ground Movement* in Autumn, *Center Strength* in Winter, and *Play Power* in Spring. Summer becomes the off season and usually offers plenty of fun outdoor opportunities in most parts of the world to utilize all the strength earned and recover from training load of the prior year.

During the training season it is recommended to practice



three days a week, ideally in the morning and if possible on days with little other demanding work or activity.

One year of study offers consistent new lessons utilizing as few as five tools: two kettlebells, one dumbbell, one barbell, and one pull up bar. Of course, additional weights and other equipment expand training variability and increase learning opportunities.

A solid strength foundation requires the investment of three to five years. This can seem costly but such an investment offers unparalleled strength results and develops healthy habits for life.

The courses can be repeated yearly and possibly lifelong, because the patterns taught and practiced are useful in daily life. The number of repetitions and the amount of weight are easily adjusted to the level of the trainee.

## **SINGLE COURSE OR PROGRAM**

Earned Strength Courses and training programs can be studied independently of each other at three different lengths, five weeks, eight weeks, and thirteen weeks.

If the single course or program approach appears too simple, note that this simplicity often allows for a depth of study that can be very useful when studying the complete course later, or in complement to another art or method.

Trainees can choose a course or program based on training needs or interest, however, it should be noted that *Center Strength* and *Play Power* recommend meeting certain movement standards before beginning. Should this be a challenge, *Ground Movement* offers the necessary solutions to meet those standards.

# CONTACT

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