

**24Life March 2017**  
**The Art of Strength: Find Your Strength**

Scan this list of activities to find the type of strength that's most required—and others that complement the task at hand. Then refine your training strategy to build what you need or improve upon what you already have.

If you're doing this...	Then you need this...	And you might want this...				
	Maximal	Endurance	Odd Pos'n	Starting	Agile	Bodyweight
I want to lift very heavy things off the ground.	X			X		
I need to push or pull heavy items.	X			X		
I want to rearrange my furniture.	X		X	X		
I want to lift heavier and heavier things.	X					
I'm moving to a new apartment, and doing it all myself.	X	X	X	X	X	
If you're doing this...	Then you need this...	And you might want this...				
	Endurance	Maximal	Odd Pos'n	Starting	Agile	Bodyweight
I need to hold and move objects for long periods of time.	X					
I'm planning a backpacking trip this summer.	X				X	X
I care for a baby who likes to be held. All. The. Time.	X		X		X	
I love to cycle. The bigger the hills, the better!	X					
If you're doing this...	Then you need this...	And you might want this...				
	Odd Pos'n	Maximal	Endurance	Starting	Agile	Bodyweight
I need to lift and move things from awkward positions.	X			X		
I often help kids in and out of car seats.	X					
I have to move items to and from high or low shelves.	X					
I play racquet sports such as squash or tennis.	X					

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If you're doing this...	Then you need this...	And you might want this...				
	Starting	Maximal	Endurance	Odd Pos'n	Agile	Bodyweight
I need to lift or move stationary objects.	X					
I'm planning to reorganize my garage.	X			X	X	
I play touch football on weekends.	X				X	
I love weightlifting.	X		X			
If you're doing this...	Then you need this...	And you might want this...				
	Agile	Maximal	Endurance	Odd Pos'n	Starting	Bodyweight
I need to carry things from one place to another throughout my day.	X					
I'm a big DIY-er. Every weekend, I've got to unload the truck from a Home Depot run.	X		X	X	X	
I love team sports - basketball, floor hockey, soccer, you name it.	X	X			X	
I work in a crowded place, where I must move and carry things without knocking anything over.	X					
If you're doing this...	Then you need this...	And you might want this...				
	Bodyweight	Maximal	Endurance	Odd Pos'n	Starting	Agile
I need to move and hold my own bodyweight.	X	X		X		
I'd love to master the crow pose or scorpion arm balance in yoga!	X	X		X		
I want to improve my bouldering/rock climbing	X					
I want to feel steadier climbing a ladder or steep hill.	X					
I'd like to be able to do more push-ups or chin-ups.					X	