



JOHN'S *Workout* FROM HOME

**HI EVERYONE!
THIS IS JOHN
FROM BOOTCAMP.
HERE IS A SIMPLE
WORKOUT YOU CAN
DO AT HOME!**

Warm Up: Do our usual warm up below or a shortened version for 20-30 seconds.

- Jog or jumping jacks for 20-30 seconds in between each
- Knee to chest
- Marching
- Knee to chest with a hop
- Marching with hop
- Shuffling: take a few steps then back
- Lunge with a twist
- Shoulder circles
- Neck nods or reaches

Simple Circuits: Do each circuit once then move on to the next circuit and repeat 2-3 times or combine them anyway you'd like.

Circuit A:

- Walk out & push-up or plank for 2-3 seconds for 3-5 reps
- Squats: 20-30 reps
- Single leg bridge: 10-15 reps per leg

Circuit B:

- Dead bugs: 10 reps per side
- Static lunges: 10-15 reps per side
- Negative push-ups: engage your lats and lower yourself all the way down, slowly - 4 reps

Circuit C (if you have bands or weights):

- Squat to press: 10-15 reps depending on weight
- Row: 10-15 reps depending on weight or rows from push-up position (look up renegade rows on YouTube)
- Russian twist: 15-20 reps

**CONTINUE YOUR
FITNESS JOURNEY.**

