



# JOHN'S *Workout* FROM HOME

**HI THERE!  
THIS IS JOHN  
FROM BOOTCAMP.  
ENJOY THIS SOLID  
WORKOUT YOU CAN  
DO AT HOME!**

Warm Up: Do each exercise for 20-30 seconds, jogging in place for 20-30 seconds in between.

- Knee to chest
- Marching
- Knee to chest with a hop
- Marching with hop
- Side shuffling: take a few steps to the right, then to the left
- Alternating lunge with a twist
- Shoulder circles
- Neck nods or reaches, if you'd like.
- Hip work: on all fours, raise knee to side and circles
- Walkouts: 1 minute, push-ups optional

Simple Circuits: Do each circuit once then move on to the next circuit, repeating 1-2 times. Rest 60 seconds between circuits, but remember to push yourself during circuits, minimizing rest.

#### Circuit A:

- Squats: 30-40 seconds with or without weights
  - Push-ups: 30-40 seconds
  - Atomic sit-ups: 30-40 seconds laying down raise heels and shoulders off ground, crunch, then return to extended position
- <https://www.youtube.com/watch?v=7rEZ-dem3LE>

#### Circuit B:

- Lunge to lateral raise: 30-40 seconds
- Deadbugs/resistance band curls: 30-40 seconds
- Jumping jacks: 30-40 seconds

#### Circuit C:

- Static lunge: 30-40 seconds with or without weight, left foot
- Plank: 30-40 seconds
- Static lunge: 30-40 seconds with or without weight, right foot
- Jumping jacks: 30-40 seconds

#### Circuit D:

- Deadbugs/resistance band shoulder press: 30-40 seconds
  - Deadbugs/resistance band tricep extension: 30-40 seconds
  - Straight leg deadbugs: 30-40 seconds
- <https://www.youtube.com/watch?v=dC2AlqiDXM8>

#### Finisher:

- Squat to press: as many as you can for 3 minutes

**CONTINUE YOUR  
FITNESS JOURNEY.**

