



JOHN'S *Workout* FROM HOME

**HI THERE!
THIS IS JOHN
FROM BOOTCAMP.
TRY THIS EXCITING
WORKOUT FROM
YOUR OWN 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:

- Single leg deadlift: 30-40 seconds with or without weights
<https://www.stack.com/a/the-single-leg-rdl-how-to-perform-it-common-mistakes-and-advanced-variations>
- Single arm row: 30-40 seconds
- Shoulder touch push-ups: 30-40 seconds
https://www.youtube.com/watch?v=vLFE_RDc53A

Finisher: 2 rounds, 30 seconds each

- Mountain climbers, jog in place or jump rope
- Burpees, jog in place or jump rope
- Squat jumps, jog in place or jump rope

Circuit B:

- Squat with chest press: 30-40 seconds with ball, dumbbell or weights
<https://www.youtube.com/watch?v=tubEyeIT9Y0>
- Deadbugs/lying tricep extension: 30-40 seconds
<https://www.youtube.com/watch?v=2XDPNh7a8p8>
- Russian twists: 30-40 seconds

Circuit C:

- Renegade row: 30-40 seconds, right arm
<https://www.youtube.com/watch?v=LccyTxiUrhg>
- Bridge with elevated feet: 30-40 seconds, both legs with ball, chair or bench
https://www.youtube.com/watch?v=Zb2A6Kw_gzA
- Renegade row: 30-40 seconds, left arm
<https://www.youtube.com/watch?v=LccyTxiUrhg>
- Deadbugs: 30-40 seconds with ball
<https://www.youtube.com/watch?v=gJUu50CZdn4>

Circuit D:

- Deadbugs/resistance band shoulder press: 30-40 seconds
- Wall sit with curls: 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>

**CONTINUE YOUR
FITNESS JOURNEY.**

