

# COACH DAN JOHN'S

## Warm-up

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Waiter Walks/Suitcase Walks, Heartbeat Walk

Light Goblet Squats/Hip Flexor Stretch (Make space)

Plank (Superman and one-leg variations)

Bootstrapper Squats (Spread the load)

Pushup Position Plants (Superman and one-leg variations)

Bootstrapper Squats (Pry loose)

Horizontal Shrugs (Relax into the stretch)

Maxercist Rows (Strength is a skill)

Parked One-arm Rows

Alligator Pushups (tic-tock-tic-tock)

RDL Stretch/Timed Pushups/RDL Stretch/Timed Pushups

Heartbeat Squats

Kalos Sthenos GetUp Series

Swings and Swing Variations

1-2-3-Up Goblet Squats

### Ab Circuit (30 seconds each)

Plank

Deadbugs

PuPPs

Res Deadbugs

Superman

Butterfly Crunch