

The Power of Movement

“Running water never
grows stale, so you just
have to keep on flowing.”

-Bruce Lee

7 primary movement patterns

- Push
- Pull
- Squat
- Lunge
- Twist
- Bend
- Gait (walk/run)

The 4 elements of Training

Strength



Endurance



Balance



Flexibility



Where and How?

- Nike Training Club App
- 8fit workouts and meal planner app
- Daily Workouts Fitness app
- Youtube channel “yoga with Adriene”
- Youtube channel “calisthenicmovement”
- Youtube channel “OfficialBarstarzz”

Simple and Effective

- 5 - Inchworm
- 10 - Push ups
- 15 - glute bridges
- 20 - squats
- 25 - jump jacks
- 30 - high knees
- (4 rounds total)

“As a single footstep will not make a path on the earth, so single thought will not make a pathway in the mind. To make a deep physical path, we walk again and again. To make a deep mental path, we must think over and over the kind of thoughts we wish to dominate our lives.”

-Henry David Thoreau

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