### The Power of Movement

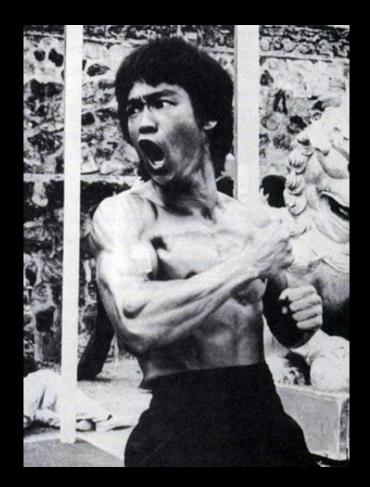
"Running water never grows stale, so you just have to keep on flowing." -Bruce Lee

#### 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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