

Dan John - Can You Go?
Classic Conditioning in X Moves - Training Program
By: Joey Olivo, Legacy Strength, Oct 2016

Weekly Schedule

Sun	Mon	Tues	Wed	Thu	Fri	Sat
Rest	Program A: Simple	Program E: Mobility	Program B: Cardio	Rest	Program A: Simple	Program D: GSQ
Rest	Program C: Tonic	Program E: Mobility	Program A: Simple	Rest	Program B: Cardio	Program A: Simple
Rest	Program A: Simple	Program E: Mobility	Program B: Cardio	Rest	Program A: Simple	Program D: Swing
Rest	Program C: Tonic	Program E: Mobility	Program A: Simple	Rest	Program B: Cardio	Program A: Simple

Warm-up

15 Swings/1 GSQ

Groundwork

15 Swings/1 GSQ

½ Kneeling Rainbow RKD

15 Swings/1 GSQ

½ Kneeling Rainbow LKD

15 Swings/1 GSQ

Birddog RKD

15 Swings/1 GSQ

Birddog LKD

Program A: Simple Strength

- Based on 10RM
- Light = 50% / Medium = 75% / Heavy = 100%
- 1. One Arm Press - 10 reps light + HFS RKD/ 5 reps med + HFS LKD / 10 reps heavy
- 2. One Arm Row - 10 reps light + HF Rainbow RKD/ 5 reps med + HF Rainbow LKD / 10 reps heavy
- 3. Swing - 30 reps light + Birddog RKD/ 15 reps med + Birddog LKD / 30 reps heavy
- 4. GSQ - 10 reps light + 6-point Zenith Right/ 5 reps med + 6-point Zenith Left / 10 reps heavy
- 5. PUP Plank - 2 minutes
- 6. SA Carry - Walk as far as you can switch and come back

Program B: Cardio Hit Workout

- 15 Swings; 1 GSQ
 - HFS RKD
- 15 Swings; 1 GSQ
 - HFS LKD
- 15 Swings; 1 GSQ
 - HF Rainbow RKD
- 15 Swings; 1 GSQ
 - HF Rainbow LKD
- 15 Swings; 1 GSQ
 - BD RKD
- 15 Swings; 1 GSQ
 - BD LKD
- 15 Swings; 1 GSQ
 - 6PZ RKD
- 15 Swings; 1 GSQ
 - 6PZ LKD
- 15 Swings; 1 GSQ
 - PUP Plank
- 15 Swings; 1 GSQ
 - Suitcase Walk Right and Left

Program C: Tonic Recharge 1. One Arm Press - 10 reps light + HFS Both 2. One Arm Row - 10 reps light + HF Rainbow 3. Swing - 30 reps light + BD 4. GSQ - 10 reps light + 6PZ 5. PUP Plank - 1 minute	Program E: Mobility Workout • Hold each for 30 secs • Feet grounded, stretch toes and grab the ground while driving the heels down • When standing, keep belt line parallel to the floor. Use glutes. • BREATHE! Movements - 3-5 Rounds, 30s ea • HF RKD/LKD • HF Rainbow RKD/LKD • Birddog RKD/LKD • 6PZ RKD/LKD
Program D: Bi Monthly Tabata Workout 1 - GSQ 4 minutes Workout 2 - Swing for 4 minutes	