

Dan John Quotes

*Workout, Ifs, Goal, Important, Looks, Everyday, Want, Thinking, Benches,
Senior, Mail, Community, Careers, Stolen, Loss, Lows, Challenges, Please,
Said, Military*

I don't care what you bench. I care if you have friends and family you love, a career that you love, and helped someone you don't know today.

~Dan John

I think there are two keys to success. One is to show up. The other one is to keep going. Most people don't keep going.

~Dan John

Without challenges, the human body will soften. We thrive when we push our boundaries, reach goals, and blast personal records. We perform better, we look better, and we feel alive.

~Dan John

Look at your goals. Look at your behavior. Does your behavior match your goals?

~Dan John

The problem is yes, everything works. Doing everything at once makes you marginal at everything... at best.

~Dan John

I said it was simple. Not easy.

~Dan John

Most champions are built by punch the clock workouts rather than extraordinary efforts.

~Dan John

I only judge people by the depth of their squat.

~Dan John

If you're spending so much time at the gym that your mail is forwarded there, you're not dedicated - you've got a mental disorder.

~Dan John

If something is important, do it every day; if it's not important, don't do it at all.

~Dan John

The Goal is the keep the GOAL the GOAL

~Dan John

Please understand nearly every concept I hold near and dear has been stolen from others much brighter and better than me.

~Dan John

The best tonic for soreness is to do the movement that got you sore in the first place.

~Dan John

There are "bus bench" workouts and "park bench" workouts. A bus bench and a park bench look exactly the same, but your expectations sitting in them are radically different.

~Dan John

Squats don't hurt your knees; what you are doing hurts your knees.

~Dan John

It's hard to peak when you've been training since 1965.

~Dan John

When things go wrong, simplify.

~Dan John

If it's important do it everyday.

~Dan John

The 9th grade was the best three years of my life. I was benching 85 lbs, drug free!

~Dan John

Their highs are too low and their lows are too high.

~Dan John

There is a price you pay if you want to train military personnel - they don't all come back.

~Dan John

There's nothing worse than when someone takes a community education course and becomes an expert on how yoga is the best way to burn the visceral fat that's housed deep in your abdomen.

~Dan John

Just tell me what to do. I don't know where I'm going, but I know I don't want to be here.

~Dan John

If it is important do it everyday

~Dan John

Come, enter into my imagination and see me as I truly am.

~Dan John

As we're bombarded daily with new ads for pills, diets and ab-doers, we have to protect our wallets and our time.

~Dan John

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