Clean
Full Body

1 - Squat holding a sandbag in both hands on the floor in front of your feet with your arms straight.
2 - Thrust your hips forward, rapidly extending at the hips and knees and pull the sandbag straight up, flipping it over in mid-air.
3 - Catch the sandbag at shoulder height in an upright stance.
• Flip the sandbag back over as your lower it back down to the floor, bending at the hips and knees.

# REPS WEIGHT TIME NOTES
1 2 3

Thruster
Full Body

1 - Stand upright holding the sandbag at shoulder height.
2 - Bend at the hips and knees, lowering into a squat, keeping the sandbag at shoulder height.
3 - Rapidly return upright and in one movement, thrust the sandbag, extending your arms fully.
• Lower the sandbag back to your shoulders and repeat.

# REPS WEIGHT TIME NOTES
1 2 3

Zercher Walking Lunge
Legs

1 - Stand upright holding a sandbag in the front rack position with your elbows up.
2 - Take a step forward, dropping your back knee down and leaning your torso slightly forward with your weight on your front leg.
3 - Push off front your foot and take a step forward, dropping down into a lunge on the other side.
• Continue walking forward.

# REPS WEIGHT TIME NOTES
1 2 3

Bent Over Row
Back

1 - Bend forward at your waist with your knees slightly bent and your back flat holding a sandbag in front on the floor with your arms straight.
2 - Lift the sandbag up to your chest, bending at your elbows.
• Lower the sandbag back to a straight arm position, keeping your back flat throughout.

# REPS WEIGHT TIME NOTES
1 2 3

Plank Walk Drag
Full Body

1 - Support your body in the top of a push up position with a sandbag on the floor at head level.
2 - Reach one hand under your body to grab the sandbag while maintaining the plank position and drag it down to under your mid-section.
3 - Walk your hands and feet back until the sandbag is at head level again, then reach back to grab and drag the bag down again.
• Continue dragging the bag down and walking your hands and feet back.

# REPS WEIGHT TIME NOTES
1 2 3

Turkish Get Up
Full Body

1 - Lie on the floor with a sandbag on one shoulder, knees bent and feet flat.
2 - Raise your upper body off the floor, placing your hand on floor slightly behind you.
3 - Come up onto one knee with your other foot flat on the floor.
4 - Push off the foot on the floor to come completely upright with the sandbag over one shoulder.
• Reverse the movement, lower yourself and the sandbag back to the floor.

# REPS WEIGHT TIME NOTES
1 2 3

Rachel Prairie
Sandbag Workout

Anytime Workouts

Copyright © 2016 by Anytime Health, LLC. This document may not be reproduced or used in any manner without the express written consent of Anytime Health, LLC. Anytime Health, LLC is not responsible for any content that has been altered or modified from the original copyrighted work.