



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 you lower it back down to the floor, bending at the hips and knees.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

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
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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
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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
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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
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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
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