

01. Snatches (Straight)

- Start with sandbag on ground, knees slightly bent.
- Pull bag straight up and flip it overhead with arms fully extended up.
- Flip back over head and back to start position

02. Shovel (Perpendicular)

- Start with sandbag sitting beside left foot.
- Bend slightly at waist, turning to left.
- Pull sandbag up Waist high while rotating waist to right side, pivot foot to point right as well.
- Set bag down beside right foot.
- Repeat back to left side.

03. Clean and Squat (Perpendicular)

- Start with sandbag on ground, knees slightly bent
- Pull sandbag up and flip it into the crook of your elbows.
- Do a squat.
- Flip it back down.

04. Bent Over Rows (Perpendicular)

- Start with sandbag at your feet.
- Knees slightly bent; waist bent.
- Pull Sandbag up to your chest by bending elbows
- Put bag back down to ground.

05. Reverse Lunge and Twist (Perpendicular)

- Start standing up straight with bag at knee level
- Throw right leg back into lunge position while swinging sandbag to left, return to start position
- Throw left leg back into lunge position while swinging sandbag to right, return to start position

06. Plank Build Pull-Throughs (Side)

- Start in plank position with sandbag to one side, chest high
- Drop from hand to elbow, then back up on both arms.
- Reach under body with opposite sandbag arm, pull sandbag under body to other side.
- Repeat opposite side

07. Bear Jump Squats (HUG)

- Hug the Sandbag, chest high
- Squat, then jump, non-stop.

08. Rotational High Pulls (Straight)

- Same as Sandbag Shovel but pull bag Shoulder/Face High instead of Waist high.

09. Burpee Cleans (Perpendicular)

- Start with sandbag on floor in front of you
- Drop to pushup stance with hands on top of Sandbag
- Grab Handles, Pull in Legs, Stand and swing sandbag into crook of elbows.
- Set Sandbag down, repeat.

10. Russian Twists (Side)

- Start in sitting position, knees slightly bent
- Sandbag to left side, grab side handles
- Lift Bag over your lap to the other side.
- Lift Bag over your lap back to starting position
- Repeat

11. Lying Press (under)

- Lie down on your back on the floor.
- Elbows bent, hold back over chest area.
- Straighten arms upwards to full extension, bend elbows back down to chest.
- Repeat

12. Lying Triceps Extension

- Lie down on your back on the floor.
- Sandbag on floor above head, elbows bent.
- Lift sandbag by straightening arms.
- Lower sandbag back to start position.
- Repeat

13. Glute Bridge

- Lie down on your back on the floor knees bent up.
- Put the sandbag on your belt line.
- Lift the sandbag up by raising your waist.
- Lower sandbag back to start position.
- Repeat

14. Squeeze Press Out (Squeeze)

- Standing position, elbows bent, arms in front
- Squeeze Sandbag between hands at chest height
- Straighten arms pushing Sandbag away from body.
- Bend elbows to bring Sandbag back into chest
- Repeat

15. Squeeze Press Up (Squeeze)

- Standing position, elbows bent, arms in front
- Squeeze Sandbag between hands at chest height
- Straighten arms upward, pushing Sandbag away from body.
- Bend elbows to bring Sandbag back into chest
- Repeat