

Monday, March 23, 2020

Backpack w/o #4

30-30-30 warm up x 2 sets

Using the backpack do front raises while doing a body squat. Three sets X 12 reps

Bulgarian split squats while wearing the backpack. Three sets X 10 reps each leg

RDL's holding onto the pack and using it as your weight. Three sets of 8 reps each leg

Reverse lunges while wearing the pack. Three sets of 10 reps each leg.

Side lunges with emphasis on glutei activation. Emphasize sitting back into the glute when side lunging and keep other foot firmly and flat on floor. Three sets of 10 reps each leg. Don't alternate. Finish one side then the other for completed set.

New movement! Backpack drag. Stiff arm plank position, place pack to one side of the body, reach through and grab and drag to other side. Then reach through with the other arm and drag pack back. Sets of 20 total and three sets.

Bent over rows. Two hands and back in flat and neutral position. Row for 15 reps and do three sets.

Upright rows. Two hands and keep elbows high and pull to upper chest. feet in athletic stance. Three sets of 20 reps.

Finish with Russian twists. Three sets of 30 reps.