



[CLICK TO DONATE TO CROHN'S & COLITIS FOUNDATION](#)

FINAL 4 SANDBAG AMRAP - FULL COURT PRESS

INSTRUCTIONS:

15-MINUTE AMRAP.

GO IN ORDER OF THE LISTED WORKOUT

GO LIVE IN THE [FACEBOOK GROUP](#) WHILE DOING THE WORKOUT, POST YOUR REPS IN THE COMMENTS OF YOUR VIDEO!

(1 ROUND = 60 REPS; IF YOU DON'T FINISH A ROUND COUNT THE REPS YOU FINISHED).

Activity	Focus for REPs	Sets	Reps	Weight
Sandbag Overhead Press	Palming the SB, go from chest to full extension overhead; no bend in the knees on the up movement, you can cushion the weight on the down movement with the legs	1	15	60# Sandbag (NO RUCK)
Sandbag Back Squat	Break parallel at the knees, SB on back across shoulders, hold SB with hands via straps. No hands on knees or hips	1	20	60# Sandbag (NO RUCK)
Sandbag Lunge	SB needs to be on back, knee must touch ground and must get back to standing position before starting the next rep.	1	20 (10 per side)	60# Sandbag (NO RUCK)
Sandbag Curl	Use horizontal straps on SB, start in the dead hang position, curl to the top (chest), then go back down to the dead hang	1	5	60# Sandbag (NO RUCK)

You are NOT required to wear a ruck during this AMRAP. If not taking part in the main bracket weight for **SANDBAG is 40 lbs** if your body weight is under 150 lbs and if you are 150 lbs or more the **SANDBAG is 60 lbs.**



www.ClevelandAreaRuckingCrew.com