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FINAL 4 SANDBAG AMRAP
REBOUND DRILLS

INSTRUCTIONS:

25-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 = 40 REPS; IF YOU DON'T FINISH A ROUND COUNT THE REPS YOU FINISHED).

Activity	Focus for REPS	Sets	Reps	Weight
Sandbag Overhead Press (The Put Back)	Palming the SB, go from chest to full extension overhead; no bend in the knees	1	10	60# Sandbag (NO RUCK)
Sandbag Back Squat (Fight for the Rebound)	Break parallel at the knees, SB on back across shoulders	1	10	60# Sandbag (NO RUCK)
Sandbag Clean (Pick it up off the Floor)	SB needs to get to the chest, elbows pointed ↓; each rep starts from ground	1	10	60# Sandbag (NO RUCK)
Sandbag Front Squat (Cover the ball)	Break parallel at the knees; SB needs to be held at chest level, don't lean forward	1	10	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.**

