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CARC-HDT FINALS SANDBAG AMRAP

FERRIS MOWERS

INSTRUCTIONS:

20-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 Bear Complex	Clean from ground to chest, front squat needs to break parallel, standing position before push press overhead, back squat needs to break parallel, standing position before push press overhead, reverse clean back to ground	1	10	80# Sandbag (NO RUCK)
Sandbag Get Up	SB on shoulder from back to full standing position & back down to laying on your back with sandbag still in place is 1 rep	1	20 (10 per side)	80# Sandbag (NO RUCK)
Sandbag Curtis P	Clean from ground to chest, front lunge with knee touch on ground on left and right side, be in the standing position for the push press overhead, reverse clean to ground	1	10	80# 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.

