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CARC-HDT FINALS SANDBAG AMRAP

THE DANCE

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 = 30 REPS; IF YOU DON'T FINISH A ROUND COUNT THE REPS YOU FINISHED).

Activity	Focus for REPS	Sets	Reps	Weight
Sandbag Man Maker	Hands on SB, bring off hands up to chest level. On the thruster break parallel at the knees & full extension overhead	1	5	80# Sandbag (NO RUCK)
Sandbag Sit-Up	SB high on the chest, down position shoulder blades touching the ground, up position base of your head should be in line with the base of your spine	1	10	80# Sandbag (NO RUCK)
Sandbag Bench Press	Must have full extension at the elbows in the press, SB touches chest on the down position	1	5	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	10 (5 per side)	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.***



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