

## Sandbag

Alternate between 30 seconds of work and 30 seconds of rest for each move.

	Exercise	Work	Rest
1	Bridged Pullovers	30s	30s
2	Bear Hug Squats	30s	30s
3	Clean to Press	30s	30s
4	Rotational Lunges	30s	30s
5	Shoveling	30s	30s
6	Shucking	30s	30s

That's 1 round that takes 6 minutes to complete.

Perform up to 5 total rounds for a 30-minute workout.

