



# **At-Home Quarantine Backpack or Sandbag Training**

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# At-Home Quarantine Training Using a Backpack, Duffle Bag, or Sandbag

- Weight should be around 15-35lbs so find whatever you can to fill up your bag:
  - Bricks
  - Rocks
  - Books
  - Water Bottles
  - Cans, etc.
- All Workouts will consists of completing 3-6 sets
- Sessions can be done in a Circuit Format
  - 15 sec rest between exercises/1 min rest between sets
- Complete Cardio/Sprint/Tempo work prior to session
- Complete Core work post session as you see fit



## **Workout #1**

<b>Backpack Swings</b>	<b>5 x 10-12 reps</b>
<b>Good Mornings</b>	<b>5 x 12-15 reps</b>
<b>Walking Lunges</b>	<b>5 x 10 reps/leg</b>
<b>Overhead Press</b>	<b>5 x 10-12 reps</b>
<b>Single Arm Row</b>	<b>5 x 10-12 reps/arm</b>
<b>Single Arm Curls</b>	<b>5 x 12-15</b>
<b>Front Raises</b>	<b>5 x 12-15</b>



## **Workout #2**

<b>Squat Jumps</b>	<b>5 x 5 reps</b>
<b>Single Leg RDL</b>	<b>5 x 10-12 reps/leg</b>
<b>Push Ups</b>	<b>5 x 10-12 reps</b>
<b>Pause at Bottom</b>	
<b>Lying Pullovers</b>	<b>5 x 12-15 reps</b>
<b>Bent Over Row</b>	<b>5 x 6-8 reps</b>
<b>w/ 5 sec hold</b>	
<b>Single Arm OH Tri- Extension</b>	<b>5 x 8-12 reps/arm</b>
<b>Single Arm Lat Raise</b>	<b>5 x 8-12 reps/arm</b>



## **Workout #3**

**Single Arm Backpack Swings**      **5 x 8 reps/arm**

**Tempo Squats**      **5 x 5 reps**  
6s eccentric/6s pause

**Split Squat Iso Hold**      **5 x 20s per leg**

**Single Arm OH Press**      **5 x 10 reps/arm**

**Upright Row**      **5 x 10-12**

**Reverse Curls**      **5 x 10-12**

**Supermans**      **5 x 15-20**



## **Workout #4**

<b>Backpack Thrusters</b>	<b>5 x 10 reps</b>
<b>Hip Thrust Iso Hold</b>	<b>5 x 20 seconds</b>
<b>Single Arm Reverse Lunges</b>	<b>5 x 10 reps/leg</b>
<b>Push Ups</b>	<b>5 x 12-15 reps</b>
<b>Single Arm Muscle Snatch</b>	<b>5 x 6-8 reps/arm</b>
<b>Single Arm Hammer Curls</b>	<b>5 x 10-12 reps/arm</b>
<b>Skull Crushers</b>	<b>5 x 12-15 reps</b>