

Week	Day	Workout	Reps/Duration	Rest Between Sets
1	1	Sandbag Squats	3 sets of 10 reps	60 seconds
		Sandbag Lunges	3 sets of 10 reps each side	60 seconds
		Sandbag Carries	3 sets of 30 seconds	60 seconds
1	2	Sandbag Squats	3 sets of 10 reps	60 seconds
		Sandbag Lunges	3 sets of 10 reps each side	60 seconds
		Sandbag Carries	3 sets of 30 seconds	60 seconds
1	3	Sandbag Squats	3 sets of 10 reps	60 seconds
		Sandbag Lunges	3 sets of 10 reps each side	60 seconds
		Sandbag Carries	3 sets of 30 seconds	60 seconds
2	1	Sandbag Squats	3 sets of 12 reps	45 seconds
		Sandbag Lunges	3 sets of 12 reps each side	45 seconds
		Sandbag Rows	3 sets of 10 reps	45 seconds
		Sandbag Carries	3 sets of 45 seconds	45 seconds
2	2	Sandbag Squats	3 sets of 12 reps	45 seconds
		Sandbag Lunges	3 sets of 12 reps each side	45 seconds
		Sandbag Rows	3 sets of 10 reps	45 seconds
		Sandbag Carries	3 sets of 45 seconds	45 seconds
2	3	Sandbag Squats	3 sets of 12 reps	45 seconds
		Sandbag Lunges	3 sets of 12 reps each side	45 seconds
		Sandbag Rows	3 sets of 10 reps	45 seconds
		Sandbag Carries	3 sets of 45 seconds	45 seconds
3	1	Sandbag Squats	3 sets of 15 reps	30 seconds
		Sandbag Lunges	3 sets of 15 reps each side	30 seconds
		Sandbag Rows	3 sets of 12 reps	30 seconds
		Sandbag Carries	3 sets of 60 seconds	30 seconds
		Sandbag Cleans	3 sets of 10 reps	30 seconds
3	2	Sandbag Squats	3 sets of 15 reps	30 seconds
		Sandbag Lunges	3 sets of 15 reps each side	30 seconds
		Sandbag Rows	3 sets of 12 reps	30 seconds
		Sandbag Carries	3 sets of 60 seconds	30 seconds
		Sandbag Cleans	3 sets of 10 reps	30 seconds
3	3	Sandbag Squats	3 sets of 15 reps	30 seconds
		Sandbag Lunges	3 sets of 15 reps each side	30 seconds
		Sandbag Rows	3 sets of 12 reps	30 seconds
		Sandbag Carries	3 sets of 60 seconds	30 seconds
		Sandbag Cleans	3 sets of 10 reps	30 seconds
4	1	Complete all exercises in week 3 for one round each		3 minutes
4	2	Complete all exercises in week 3 for one round each		3 minutes
4	3	Complete all exercises in week 3 for one round each		3 minutes