



Bulgarian Bag Mental Toughness Workout

1. Upper Body x 3 sets x 30` w/30` rest
 - Spins (8 and switch sides)
 - Power snatches (12)
 - Arm throws (8)
2. Grip (with straps) x 3 sets x 30` w/30` rest
(Use straps to give grip a rest)
 - Upright rows (12)
 - OH Presses Front (15)
3. Chest, back and Bi's x 3 sets x 30` w/30` rest
 - Bent over row (20)
 - Hammer curls (20)
 - Push-ups (20)
4. Legs
 - Swing and Squat 3 x 20
5. 3-Man Partner Bag Toss
 - 1 min x 3 sets w/30` rest
6. Push-Ups w/15` hold
 - 10-20 reps
7. Side-to-Side Oblique Twist x 3 (sitting on ground)
 - 50 reps
8. Legs x 2 sets
 - Back Squat x 20 reps
 - Break 90 deg
 - Side-to-Side Lunges x 20 reps (no bag)
 - Walking Lunges w/bag on back (Full distance of track)
 - Bounding w/bag on back (Full distance of track)
 - Squat Jumps w/bag on back x 20 reps