



CPS's 500 Rep Bulgarian Bag Work Out **4 sets of 10 exercises; 10, 20, 15, and 10 Reps Sets**

The first sets of each 10 exercises are done 10 times each as a warm-up. After each set is done take a 1-3 min break to get water. There is no stopping until the 10th exercise of each set is done.

The 10 exercises are:

- 1) Spins (reps are split to half each direction)
- 2) Modified Power Snatch
- 3) Romanian DL's (bag on shoulders)
- 4) Lateral Side Flexion (bag on shoulders)
- 5) Jumping Split Squat (bag on shoulders)
- 6) Front Raise (Using side handles)
- 7) Shoulder Rotations (Using side handles)
- 8) Triceps Extension (Using main handles)
- 9) Hammer Curl (Can substitute regular curls)
- 10) Dive-bomber Push-ups on bag

All reps schemes are performed for all 10 exercises.

Set 1: 10 reps; 1min break

Set 2: 20 reps; 2-3 min break

Set 3: 15 reps; 1-2 min break

Set 4: 10 reps; Finished with workout!!