



IBBC's Get Bag Fit Workout

This workout has the rest built in to each series and is intended to be performed with a group of at least three people. If you're doing this workout alone, just omit Series 2 and 6. There are no extended rest periods between series and they are performed continuously, taking into account the rest time that was allotted for that particular series before moving onto the next. The entire workout should take you approximately 35 minutes.

Now Get Bag Fit!

Warm up:

(Trunk rotations x 20) + (Romanian dead lift x 20) + (Trunk Flexion/Extension x 20)
Rest 30 seconds before starting Series 1

Series 1:

(Progression 1 overhead squat (straps) 20 reps + squat jumps 15 reps) x 3
1 minute rest in between sets

Series 2:

3 man bag toss (using two 26 lb bags) focus on one man getting double teamed for 1 minute, change person.
Total set 3:15 min.
5 sec transition switch between partners
Rest 2 min.

Series 3:

(Spins (R +L) + (Power snatch) + (Overhead press)) + (40 secs. per movement) x 2 sets
Both sets are performed back to back (no rest)
Rest 2 min in between sets

Series 4:

(Standing front pullover 15 reps) + (Modified shoulder rotations (coming deep and low anterior 15 each side)) + (Overhead press 20 reps) + (Triceps ext. 20 reps)
Rest 1 min

Series 5:

Repeat above. Adjust pullover to 10 reps and shoulders rotations to 10 reps, otherwise same
Rest 2 min

Series 6:

3 man bag toss (26 lb bag + 37 lb bag) focus on one man getting double teamed for 1 minute, change person. 5 sec transitional switch between partners
Total set 3:15 min.

Workout done!