



Dingo Sandbags – 4 Week Functional Training Plan

Real Training Anytime, Anywhere

Training Plan Overview:

The objective of this program is improve overall functional strength and mobility, every exercise will work the entire body. Following this program will result in improved body composition and that equates to building lean muscle mass and burning fat. It incorporates exercise movements that will have your body working in all planes of motion.

- Perform the circuits in sequence with the alphabet i.e. A = first circuit, B = second circuit, etc
- “@30/15” means that there is 30 seconds of work followed by 15 seconds of rest. Complete 2 rounds of each circuit and have about 30 to 60 seconds rest between circuits.

Options of Regression and Progression

Where ever there is a slash (/) between exercises, the option on the right is a progressed option. This is for those who are more experienced, fitter or even those who’s fitness progresses throughout the program. Alternative ways to regress or progress an exercise include:

- Changing the weight of the sandbag.
- Increasing or decreasing the work and rest times
- Increasing or decreasing the tempo (speed of movement)

Weight Recommendations

- Women 10kg to 15kg
- Men 15kg to 20kg
- Beasts 25kg to 30kg

Disclaimer:

This training program contains 18 workout sessions over the course of 4 weeks. You will be training up to 5 days per week. Individuals who decide to take on this training plan should have an understanding of correct movement techniques. If you feel like you’re going to injure yourself with an exercise then scale it down to a regressed option or stop and see an allied health professional for injury prevention and management.

It is your responsibility to work directly with an allied health professional to ensure that this is suitable and within your means. If you choose to use this information without prior consent of your physician, you agree to accept full responsibility for your decision.



Sandbag and Bodyweight Exercise List

For steps on how to perform sandbag exercises please visit www.dingosandbags.com.au/sandbag-exercises/. If you are unsure about the body weight exercises then google is your best friend or see your personal trainer.

Sandbag	Bodyweight
<ol style="list-style-type: none"> 1. Deadlift / Side to side deadlift 2. High Pull 3. Clean 4. Zercher Squat 5. Overhead Push Press / strict press 6. Bent-over Row / Single Leg Bent Over Row 7. Bicep Curl with handles / Bag grip curl 8. Tricep Extension with handles / Bag grip 9. Half Turkish Get Up no bag / bag on shoulder 10. Zercher kneeling to standing 11. Supine overhead pullover to press 12. Shoulder to shoulder press 13. Clean and Press 14. Zercher Reverse Lunges / Overhead Lunges 15. Squat Press 16. Clean / Snatch. 	<ol style="list-style-type: none"> 1. Extension sit up 2. Plank shoulder touch / Plank Elbow to knee 3. Alternating T's / T's add push up 4. Hand walkout / add push up on single leg 5. Deck squats use hands / no hands 6. Push up / Side to side plyo push up off bag 7. Hip Bridge / Single Leg hip Bridge 8. 180 degree sprawl / add push up 9. Alternating forward lunge / Jumping split squat 10. SB overhead walk 11. 2 hand sprawl / 1 hand sprawl 12. Bent over IYWT 13. Thread the needle side plank 14. Mountain climbers / MC's knee to opp elbow 15. Plank side crab walk / Add sandbag drag 16. Get down get ups

Sandbag and Bodyweight Training Workout Schedule

MON	TUE	WED	THU	FRI	SAT	SUN
Workout 1 @ 30/15	Workout 2 @ 30/15	REST	Workout 3 @ 30/15	Workout 4 @ 30/15	REST	REST
Workout 5 @ 30/15	REST	Workout 6 @ 30/15	REST	Workout 1 @ 30/10	Workout 2 @ 30/10	REST @ 30/10
Workout 3 @ 30/10	Workout 4 @ 30/10	REST	Workout 5 @ 30/10	Workout 6 @ 30/10	REST	Workout 1 @ 35/10
Workout 2 @ 35/10	Workout 3 @ 35/10	Workout 4 @ 35/10	REST	Workout 5 @ 35/10	REST	Workout 6 @ 35/10



Workout 1:

A	<ul style="list-style-type: none"> • Deadlift / side to side deadlift • Extension sit ups 	
B	<ul style="list-style-type: none"> • Zercher squat • Plank shoulder touch 	
C	<ul style="list-style-type: none"> • Overhead press • Alternating T's / push up T's 	
D	<ul style="list-style-type: none"> • Bent over row • Alternating forward lunges / jumping split squats 	
E	<ul style="list-style-type: none"> • Bicep Curl with handles / Bag grip curl • Hand walkout / hand walkout on single leg 	
F	<ul style="list-style-type: none"> • Tricep Extension with handles / Bag grip ext • Decksquat use hands / don't use hands 	

Workout 2:

A	<ul style="list-style-type: none"> • Clean • Extension sit up 	
B	<ul style="list-style-type: none"> • Zercher Squat • Push up / Side to side plyo push up off bag 	
C	<ul style="list-style-type: none"> • Supine Overhead Pullover to Press • Hip Bridge / Single Leg Hip Bridge 	
D	<ul style="list-style-type: none"> • Overhead push press • 180 degree sprawl / add push up 	
E	<ul style="list-style-type: none"> • Half Turkish Get up no bag / add sandbag on shoulder • 2 hand sprawl / single hand sprawl 	
F	<ul style="list-style-type: none"> • Zercher Reverse Lunge / Reverse Rotational Lunges • Sandbag Overhead Walk 	

Workout 3:

A	<ul style="list-style-type: none"> • High Pull • Bent-over IYWT 	
B, E	<ul style="list-style-type: none"> • Zercher Squat • Plank shoulder touch / knee touch 	
C	<ul style="list-style-type: none"> • Shoulder to shoulder press • Thread the needle side plank 	
D	<ul style="list-style-type: none"> • Zercher Kneeling to standing • Push up / Side to side plyo push up off bag 	
F	<ul style="list-style-type: none"> • Sandbag Clean and Press • Mountain climbers / MC's Knee to opposite elbow 	



Workout 4:

A	<ul style="list-style-type: none"> • Squat Press • Plank side crab walk / Add sandbag drag 	
B, F	<ul style="list-style-type: none"> • Zercher Reverse lunges / Reverse rotational lunges • 2 hand sprawl / 1 hand sprawl 	
C	<ul style="list-style-type: none"> • Clean / Snatch • Bent over IYTW 	
D	<ul style="list-style-type: none"> • Bicep Curl with handles / Bag grip curl • Hand walkout / hand walkout on single leg 	
E	<ul style="list-style-type: none"> • Tricep Extension with handles / Bag grip ext • Decksquat use hands / don't use hands 	
G	<ul style="list-style-type: none"> • half BW TGU / half TGU with SB • Sandbag Overhead Walk 	

Workout 5:

A, C	<ul style="list-style-type: none"> • Deadlift / Side to side deadlift • Get Down Get Ups 	
B, D	<ul style="list-style-type: none"> • Bent over row / Single leg bent over row • Hand walkout / hand walkout on single leg 	
E, G	<ul style="list-style-type: none"> • Zercher kneeling to standing • Thread the needle side plank 	
F, H	<ul style="list-style-type: none"> • Overhead Press • Alternating forward lunge / Jumping Split squats 	

Workout 6:

A, C	<ul style="list-style-type: none"> • High Pull • Deck squat 	
B, D	<ul style="list-style-type: none"> • Zercher reverse lunges / Reverse rotational lunges • Plank Shoulder touch / knee touch 	
E, G	<ul style="list-style-type: none"> • Squat Press • Plank side crab walk / Add sandbag drag 	
F, H	<ul style="list-style-type: none"> • Clean / Snatch • Get down get ups 	