



Sandbag Training Program: General Physical Preparation #3

By Rob Harvey

In athletic terms, this training plan would be considered GPP (General Physical Preparation). The goal is to develop all of your major muscles, joints and ligaments; as well to improve your aerobic energy system. Just by completing the exercises you will see great improvements also to your mobility / flexibility and overall strength.

This program combines both resistance exercises predominantly with Sandbags and Bodyweight along with conditioning and flexibility sessions. This training program contains multiple workouts involving moderate to high intensity sessions of both resistance and cardiovascular training. 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 and a fairly solid base level of fitness.

For those who are time poor or perhaps not ready for 5 days per week then I have included training plan guides so that you can still follow a plan but in either 4 day per week schedule or 3 days per week schedule.

There are no gimmicks here, it just requires good old fashion hard work, commitment and of course you will need to have the ability to safely perform the exercises with good form.

This tough program has up to 40 workouts of varying intensities; it is important to follow in the same order because it is periodised so that the workouts are progressive. They will over time increase in either intensity or complexity of movement. Every workout is different, so not only is it progressive but it also means that the training stimulus to which is placed on your body is constantly changing and again this results in faster gains in strength, fat loss and muscle building.

Following a program is the best way to achieve results, with Dingo Sandbags we pride ourselves on quality programs and hence our mantra..."Train With a Purpose". Our training plans have very specific goals and the workouts within the plan are designed with much deliberation and knowledge on program design for performance. If you are reasonably new to the fitness scene and look at some of the exercises in this plan with uncertainty, then it is highly likely that this program is not for you. Contact us for more foundational or regressed training plan options.

Please visit our training page for education on many of the exercises in this program. Our exercise library is comprehensive, and our training blog has some great educational videos.

[Dingo Exercise Library](#)

[Dingo Training Blog](#)

Weight Recommendations

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

Disclaimer:

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.

5 Day per week training guide

	Mon	Tues	Wed	Fri	Sat
Week 1	SB Day 1	Cardio 30	SB Day 2	Flexibility	SB Day 3
Week 2	Cardio 30	SB Day 4	Flexibility	SB Day 5	Cardio 60
Week 3	SB Day 6	Flexibility	SB Day 7	Cardio 45	SB Day 8
Week 4	Cardio 30	Rest	Flexibility	rest	Hills or stairs
Week 5	SB Day 9	SB Day 10	Cardio 45	SB Day11	SB Day 12
Week 6	Hills / Efforts	SB Day 13	Cardio 45	SB Day 14	6-10 x 400m
Week 7	Cardio 30	SB Day 15	SB Day 16	Cardio 30	SB Day 17
Week 8	SB Day 18	Cardio x 40	SB Day 19	Cardio 40	SB Day 20

4 Day per week training guide

	Mon	Tue	Thu	Fri
Week 1	SB Day 1	Cardio 30	SB Day 2	Flexibility
Week 2	SB Day 3	Cardio 30	SB Day 4	Flexibility
Week 3	SB Day 5	Cardio 60	SB Day 6	Flexibility
Week 4	SB Day 7	Cardio 45	SB Day 8	Cardio 30
Week 5	Flexibility	Cardio 30	Rest	Hills / Stairs
Week 6	SB Day 9	SB Day 10	Cardio 45	SB Day11
Week 7	SB Day 12	Hills / Efforts	SB Day 13	Cardio 45
Week 8	SB Day 14	6-10 x 400m	Cardio 30	SB Day 15
Week 9	SB Day 16	Cardio 30	SB Day 17	SB Day 18
Week 10	SB Day 19	Cardio 40	Cardio 40	SB Day 20

3 Day per week training guide

	Mon	Wed	Fri
Week 1	SB Day 1	Cardio 30	SB Day 2
Week 2	Flexibility	SB Day 3	Cardio 30
Week 3	SB Day 4	Flexibility	SB Day 5
Week 4	Cardio 60	SB Day 6	Flexibility
Week 5	Flexibility	Cardio 30	Hills / Stairs
Week 6	SB Day 9	Cardio 45	SB Day 10
Week 7	SB Day 11	Hills / Efforts	SB Day 12
Week 8	SB Day 13	Cardio 45	SB Day 14
Week 9	Hills / Efforts	SB Day 15	6-10 x 400m
Week 10	Cardio 30	SB Day 16	Cardio 45
Week 11	SB Day 17	Cardio 40	SB Day 18
Week 12	SB Day 19	Cardio 40	SB Day 20

Acronyms

SB = Sandbag

BW = BW

Flexibility and Prehab DAY

Release Work	Mobilization and Stretching	Activation
<ol style="list-style-type: none"> Plantar foot roll – lacrosse ball Calve muscles – rumble roller Adductors – rumble roller Quads – rumble roller TFL – lacrosse ball Glutes and Piriformis – rumble roller Pecs – lacrosse ball Rotator cuff muscles – lacrosse ball Mid Traps and Rhomboids – rumble roller Lats – rumble roller 	<ol style="list-style-type: none"> Calf stretch Quad Stretch Hip flexor stretch Sumo squat hold Glute stretch Back extensors stretch Lat stretch Abdominal stretch with back extension and head turn Pec stretch Thoracic stretch and extension – rumble roller Hip internal and external rotation Sumo squat to standing hamstring stretch Deep squat hold with arms against wall Wall angel 	<p>Quadruped Position</p> <ol style="list-style-type: none"> Lateral knee raises Thoracic Rotation Cat Camel <p>Supine Position</p> <ol style="list-style-type: none"> Cook Hip bridge Power band Hamstring Stretch – Raise and lower opposite leg. <p>Miscellaneous</p> <ol style="list-style-type: none"> Prone superman lower trap activation Single arm overhead SB Carry SB Single Leg Deadlift SB Overhead Marching

Cardio Day:

On Cardio days you will notice in the schedule it is written as for example "Cardio 30". This just means you do 30minutes of Cardio. If you are an athlete whose sport involves running, then the recommendation is to do running in this area. For the everyday athlete who does not have a particular sport then you can achieve this with Rowing, Cycling, Effort Walking, Cross Trainers, etc. Cardio days are aimed at low intensity steady state training. You should feel some discomfort because you are working reasonably hard, but it's important that you are not going too hard that you wouldn't be able to maintain a verbal conversation. Your Heart Rate should be between 70-80% of your max. HR Max = 220 – age. E.g. 20-year-old person has estimated HR Max of 200. So, 70-80% of that is between 140 – 160BPM.

Hills / Stairs / Efforts.

On these days we are aiming to achieve a form of high intensity interval training using our choice of cardio exercise. The emphasis will be on hard effort of between 20second to 60seconds and then to rest between 1 to 3minutes. An example of a sessions could be:

- a. Hill Repeats. 50meter uphill sprint – 3minutes rest x 6 – 10 sets.

400m Efforts.

Can be completed with running or rowing. Do a thorough warm-up beforehand.

400 Metre Runs

1. Run 400m (80-90% Effort. Must be way out of breath by the finish line)
2. 60-90 seconds rest
3. Repeat 6-10 times

SB Day 1: Full Body Circuit

Perform each exercise of the following circuit with little to no rest between exercises. Take 1 to 2 minutes rest between circuit and aim to complete 3 to 5 circuits.

- A1 SB Bearhug Squat x 15
- A2 SB Deadlifts x15
- A3 SB Overhead Press x 15
- A4 SB Zercher Reverse Lunges x 20
- A5 SB Bentover Row x 15
- A6 SB Tricep Skull Crushers x 15
- A7 SB Russian Twist x 30

SB Day 2: Full body Circuit 2

Perform each exercise of the following circuit with little to no rest between exercises. Take 1 to 2 minutes rest between circuit and aim to complete 3 to 5 circuits.

- A1 SB Zercher Squat x 15
- A2 SB Cleans x15
- A3 BW Push ups x 15
- A4 SB Shoulder Walking Lunges x 20
- A5 SB Bicep Curl x 15
- A6 SB plank drags 20
- A7 BW extension sit ups x 15

SB Day 3: AMRAP (As many reps as possible)

Set the clock for the allocated time and perform each exercise one after the other to achieve as many rounds / reps as possible in that given time.

Easy run – 15 minutes

AMRAP 1 – 6 minutes

- A1 SB Squat Thruster x 12
- A2 Reverse Bear Crawl SB Drag x 12

AMRAP 2 – 6 Minutes

B1 SB High Pull x 20

B2 SB Wiper x 20

AMRAP 3 – 6 minutes

C1 SB Shoulder Reverse Lunges (swap shoulder each round) x 20

C2 SB Supine Straight Arm Pullover x 12

SB Day 4: Mini Circuits – Sandbag and Bodyweight, Primal Movements

Perform 3 to 4 rounds of each mini circuit with little to no rest between exercises. Take 30 to 60 seconds rest between rounds and 3 to 4 minutes' rest between each mini circuit.

Mini Circuit A

A1 SB Bearhug Squat x 10

A2 BW Plank with Shoulder Touch x 20

A3 SB Overhead Press x 10

Mini Circuit B

B1 SB Zercher Reverse Lunges x 20

B2 BW Cobra breast stroke x 10

B3 SB Bentover Row x 10

Mini Circuit C

C1 SB Hip Bridge to Floor Press x 10

C2 BW Extension Sit Ups x10

C3 SB Deadlift x 20

Finisher 2-4 rounds

D1 SB Squat Press (Thruster) x 15

D2 1 minute rest

SB Day 5: Mini Circuit – SB and BW, Unilateral and Rotation

Perform 3 to 4 rounds of each mini circuit with little to no rest between exercises. Take 30 to 60 seconds rest between rounds and 3 to 4 minutes rest between each mini circuit.

Mini Circuit A

A1 SB Staggered Stance Rotational Squat x 10 each side

A2 BW Plank to push up x 20

A3 SB Single Arm Row x 10 each side

Mini Circuit B

B1 SB Shoulder Forward Lunges x 20

B2 BW Side plank thread the needle x 10 each side

B3 SB Overhead Press with Rotation x 8-10 each way

Mini Circuit C

C1 SB Single Leg Deadlift x 10 each side

C2 SB Plank Drag x 20

C3 BW Side to side push up x 20

Finisher 2-4 rounds

D1 Sprawl with single side suitcase SB Deadlift x 8 each side

D2 1 minute rest

SB Day 6: Mini Circuit – Legs, Arms, Core / Full Body

Perform 3 to 4 rounds of each mini circuit with little to no rest between exercises. Take 30 to 60 seconds rest between rounds and 3 to 4 minutes rest between each mini circuit.

Mini Circuit A

A1 SB Reverse Rotational Lunge x 20

A2 SB Good mornings x 20

A3 SB Overhead Squat x 10

Mini Circuit B

- B1 SB Grip Hold Bicep Curls x 10
- B2 SB Grip Hold Tricep Extensions x 10
- B3 SB Front raise to overhead x 10

Mini Circuit C

- C1 SB around the world x 20
- C2 SB Sit Up x 10
- C3 SB Low Windmill x 10 each side (High Windmill advanced option)

Finisher 2-4 rounds

- D1 SB Squat Press (Thruster) x 16
- D2 1 minute rest

SB Day 7: Mini Circuit – Power Endurance

Perform 3 to 4 rounds of each mini circuit with little to no rest between exercises. Take 30 to 60 seconds rest between rounds and 3 to 4 minutes rest between each mini circuit.

Mini Circuit A

- A1 BW Burpees x 10
- A2 SB Side to Side Swings x 40

Mini Circuit B

- B1 SB Snatch x 20
- B2 SB Overhead Jerk x 20

Mini Circuit C

- C1 SB Squat Clean x 20
- C2 SB Inner Helicopter x 8 each way

Finisher 4 rounds

- D1 Reverse Overhead SB Throw x 25m
- D2 SB Fireman carry run x 25m (Swap shoulders each round)

SB Day 8: Obstacle Course Training Circuit – Cardiovascular and Muscle Endurance (at the park)

Perform 3 to 4 rounds of the warrior circuit aiming to go continuously without rest.

- A1 SB Squat, BW Push up + BW Extension Sit Up x 15 of each
- A2 200m run
- A3 SB lunges, SB Bent-over Row, SB Plank Drag x 20 of each
- A4 200m run
- A5 SB Side to Side Deadlift, SB Overhead Push-Press, SB Wiper x 20 of each
- A6 200m run

SB Day 9: TGU Breakdown.

Perform the following with 30 to 60secs rest between sets

- A. BW ½ TGU Get up x 8ES. 1 set
- B. SB ½ TGU Get up x 8ES. 2 sets
- C. SB ½ TGU Leg Sweeps x 8ES. 3 sets
- D. SB Drop Knee Windmill x 8ES. 3 sets
- E. SB Shoulder Kneeling to Standing x 5 each leg. 2 sets on each shoulder
- F. SB Overhead Squats x 8. 2sets
- G. SB TGU x 3ES. 3 sets

SB Day 10: Mini Circuit – Grip Strength

Perform 3 to 4 rounds of each mini circuit with little to no rest between exercises. Take 30 to 60 seconds rest between rounds and 3 to 4 minutes rest between each mini circuit.

Mini Circuit A

- A1 SB Squat with Press-out x 10
- A2 SB Inner Helicopter x 8 each way

A3 SB Inner Bag front Pinch Grip hold x 45 seconds

Mini Circuit B

B1 SB Grip Cleans x 20

B2 SB Farmers Walk x 30m each side

B3 SB Inner Around the Body x 10 each direction

Mini Circuit C

C1 SB Bicep Curl with Squat x 10

C2 Supine Pinch Grip Pullover to Triceps Extension x 10

C3 SB Centre Handle Low Windmill x 10 each side.

Finisher

D1 SB Shouldering from floor x 5 each side, 30 seconds rest

SB Day 11: Power Endurance + Animal Walk – Ladder Circuit

Perform the prescribed reps for each of the two exercises.

Mini Circuit A

A1 SB Snatch x 20, 15, 10, 5

A2 Bear Crawl 5m Forwards + 5m Backwards x 1, 2, 3, 4

Mini Circuit B

B1 SB over-head Jerk x 20, 15, 10, 5

B2 Duck Walk x 10m, 20m, 30m, 40m

Mini Circuit C

C1 180 SB Jumps x 20, 15, 10, 5

C2 Inch worm 5m Forwards + 5m Backwards x 1, 2, 3, 4

Finisher: Tabata: 20secs work, 10sec rest x 8 rounds

- 5m shuttle runs

SB Day 12: Flexibility and Stability: Holds / Yoga Poses + Handstand Practice

Perform 3 to 4 sets of each exercise: 30 seconds hold followed by 30 seconds rest

Ensure proper wrist mobility and warm up drills

1. SB Gladiator Hold
2. Crow Hold
3. Handstand Hold against Wall
4. Camel Pose
5. Childs Pose for 1 round
6. Upward Bow
7. SB Kneeling Overhead Lockout Hold
8. Handstand Practice x 5 push off from each leg

SB Day 13: Mini Circuit – Single Leg Day

Perform 3 to 4 rounds of each mini circuit with little to no rest between exercises. Take 30 to 60 seconds rest between rounds and 3 to 4 minutes rest between each mini circuit.

Mini Circuit A

A1 SB Zercher Kneeling to standing x 8 each side

A2 SB Floor press with single leg hip bridge x 8 each side

A3 BW Jumping split squats x 16

Mini Circuit B

B1 SB Single Leg Deadlift x 8 each side

B2 SB Gladiator Hold x 30 seconds each side

B3 SB Zercher 360 degree lunge x two rounds each side

Mini Circuit C

C1 SB Staggered Stance Snatch x 8 each side

C2 BW Single Leg Deck Squat x 8 each side

Finisher

D1 SB Lunge Clean x 8 each side

D2 1 minute rest

SB Day 14: Mini Circuit – Core and Upper Body

Perform 3 to 4 rounds of each mini circuit with little to no rest between exercises. Take 30 to 60 seconds rest between rounds and 3 to 4 minutes rest between each mini circuit.

Mini Circuit A

A1 Heavy SB Over-head Press x 10

A2 Heavy SB Half Turkish Get-up x 10 each side

Mini Circuit B

B1 Heavy SB Row x 10

B2 Medium SB Weighted Wide Push ups x 10

B3 BW Leg Raises with Bump up x 10

Mini Circuit C

C1 Medium SB High Windmill x 5 each side

C2 Medium SB Neutral Grip Bicep Curls x 10

C3 Medium SB Weighted Diamond Push ups x 10

Finisher

D1 SB 180 degree sprawl with push up x 20 (1 Round)

SB Day 15: Mini Circuit – Lower Body Advanced Progressions

Perform 3 to 4 rounds of each mini circuit with little to no rest between exercises. Take 3 to 4 minutes rest between each mini circuit.

Mini Circuit A

A1 SB Skater Shoulder Squats x 10 each side

A2 Shoulder Turkish Get Ups x 5 each side

Mini Circuit B

B1 Heavy SB Bear-hug Squats x 15

B2 Single Leg Hip Bridge (raised on SB) x 10 each side

Mini Circuit C

C1 SB Shoulder Good Mornings x 20

C2 Shoulder Walking Lunges x 10 on each shoulder

Finisher

D1 Deck Squats x 1minute

D2 1 minute rest

SB Day 16: 300 Workout – Metabolic Conditioning

Perform 1 round of the following circuit to total 300 reps. Record your time for measure.

A1 SB Zercher Squat x 50

A2 BW Push ups x 50

A3 Lateral Side to Side BW Jumps over SB (Advanced option: clear long edge of SB) x 50

A4 SB Bent over Row x 50

A5 SB Wipers x 50

A6 SB Snatch x 50

SB Day 17: 300 Workout – Metabolic Conditioning (Rotation focus)

Perform 1 round of the following circuit to total 300 reps. Record your time for measure.

A1 Single Arm SB Dead Clean to Shoulder x 50 (25 each side)

A2 SB Staggered Stance Squat x 50 (25 Each Shoulder)

A3 SB Over-head Press with Rotation x 50

A4 SB Around the World x 50 (25 Each Direction)

A5 BW Plank Opposite Toe Touch x 50 (25 Each Side)

A6 SB Side to side Swings x 50

SB Day 18: Reps and Sets – Full Body Grind Exercises

Complete 3 to 4 sets of each exercise before moving onto the next. Take 45 to 60 seconds rest between each set.

- A. SB Shoulder Pistol Squat to Chair x 10 each side
- B. SB Single Arm Press x 10 each side
- C. SB Zercher Staggered Stance Good Mornings x 10ES
- D. SB Weighted Push ups x 20
- E. SB Zercher Kosack (Lateral - side to side) Lunges x 20
- F. SB Suitcase Bent-Over Single Arm Row x 10 each side
- G. Side Plank Thread the Needle to T

SB Day 19: Obstacle Course Training Circuit – Cardiovascular and Muscle Endurance (at the park)

Perform 3 rounds. First round do 20 reps of each exercise plus approximately a 200m run (Try to include a hill). Second round do 18 reps plus the run and third round do 16 reps plus a run.

1. SB Squat x 20 + 200m run
2. BW Push up x 20 + 200m run
3. BW Extension Sit Up x 20 + 200m run
4. SB lunges x 20 + 200m run
5. SB Bent-over Row x 20 + 200m run
6. SB Plank Drag x 20 + 200m run
7. SB Single Leg Deadlift x 10 each side + 200m Run
8. SB Overhead Push-Press x 20 + 200m Run
9. SB Wiper x 20 + 200m run
10. SB Loaded Carry Run x 15m + 200m run

SB Day 20: Mini Circuit – Complex Exercise Movements and BW

Complete 3 to 4 sets of each exercise before moving onto the next. Take 60 seconds rest between each set.

- A. SB Turkish Get Up x 5 each side
- B. SB Single Leg Deadlift to Row x 10 each side
- C. SB Burpee Thruster x 10
- D. SB Floor Press to Hip Bridge to Sit up x 10
- E. SB Reverse Lunge Cleans x 10 each side
- F. 180 degree Sprawl to Push ups x 12-15

Finish Set

- 30 Get Down Get Ups (1 Round Only)