

Sandbag Leg Day From Hell

Perform each move for 45 seconds of work with 15 seconds of rest between moves:

	Exercise	Work	Rest
1	Sandbag Biceps Curls	45s	15s
2	Sandbag Overhead Fist Presses	45s	15s
3	Sandbag Alternating Lateral Step & Clean	45s	15s
4	Sandbag Alternating Lateral Step & BHN Clean	45s	15s
5	Sandbag Rotational Lunge <i>Left</i>	45s	15s
6	Sandbag Rotational Lunge <i>Right</i>	45s	15s
7	Sandbag Alternating Rotational Lunge	45s	15s
8	Sandbag Alternating Rotational Lunge ISO-EXPLODE High Pull	45s	15s
9	Sandbag See-Saw Lunge & Rotational High Pulls <i>Left</i>	45s	15s
10	Sandbag See-Saw Lunge & Rotational High Pulls <i>Right</i>	45s	15s

That's 1 round that takes 10 minutes to complete. Perform up to 3 total rounds.

