



**Programing**

Start with your choice of a 5 minute warm up. Use a backpack loaded moderately heavy with weights, books or sandbags. Perform each exercise for 1 minute and rest 30 seconds to 1 minute after each round. Complete 3-6 sets.

**1. Forward Lunge + Rotation**

Holding the backpack in the middle, step left foot forward then rotate right shoulder towards left hip. Then stand tall and alternate other side.

**2. Back Squat**

With backpack on your back, feet shoulder width apart, keep shoulders back and chest up while sitting back into your heels. Once in squat position stand up and repeat.

**3. Overhead Press**

Hold backpack by middle or straps and stand tall. Bring backpack to shoulder height then press over head and lower to shoulders then repeat reps.

**4. Zercher Reverse Lunge**

With elbows at sides and arms to 90 degrees balance backpack as evenly as possible across the forearms this is the zercher. Step back into a lunge with tall posture then repeat alternating legs.

**5. Bicep Curl**

Holding the backpack by the top of the straps, stand tall with elbows to sides and arms straight. Flex elbow and curl backpack up then repeat reps.