

THE

SANDBAG

SERIES

POWERED BY NOFFS



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Navy Operational Fitness and Fueling System

The Sandbag Training Series provides you with a training plan you can use in environments with limited equipment options. In this series, you'll develop the raw strength and power needed to meet the performance demands placed on you. This series focuses on improving strength and power, enhancing your work capacity, improving your movement, and reducing your risk for injury.

The series will progress you through 3 phases of training. Each phase builds on the work you completed in the previous phase and prepares you for what's to come.

PHASE 1: BUILD YOUR BASE

The goal of this phase is to build a strong and solid base using sandbags as your primary form of resistance. If you've never trained with sandbags before, you'll quickly learn the challenges of lifting a mass that shifts as you move. This phase will push you technically and physically to set you up to make great gains in the coming phases. This phase also introduces metabolic workouts at the end of each session to help increase your work capacity and train your cardiovascular system.

PHASE 2: GAIN MUSCLE

You'll build lean muscle mass and continue to increase your workout capacity in this phase of training. Your workouts will become more challenging with higher sets and repetitions. This phase should be tough, so adjust the weight of your sandbags accordingly and push yourself to the limit, but always be sure to complete each movement with clean technique to see great results and minimize injury risk.

PHASE 3: GET POWERFUL

In this phase of training, you'll harness your new strength and move explosively to develop greater power. The way in which movements or drills are paired in this phase will elicit explosive strength gains, training your muscles to be fast and forceful. The movements in this phase also help protect you from injury.

HOW TO SET UP YOUR SCHEDULE


- 1 Each phase in this series has 2 training days, Workout A and Workout B.
 - 2 Complete 3 to 4 training sessions per week, alternating between Workout A and Workout B.
 - 3 Aim for no more than 2 consecutive training days each week. So if you do Workout A on Monday and Workout B Tuesday, Wednesday should be a recovery day.
 - 4 Add a recovery day to break up more than 2 consecutive training days and give your body the rest it needs to perform great. Recovery days can include a combination of light activity, stretching, low-intensity cardio, and massage. Refer to the sections in your workouts labeled Pillar Prep, Movement Prep, and Regeneration for examples of movements to do on your recovery days.
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SAMPLE 3-WEEK SCHEDULE


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Workout A	Workout B	Recovery	Workout A	Workout B	Rest or light activity	Rest or light activity
Workout A	Rest or light activity	Workout B	Rest or light activity	Workout A	Rest or light activity	Rest or light activity
Workout B	Rest or light activity	Workout A	Workout B	Recovery	Rest or light activity	Workout A

WORKOUT DURATION:

Each workout has three duration options. A small icon represents each duration, as shown below. Simply perform the movements with the corresponding icon that represents the workout time option that fits your schedule best.

 **Short** = 30 minutes

 **Medium** = 45 minutes

 **Long** = 60 minutes

If the movements in these workouts are new to you, it may take you longer than the duration specified to complete your workouts. As you become familiar with the movements, you'll be able to complete them in the allotted time.

HOW STAGES WORK:

Each Phase in the Sandbag Training Series has 3 progressive stages. As you advance through the stages, you'll notice that repetitions, time, or number of circuits you perform may change. Advance to the next stage of training after every 4 workouts (ABAB). Once you complete the final stage in the phase, progress to the next phase of training.

TRAINING EQUIPMENT:

The equipment used in this series includes: Sandbags

THE SANDBAG TRAINING SERIES

PHASE 1: BUILD YOUR BASE – WORKOUT A

S Short M Medium L Long



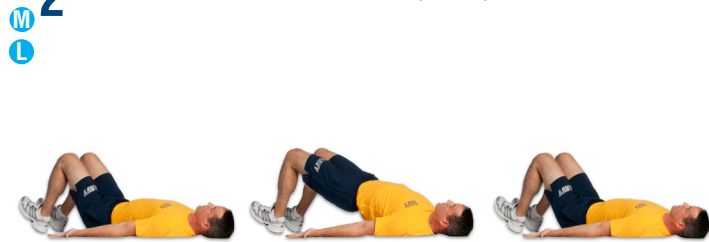
PILLAR PREPARATION

S1 LEG CRADLE - SUPINE



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

S2 GLUTE BRIDGE (REPS)



STAGE	A	B	C
	X8 REPS	X10 REPS	X12 REPS

S3 PLANK - WITH ARM LIFT



STAGE	A	B	C
	X8 REPS EA	X10 REPS EA	X12 REPS EA

4 SHOULDER EXTERNAL ROTATION - SIDELYING DUMBBELL



STAGE	A	B	C
	X10 REPS EA	X12 REPS EA	X15 REPS EA

MOVEMENT PREPARATION

S1 REVERSE LUNGE - WITH REACH



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

S2 KNEE HUG - IN PLACE



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

S3 HEEL TO GLUTE - WITH ARM REACH



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

4 HANDWALK



STAGE	A	B	C
	X6 REPS	X6 REPS	X6 REPS

5 2 INCH RUNS



STAGE	A	B	C
	X5 SECS	X5 SECS	X5 SECS

THE SANDBAG TRAINING SERIES

PHASE 1: BUILD YOUR BASE – WORKOUT A

Alternate Movement



PILLAR PREPARATION

MOVEMENT PREPARATION

1 LEG CRADLE - SUPINE

- Actively lift knee to your chest, placing one hand on knee & one under ankle
- Pull leg to chest with both hands into a gentle stretch
- During the movement, contract the glute of the leg that's on the ground
- Complete reps, repeat on opposite side

1 REVERSE LUNGE - WITH REACH

- Contract your back glute at the bottom of the lunge
- Reach your one hand overhead, reaching other hand toward the ground – hold for 2 sec
- Keep chest up, don't let your back knee touch the ground
- Alternate sides each rep

2 GLUTE BRIDGE (REPS)

- With feet shoulder width, lift hips to create a line from knees, hips, and shoulders
- Keep back flat & torso engaged throughout the movement
- Keep toes pulled up to your shins

2 KNEE HUG - IN PLACE

- Lift one leg off the ground and slightly squat back and down on the opposite leg
- Take hold just below your knee and pull towards your chest as you stand tall on the opposite leg
- Keep your weight in the middle of your foot, chest up and contract the glute of your stance leg
- Move with control, and alternate sides each rep

3 PLANK - WITH ARM LIFT

- Start in a push-up position with feet shoulder-width apart
- Lift one arm up and away from your body, holding for 1 to 2 seconds
- Return your arm to the floor underneath your shoulder and repeat with your opposite arm
- Continue alternating to complete the set

3 HEEL TO GLUTE - WITH ARM REACH

- Stand tall, lift one foot up and hold it with the same-side hand
- Bring your heel to your glute as you reach overhead with the opposite arm
- Lower your leg to starting position and repeat with opposite leg to complete 1 rep

4 SHOULDER EXTERNAL ROTATION - SIDELYING DUMBBELL

- Lie on your side with bottom hand underneath head
- Hold a light dumbbell with the top hand, palm facing down, elbow bent 90 degrees and pressed against your torso
- Keeping torso and elbow still, rotate hand up and slowly return it to starting position
- Complete set on one side before repeating on other

4 HANDWALK

- Stand with your legs straight and hands on the ground in front of you
- Keeping legs straight and stomach tight throughout movement, walk your hands forward
- Walk your feet back up to your hands to complete 1 rep

Ws - BENT OVER

5 2 INCH RUNS

- Start in athletic stance with knees bent, hips back, and arms bent
- Run in place, moving your feet two inches off the ground as quickly as possible
- Allow your arms to move slow and rhythmically
- Continue for the prescribed time

THE SANDBAG TRAINING SERIES

PHASE 1: BUILD YOUR BASE – WORKOUT A

S Short M Medium L Long



STRENGTH

CIRCUIT 1 S M L

STAGE	A	B	C
	X3 SETS	X4 SETS	X4 SETS

1 PUSH-UP - SANDBAG



STAGE	A	B	C
	X10 REPS	X10 REPS	X12 REPS

2 SCAPULAR PUSH-UP - SANDBAG



STAGE	A	B	C
	X6 REPS	X8 REPS	X10 REPS

3 RDL - 1 LEG SANDBAG



STAGE	A	B	C
	X10 REPS EA	X10 REPS EA	X12 REPS EA

4 BENT KNEE HAMSTRING



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

CIRCUIT 2 L

STAGE	A	B	C
	X2 SETS	X2 SETS	X3 SETS

1 ROTATIONAL SQUAT - SANDBAG



STAGE	A	B	C
	X8 REPS EA	X10 REPS EA	X12 REPS EA

2 THORACIC ROTATION - HEEL SIT



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

CIRCUIT 3 M L

STAGE	A	B	C
	X3 SETS	X4 SETS	X5 SETS

1 ROMANIAN DEADLIFT - SANDBAG



STAGE	A	B	C
	X5 REPS	X5 REPS	X5 REPS

2 HANG CLEAN - SANDBAG



STAGE	A	B	C
	X5 REPS	X5 REPS	X5 REPS

3 FRONT SQUAT - SANDBAG



STAGE	A	B	C
	X5 REPS	X5 REPS	X5 REPS

4 PUSH-PRESS - SANDBAG



STAGE	A	B	C
	X5 REPS	X5 REPS	X5 REPS

5 BACK SQUAT - SANDBAG



STAGE	A	B	C
	X5 REPS	X5 REPS	X5 REPS

6 REST

STAGE	A	B	C
	1.5 MINS	1 MIN	:45 SECS

THE SANDBAG TRAINING SERIES

PHASE 1: BUILD YOUR BASE – WORKOUT A

↻ Alternate Movement



STRENGTH

1 PUSH-UP - SANDBAG

- Start in a push-up position with a sandbag on your back
- Keeping your body in a straight line, lower your body toward the ground
- Without touching the ground, push yourself back up

↻ PUSH-UP TO LATERAL PLANK - ALTERNATING

1 ROTATIONAL SQUAT - SANDBAG

- Stand with a sandbag draped across back of your shoulders, supporting it with your hands
- Rotate shoulders and hips to one side as you squat back and down
- Push through hips and return to starting position
- Repeat in opposite direction to complete 1 rep

1 ROMANIAN DEADLIFT - SANDBAG

- Stand holding a sandbag in front of your body with palms facing each other
- Maintaining a flat back, bend at the waist and lower the sandbag, keeping it close to your shins
- Stand up by contracting your hamstring and glutes

2 SCAPULAR PUSH-UP - SANDBAG

- Start on your hands and knees with straight arms and a sandbag on your back
- Push into the floor to press your chest up
- Lower back to the starting position

↻ SCAPULAR PUSH-UP - TRIPOD

2 THORACIC ROTATION - HEEL SIT

- Kneel with one hand behind head, the other in front of you, sitting back on heels
- Inhale as you lift bent arm toward the ceiling by rotating chest and shoulders
- Exhale, hold for 2 seconds, and return to starting position
- Complete set on one side before repeating on the other

↻ QUADRUPED OBLIQUE CRUNCH (2 POINT)

2 HANG CLEAN - SANDBAG

- Stand holding sandbag with palms facing in, arms straight down
- Squat down and lower the bag just below knees
- Explosively stand and rapidly shrug shoulders up
- Drive elbows forward and catch bag across front of shoulders as you land in partial squat
- Stabilize, stand up, and lower sandbag to starting position

3 RDL - 1 LEG SANDBAG

- Stand on one foot holding a sandbag with palms facing each other
- Keeping back flat, bend at the waist, lowering the bag as the non-support leg lifts straight behind
- Stand up by contracting your hamstring and glutes
- Complete the set on one side before repeating on the other

3 FRONT SQUAT - SANDBAG

- Stand holding a sandbag across the front of your chest
- Squat back and down until thighs are close to parallel to the floor
- Return to a standing position by pushing through your hips

4 BENT KNEE HAMSTRING

- Pull knee to chest, grasping behind the knee with both hands
- Actively straighten knee, gently assist with hands until you feel a stretch
- Keep opposite leg on ground by reaching long through heel, toes pointed to the sky
- Complete reps, repeat on opposite side

4 PUSH-PRESS - SANDBAG

- Stand tall holding a sandbag on front of your shoulders with palms facing each other
- Dip down and then explode up, extending your hips and pressing the sandbag overhead
- “Catch” the sandbag overhead with straight arms and hips and knees slightly bent

5 BACK SQUAT - SANDBAG

- Stand with a sandbag across the back of your shoulders
- Squat back and down until your thighs are close to parallel to the floor
- Push through your hips to return to a standing position
- Keep your chest up and back flat throughout the movement

↻ SQUAT - BODY WEIGHT

THE SANDBAG TRAINING SERIES

PHASE 1: BUILD YOUR BASE – WORKOUT B

S Short M Medium L Long



PILLAR PREPARATION

MOVEMENT PREPARATION

S
M
L

SINGLE LEG BALANCE - ALPHABET



STAGE	A	B	C
	X20 SECS EA	X30 SECS EA	X40 SECS EA

S
M
L

LATERAL PILLAR BRIDGE (TIME)



STAGE	A	B	C
	X20 SECS EA	X30 SECS EA	X40 SECS EA

S
M
L

SIDELYING SHOULDER STRETCH



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

4
L

Ys - BENT OVER



STAGE	A	B	C
	X10 REPS	X12 REPS	X15 REPS

S
M
L

REVERSE LUNGE, ELBOW TO INSTEP - WITH ROTATION



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

S
M
L

SUMO SQUAT



STAGE	A	B	C
	X6 REPS	X6 REPS	X6 REPS

S
M
L

DROP LUNGE - ALTERNATING



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

4
M
L

LATERAL SQUAT



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

5
L

BASE POGO



STAGE	A	B	C
	X5 SECS	X5 SECS	X5 SECS

THE SANDBAG TRAINING SERIES

PHASE 1: BUILD YOUR BASE – WORKOUT B

Alternate Movement



PILLAR PREPARATION

1 SINGLE LEG BALANCE - ALPHABET

- Sit your hips down & back into a quarter squat
- With 'floating' foot spell the alphabet with toe for prescribed time
- Keep your torso & hip engaged throughout the movement
- Alternate legs every 5 sec until working time elapsed

2 LATERAL PILLAR BRIDGE (TIME)

- Lie on your side with your forearm on the ground under your shoulder. Feet stacked together
- Keep body in a straight line from your ear to your ankles
- Complete for time, repeat on opposite side

PLANK - ROLLING

3 SIDELYING SHOULDER STRETCH

- Lie on your side with bottom arm perpendicular to your torso and bent 90 degrees
- Rotate hand toward the ground as far as possible, then gently use your other hand to rotate farther
- Hold for 2 seconds, relax, and return to starting position
- Complete set on one side before repeating on other

4 Ys - BENT OVER

- Hinge at waist, back flat & chest up
- Glide shoulder blades back & down, and raise your arms over your head to form a Y
- Initiate movement with shoulder blades, not arms & keep thumbs up throughout
- Lower arms back to start & repeat for reps

MOVEMENT PREPARATION

1 REVERSE LUNGE, ELBOW TO INSTEP - WITH ROTATION

- Place right hand on ground & left elbow inside of left foot
Hold for 2 sec
- Place left hand outside foot & push hips to the sky
- Keep back knee off ground & contract rear glute
- Alternate sides each rep

2 SUMO SQUAT

- Stand with feet wider than shoulder-width, knees and toes angled out
- Squat back and down, keeping knees and toes in line
- Stand by pushing through your hips

3 DROP LUNGE - ALTERNATING

- Reach one foot across & behind, square hips forward & sit back & down into a squat
- Maintain weight primarily on front leg, keep your chest up, torso engaged & sit hips back
- You should feel a stretch in the outsides of both hips
- Alternate sides each rep

4 LATERAL SQUAT

- Stand with feet wider than shoulder width apart, shift hips to the side & down
- Push through your hip to return to start position
- Keep your opposite leg straight, back flat & your chest up
- Alternate sides each rep

5 BASE POGO

- Start in athletic stance with knees bent, hips back, and arms bent
- Jump rapidly up and down, about two inches on each jump
- Land on the balls of your feet and repeat without pausing
- Continue for the remainder of the set

DROP SQUAT

THE SANDBAG TRAINING SERIES

PHASE 1: BUILD YOUR BASE – WORKOUT B

S Short M Medium L Long



STRENGTH

CIRCUIT 1 S M L

STAGE	A	B	C
	X3 SETS	X4 SETS	X4 SETS

1 FORWARD LUNGE TO REVERSE LUNGE - ALTERNATING SANDBAG



STAGE	A	B	C
	X10 REPS EA	X10 REPS EA	X12 REPS EA

2 QUAD-HIP FLEXOR STRETCH



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

3 BENT OVER ROW - SANDBAG



STAGE	A	B	C
	X10 REPS	X10 REPS	X12 REPS

4 Ts - SPLIT STANCE



STAGE	A	B	C
	X6 REPS	X6 REPS	X6 REPS

CIRCUIT 2 L

STAGE	A	B	C
	X2 SETS	X2 SETS	X3 SETS

1 RESISTED WALK - 1 SHOULDER SANDBAG



STAGE	A	B	C
	15YD EA	20YD EA	25YD EA

2 90/90 STRETCH



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

CIRCUIT 3 M L

STAGE	A	B	C
	X3 SETS	X4 SETS	X5 SETS

1 ROMANIAN DEADLIFT - 1 LEG SANDBAG



STAGE	A	B	C
	X5 REPS EA	X5 REPS EA	X5 REPS EA

2 LATERAL LUNGE - ALTERNATING SANDBAG



STAGE	A	B	C
	X5 REPS EA	X5 REPS EA	X5 REPS EA

3 HANG CLEAN - SANDBAG



STAGE	A	B	C
	X5 REPS	X5 REPS	X5 REPS

4 SQUAT - 1 SHOULDER SANDBAG



STAGE	A	B	C
	X5 REPS EA	X5 REPS EA	X5 REPS EA

5 SWING - SANDBAG



STAGE	A	B	C
	X5 REPS	X5 REPS	X5 REPS

6 REST

STAGE	A	B	C
	1.5 MINS	1 MIN	:45 SECS

THE SANDBAG TRAINING SERIES

PHASE 1: BUILD YOUR BASE – WORKOUT B

↻ Alternate Movement



STRENGTH

1 FORWARD LUNGE TO REVERSE LUNGE - ALTERNATING SANDBAG

- Stand holding a sandbag across the front of your chest
- Step forward into a lunge and return to starting position
- Step backward into a lunge with the same foot
- Repeat with opposite leg to complete 1 rep

2 QUAD-HIP FLEXOR STRETCH

- Keep a slightly forward lean in torso, engage torso & contract the glute of your back leg
- Maintain posture, shift body slightly forward. Exhale & hold the stretch for 2 seconds
- Avoid excessive arching in your lower back
- Complete reps, repeat on opposite side

3 BENT OVER ROW - SANDBAG

- Bend at the waist holding sandbag with two hands, arms hanging down
- Lift the sandbag to your chest and then lower it back down
- Keep your elbows close to your body as they pass your rib cage

4 Ts - SPLIT STANCE

- Stand in a split stance with arms in front at shoulder height, palms facing up
- Reach arms out to your sides along an arc until you feel a gentle stretch in your chest
- Hold for 2 seconds, relax, and return to starting position

1 RESISTED WALK - 1 SHOULDER SANDBAG

- Stand tall with a sandbag draped over one shoulder, same side hand securing it
- Walk for the prescribed distance
- Do not sway side-to-side and hold sandbag in opposite hand for subsequent sets

2 90/90 STRETCH

- Lie with left knee bent 90°, your right leg crossed over the left
- Roll onto left side with knee & the ground
- Keep hips stationary, rotate chest & arm trying to place back on the ground Hold for 2 sec
- You should feel a stretch through your torso & your mid/upper back
- Complete reps, repeat on opposite side

1 ROMANIAN DEADLIFT - 1 LEG SANDBAG

- Stand on one foot holding a sandbag with palms facing each other
- Keeping back flat, bend at the waist, lowering the bag as the non-support leg lifts straight behind
- Stand up by contracting your hamstring and glutes
- Complete the set on one side before repeating on the other

↻ ROMANIAN DEADLIFT - SANDBAG

2 LATERAL LUNGE - ALTERNATING SANDBAG

- Stand tall holding a sandbag across the front of your chest, elbows pointing out
- Step to one side and squat back and down with the stepping leg, keeping the other straight
- Stand up by pushing with your bent leg
- Repeat the move in the opposite direction to complete 1 rep

↻ LATERAL LUNGE - ALTERNATING

3 HANG CLEAN - SANDBAG

- Stand holding sandbag with palms facing in, arms straight down
- Squat down and lower the bag just below knees
- Explosively stand and rapidly shrug shoulders up
- Drive elbows forward and catch bag across front of shoulders as you land in partial squat
- Stabilize, stand up, and lower sandbag to starting position

4 SQUAT - 1 SHOULDER SANDBAG

- Stand holding a sandbag draped across one shoulder
- Squat back and down until thighs are parallel to the floor
- Stand by pushing through your hips
- Place sandbag on opposite shoulder for any subsequent sets

↻ SQUAT TO OVERHEAD PRESS - ALTERNATING SHOULDER

5 SWING - SANDBAG

- Bend at the waist holding a sandbag between legs
- Using hips to generate force, stand up and swing sandbag straight in front of shoulders
- Allow the sandbag to swing back to starting position immediately begin next rep

THE SANDBAG TRAINING SERIES

PHASE 2: GAIN MUSCLE – WORKOUT A

S Short M Medium L Long



PILLAR PREPARATION

MOVEMENT PREPARATION

S
M
L

1 THORACIC EXTENSION - HEEL SIT



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

S
M
L

1 KNEE HUG TO REVERSE LUNGE WITH ROTATION



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

S
M
L

2 90/90 - WITH LEGS CROSSED



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

S
M
L

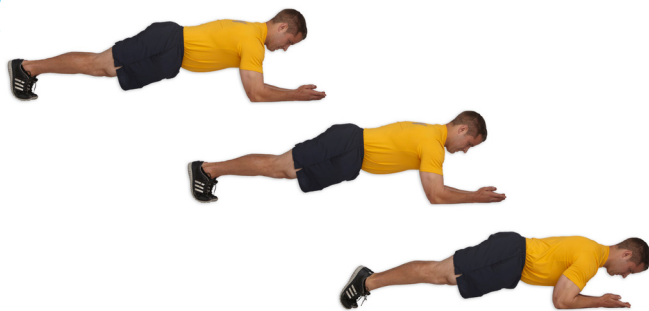
2 FORWARD LUNGE, ELBOW TO INSTEP



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

S
M
L

3 PILLAR BRIDGE - WITH ROCKING (TIME)



STAGE	A	B	C
	X20 SECS	X30 SECS	X40 SECS

S
M
L

3 HANDWALK



STAGE	A	B	C
	X6 REPS	X6 REPS	X6 REPS

4

4 SCAPULAR PUSH-UPS - TRIPOD (SANDBAG)

L



STAGE	A	B	C
	X8 REPS EA	X10 REPS EA	X12 REPS EA

4

4 2 INCH RUNS - IN AND OUT

L



STAGE	A	B	C
	X5 SECS	X5 SECS	X5 SECS

THE SANDBAG TRAINING SERIES

PHASE 2: GAIN MUSCLE – WORKOUT A

↻ Alternate Movement



PILLAR PREPARATION

MOVEMENT PREPARATION

1 THORACIC EXTENSION - HEEL SIT

- Kneel with arms straight in front of you, sitting back on heels
- Drop your head, round your upper back, and take a deep breath
- Extend, or arch your upper back, as you exhale

1 KNEE HUG TO REVERSE LUNGE WITH ROTATION

- Stand and lift one foot off the ground, squatting slightly with other leg
- Grab opposite knee and pull toward chest while straightening other leg
- Release knee and step back into lunge with same leg without pausing
- Place opposite arm outside of knee and reach other arm behind you
- Reverse the twist, stand up and repeat with opposite leg to complete 1 rep

2 90/90 - WITH LEGS CROSSED

- Lie with left knee bent 90°, your right leg crossed over the left
- Roll onto left side with knee & the ground
- Keep hips stationary, rotate chest & arm trying to place back on the ground. Hold 2 sec
- You should feel a stretch through your torso & your mid/upper back
- Complete reps, repeat on opposite side

2 FORWARD LUNGE, ELBOW TO INSTEP

- Place left hand on ground & right elbow inside of right foot. Hold for 2 sec
- Rotate your right arm & chest to the sky. Hold for 1 to 2 seconds & return
- Place right hand outside foot & push hips to the sky
- Keep back knee off ground & contract rear glute

3 PILLAR BRIDGE - WITH ROCKING (TIME)

- Start facedown with feet shoulder-width, supporting weight on your forearms and feet
- Maintaining straight line from ankles to head, rock your body forward
- Pause, and rock your body back
- Continue rocking for the remainder of the set

3 HANDWALK

- Stand with your legs straight and hands on the ground in front of you
- Keeping legs straight and stomach tight throughout movement, walk your hands forward
- Walk your feet back up to your hands to complete 1 rep

↻ PLANK - WALKING

4 SCAPULAR PUSH-UPS - TRIPOD (SANDBAG)

- Start on hands and knees with one arm behind your back and a sandbag on your back
- Push into the floor to press chest away from the ground
- Lower back to the starting position
- Complete the set on one side before repeating on opposite arm

4 2 INCH RUNS - IN AND OUT

- Start in athletic stance with knees bent, hips back, and arms bent
- Run in place, moving your feet two inches off the ground as quickly as possible
- Contact ground in the same spot with one foot as the other moves left and right
- Complete the set on one side and repeat on the other

↻ DROP SQUAT - 2 TO 1

THE SANDBAG TRAINING SERIES

PHASE 2: GAIN MUSCLE – WORKOUT A

S Short M Medium L Long



STRENGTH

CIRCUIT 1 S M L

STAGE	A	B	C
	X3 SETS	X4 SETS	X4 SETS

1 PUSH-UP - 1 LEG ALTERNATING SANDBAG



STAGE	A	B	C
	X12 REPS	X10 REPS	X12 REPS

2 PUSH-UP (3 POINT ISOHOLD)



STAGE	A	B	C
	X5 SECS EA	X5 SECS EA	X5 SECS EA

3 Ts - SPLIT STANCE



STAGE	A	B	C
	X6 REPS	X6 REPS	X6 REPS

4 BENT OVER ROW - 1 ARM SANDBAG



STAGE	A	B	C
	X12 REPS EA	X10 REPS EA	X12 REPS EA

5 BENT OVER ROW - 1 ARM SANDBAG (3 PT ISOHOLD)



STAGE	A	B	C
	X5 SECS EA	X5 SECS EA	X5 SECS EA

6 LAT STRETCH - SUPINE



STAGE	A	B	C
	X6 REPS	X6 REPS	X6 REPS

CIRCUIT 2 L

STAGE	A	B	C
	X2 SETS	X2 SETS	X2 SETS

1 SWING - 1 ARM SANDBAG



STAGE	A	B	C
	X6 REPS EA	X8 REPS EA	X10 REPS EA

2 QUADRUPED OBLIQUE CRUNCH (2 POINT)



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

CIRCUIT 3 M L

STAGE	A	B	C
	X2 SETS	X3 SETS	X3 SETS

1 OVERHEAD PRESS - SPLIT STANCE SANDBAG



STAGE	A	B	C
	X30 SECS	X30 SECS	X45 SECS

2 FORWARD LUNGE - ALTERNATING SANDBAG



STAGE	A	B	C
	X30 SECS	X30 SECS	X45 SECS

3 PLANK - WITH LEG LIFT



STAGE	A	B	C
	X30 SECS	X30 SECS	X45 SECS

4 BENT OVER ROW - HIGH-ALTERNATING SANDBAG



STAGE	A	B	C
	X30 SECS	X30 SECS	X45 SECS

5 BURPEE



STAGE	A	B	C
	X30 SECS	X30 SECS	X45 SECS

6 REST

STAGE	A	B	C
	2 MINS	1.5 MINS	1 MIN

THE SANDBAG TRAINING SERIES

PHASE 2: GAIN MUSCLE – WORKOUT A

Alternate Movement



STRENGTH

1 PUSH-UP

- 1 LEG ALTERNATING SANDBAG

- Start in a push-up position with a sandbag on your back
- Keeping torso stable and hips square, lift a foot 6 inches off the ground
- Lower chest toward the ground and then push back up
- Repeat with opposite leg to complete 1 rep

○ PUSH-UP - SANDBAG

2 PUSH-UP (3 POINT ISOHOLD)

- Start in a push-up position and hold for 5 seconds, keeping your torso stable throughout the move
- Lower halfway to the ground and hold for 5 seconds
- Lower all the way down without touching the ground and hold for 5 seconds

3 Ts - SPLIT STANCE

- Stand in a split stance with arms in front at shoulder height, palms facing up
- Reach arms out to your sides along an arc until you feel a gentle stretch in your chest
- Hold for 2 seconds, relax, and return to starting position

4 BENT OVER ROW - 1 ARM SANDBAG

- Bend at the waist holding a sandbag in one hand
- Lift the sandbag to your chest and then lower it back down
- Complete the set on one side before repeating on the other

○ BENT OVER ROW - 1 ARM 1 LEG SANDBAG

5 BENT OVER ROW - 1 ARM SANDBAG (3 PT ISOHOLD)

- Bend at the waist with a sandbag in one hand, opposite arm to the side
- Lift the sandbag to your chest and hold for 5 seconds
- Lower the bag halfway and hold for 5 seconds
- Lower the bag to the bottom and hold for 5 seconds to complete one rep

6 LAT STRETCH - SUPINE

- Lie faceup with knees bent, heels on the ground, hands in front of your face, elbows bent 90 degrees, and forearms close
- Keeping palms facing down, lift your hands over your head
- Hold for 2 to 3 seconds, relax, and return to starting position

1 SWING - 1 ARM SANDBAG

- Bend at the waist holding a sandbag between legs with one hand
- Using hips to generate force, stand and swing sandbag in front of shoulders
- Allow sandbag to swing back to starting position immediately begin next rep
- Complete set with one arm before repeating with other

2 QUADRUPED OBLIQUE CRUNCH (2 POINT)

- Start on hands and knees and straighten one leg behind and place opposite hand behind head
- Rotate torso to bring elbow under your body
- Rotate back through the starting position and as high as possible
- Complete set on one side before repeating on other

1 OVERHEAD PRESS - SPLIT STANCE SANDBAG

- Start in a low split stance with back knee just off the floor, holding a sandbag in front of shoulders, palms facing each other
- Keeping legs and torso stable, press the sandbag overhead
- Lower it back to the starting position

○ PUSH-PRESS - SANDBAG

2 FORWARD LUNGE - ALTERNATING SANDBAG

- Stand holding a sandbag across the front of your chest
- Keeping chest up, step forward into a lunge
- Push through the front hip to return to starting position
- Complete for time

3 PLANK - WITH LEG LIFT

- Start in a push-up position with feet shoulder-width apart
- Maintain a straight line from ankles to head
- Lift one leg into the air, hold for 2 seconds, and lower it back down
- Repeat with opposite leg and complete for time

4 BENT OVER ROW - HIGH-ALTERNATING SANDBAG

- Bend at the waist holding a sandbag at your chest
- Lower one arm until it is straight and then lift it back up
- Repeat with opposite arm and continue alternating to complete the set

5 BURPEE

- From a standing position bend your knees and put your hands on the floor
- Punch your legs behind you into a push-up position
- Bring your feet underneath your hips and immediately jump in the air
- Land softly and repeat the movement without pausing

THE SANDBAG TRAINING SERIES

PHASE 2: GAIN MUSCLE – WORKOUT B

S Short M Medium L Long



PILLAR PREPARATION

MOVEMENT PREPARATION

S
M
L

SUPINE HIP STRETCH



STAGE	A	B	C
	X6 REPS	X6 REPS	X6 REPS

S
M
L

LATERAL LUNGE TO DROP LUNGE



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

S
M
L

QUAD-HIP FLEXOR STRETCH



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

S
M
L

LEG CRADLE - IN PLACE



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

S
M
L

GLUTE BRIDGE - MARCHING (HIP FLEXION)



STAGE	A	B	C
	X8 REPS EA	X10 REPS EA	X12 REPS EA

S
M
L

INVERTED HAMSTRING



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

S
M
L

LATERAL BRIDGE - DYNAMIC



STAGE	A	B	C
	X8 REPS EA	X10 REPS EA	X12 REPS EA

S
M
L

BASE ROTATIONS



STAGE	A	B	C
	X5 SECS	X5 SECS	X5 SECS

THE SANDBAG TRAINING SERIES

PHASE 2: GAIN MUSCLE – WORKOUT B

Alternate Movement



PILLAR PREPARATION

1 SUPINE HIP STRETCH

- Lie faceup with knees bent, feet wider than shoulder-width, toes pointed up
- Rotate hips inward by moving knees in while keeping heels stationary
- Hold for 2 seconds, relax, and return to starting position

2 QUAD-HIP FLEXOR STRETCH

- Keep a slightly forward lean in torso, engage torso & contract the glute of your back leg
- Maintain posture, shift body slightly forward. Exhale & hold the stretch for 2 seconds
- Avoid excessive arching in your lower back
- Complete reps, repeat on opposite side

3 GLUTE BRIDGE - MARCHING (HIP FLEXION)

- Lift hips to create a line through knees, hips & shoulders
- Lift one knee towards your chest, hold 2 sec. Alternate legs for prescribed reps with each leg
- Keep back flat and torso engaged throughout the movement

4 LATERAL BRIDGE - DYNAMIC

- Lie on your side with your forearm on the ground under your shoulder with feet stacked together
- Push your hips off the ground, creating a straight line from ear to ankle, hold for 1-2 sec & return to starting position
- Repeat for reps & repeat on opposite side

MOVEMENT PREPARATION

1 LATERAL LUNGE TO DROP LUNGE

- From a standing position, step to one side and squat down with the stepping leg, keeping the other straight
- Stand up and without pausing, reach the stepping foot behind and across the other foot
- Square your hips to face forward and squat down
- Stand, return to the start, and repeat in opposite direction to complete 1 rep

2 LEG CRADLE - IN PLACE

- Stand with your back straight, your knees unlocked, and your arms at your side
- Lift one foot off the ground and slightly squat back and down on your opposite leg
- Pull your leg as close as you can to your chest in a gentle stretch as you stand tall on the opposite leg
- Keep your weight in the middle of your foot, chest up and contract the glute of your stance leg
- Alternate sides each rep

3 INVERTED HAMSTRING

- Keep straight line from ear to ankle, hinge at waist & elevate your leg behind you
- When you feel a stretch, return to the standing position by contracting glute & hamstring
- Keep stance leg slightly unlocked, back flat, and shoulders & hips parallel to ground
- Complete reps, repeat on opposite side

INVERTED HAMSTRING TO KNEE HUG

4 BASE ROTATIONS

- Start in athletic stance with knees bent, hips back, and arms bent
- Jump 2 inches off the floor and rotate hips to one side as arms swing to opposite side
- Without pausing, jump in the opposite direction
- Continue for the prescribed amount of time

THE SANDBAG TRAINING SERIES

PHASE 2: GAIN MUSCLE – WORKOUT B

Short Medium Long



STRENGTH

CIRCUIT 1 S M L

STAGE	A	B	C
	X3 SETS	X4 SETS	X4 SETS

1 REVERSE LUNGE - ALTERNATING SANDBAG



STAGE	A	B	C
	X12 REPS EA	X10 REPS EA	X12 REPS EA

2 LATERAL SQUAT - SANDBAG



STAGE	A	B	C
	X12 REPS EA	X10 REPS EA	X8 REPS EA

3 ADDUCTOR STRETCH - 1/2 KNEELING



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

4 ROMANIAN DEADLIFT - 1 LEG SANDBAG



STAGE	A	B	C
	X12 REPS EA	X10 REPS EA	X12 REPS EA

5 GLUTE BRIDGE - 1 LEG SANDBAG



STAGE	A	B	C
	X12 REPS EA	X10 REPS EA	X8 REPS EA

6 BENT KNEE HAMSTRING STRETCH



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

CIRCUIT 2 L

STAGE	A	B	C
	X2 SETS	X2 SETS	X2 SETS

1 ROTATIONAL LIFT - SANDBAG



STAGE	A	B	C
	X10 REPS EA	X10 REPS EA	X10 REPS EA

2 RESISTED WALK - 1 ARM SANDBAG



STAGE	A	B	C
	15 YD EA	20 YD EA	25 YD EA

CIRCUIT 3 M L

STAGE	A	B	C
	X2 SETS	X3 SETS	X3 SETS

1 PUSH-UP - ALTERNATING (SANDBAG)



STAGE	A	B	C
	X30 SECS	X30 SECS	X45 SECS

2 ROMANIAN DEADLIFT TO CURL - SANDBAG



STAGE	A	B	C
	X30 SECS	X30 SECS	X45 SECS

3 PLANK - RUNNING



STAGE	A	B	C
	X30 SECS	X30 SECS	X45 SECS

4 ROTATIONAL SQUAT TO SHUFFLE STEP - SANDBAG



STAGE	A	B	C
	X30 SECS	X30 SECS	X45 SECS

5 SQUAT TO PRESS - SANDBAG



STAGE	A	B	C
	X30 SECS	X30 SECS	X45 SECS

6 REST

STAGE	A	B	C
	2 MINS	1.5 MINS	1 MIN

THE SANDBAG TRAINING SERIES

PHASE 2: GAIN MUSCLE – WORKOUT B

Alternate Movement



STRENGTH

1 REVERSE LUNGE - ALTERNATING SANDBAG

- Stand holding a sandbag across the front of your chest
 - Keeping chest up, step backward into a lunge
 - Push through the front hip to return to starting position
 - Repeat with opposite leg to complete 1 rep
- Alternate Movement: REVERSE LUNGE - ALTERNATING

2 LATERAL SQUAT - SANDBAG

- Stand with feet wider than shoulder-width apart, holding a sandbag across the front of your chest
- Keeping chest up, squat down and to the side with one leg, keeping the other straight
- Return to the starting position by pushing through your hip
- Repeat in the opposite direction to complete 1 rep

3 ADDUCTOR STRETCH - 1/2 KNEELING

- Start in half-kneeling position with one knee up and one knee down
- Rotate down leg in so your foot is outside opposite hip
- Lean forward, tighten your stomach, and contract the glute of your back leg
- Hold for 2 seconds, relax, and return to the starting position
- Complete the set on one side before repeating on the other

4 ROMANIAN DEADLIFT - 1 LEG SANDBAG

- Stand on one foot holding a sandbag with palms facing each other
- Keeping back flat, bend at the waist, lowering the bag as the non-support leg lifts straight behind
- Stand up by contracting your hamstring and glutes
- Complete the set on one side before repeating on the other

5 GLUTE BRIDGE - 1 LEG SANDBAG

- Lie faceup with knees bent, heels on ground, and a sandbag draped across hips
- Lift one knee toward your chest and then lift your hips toward the sky
- Hold for 1 to 2 seconds and lower hips to the ground
- Complete the set on one leg before repeating on other

6 BENT KNEE HAMSTRING STRETCH

- Pull knee to chest, grasping behind the knee with both hands
- Actively straighten knee, gently assist with hands until you feel a stretch
- Keep opposite leg on ground by reaching long through heel, toes pointed to the sky
- Complete reps, repeat on opposite side

1 ROTATIONAL LIFT - SANDBAG

- Stand holding a sandbag in front of thighs
 - Rotate shoulders and squat down to lower sandbag toward outside of one foot
 - Stand and rotate forward, lifting the sandbag onto hands in front of shoulders
 - Continue rotating and diagonally press sandbag up and away
 - Complete set on one side before repeating on other
- Alternate Movement: ROTATIONAL SQUAT - SANDBAG

2 RESISTED WALK - 1 ARM SANDBAG

- Stand tall holding a sandbag on one side
- Walk for the prescribed distance
- Do not sway side-to-side and hold sandbag in opposite hand for subsequent sets

1 PUSH-UP - ALTERNATING (SANDBAG)

- Start in a push-up position with both hands on a sandbag running parallel to your body
 - Push off the sandbag laterally and lower torso toward ground
 - Push back up and laterally to return both hands to the sandbag
 - Repeat in opposite direction and continue alternating to complete the set
- Alternate Movement: PUSH-UP - WITH ALTERNATING MARCH

2 ROMANIAN DEADLIFT TO CURL - SANDBAG

- Stand holding a sandbag in front of your body
- Bend at the waist and lower the sandbag, keeping it close to your shins
- Stand up by contracting your hamstring and glutes
- Use the momentum to curl the sandbag to your shoulders

3 PLANK - RUNNING

- Start in push up position with hands beneath shoulders, one knee toward chest, one straight
- Begin to alternate leg positions while keeping torso engaged & hips still
- Keep your back flat throughout the entire movement

4 ROTATIONAL SQUAT TO SHUFFLE STEP - SANDBAG

- Stand with a sandbag draped across back of your shoulders, supporting it with your hands
- Rotate shoulders and hips to one side as you squat back and down
- In one continuous motion, stand, rotate through the starting position, and take a “shuffle step” away
- Without pausing, repeat the move in the opposite direction to complete 1 rep

5 SQUAT TO PRESS - SANDBAG

- Stand holding a sandbag at your shoulders
 - Squat back and down until thighs are parallel to the floor
 - Stand and press the sandbag overhead
 - Lower the sandbag and return to starting position
- Alternate Movement: REVERSE LUNGE TO OVERHEAD PRESS - ALTERNATING SHOULDER SANDBAG

THE SANDBAG TRAINING SERIES

PHASE 3: GET POWERFUL – WORKOUT A

S Short M Medium L Long



PILLAR PREPARATION

MOVEMENT PREPARATION

S1 HIP ADDUCTION - SIDELYING (STRAIGHT LEG)

S
M
L



STAGE	A	B	C
	X8 REPS EA	X10 REPS EA	X12 REPS EA

S2 GLUTE BRIDGE - 1 LEG (HIP FLEXION-EXTENSION)

S
M
L



STAGE	A	B	C
	X8 REPS EA	X10 REPS EA	X12 REPS EA

S3 PLANK - WALKING

S
M
L



STAGE	A	B	C
	X6 REPS	X8 REPS	X10 REPS

4 90/90 - WITH ARM SWEEP

L



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

S1 LATERAL SQUAT - LOW

S
M
L



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

S2 HEEL TO GLUTE - WITH ARM REACH

S
M
L



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

S3 DEEP SQUAT TO HAMSTRING STRETCH

M
L



STAGE	A	B	C
	X6 REPS	X6 REPS	X6 REPS

4 2 INCH RUNS

L



STAGE	A	B	C
	X5 SECS	X5 SECS	X5 SECS

THE SANDBAG TRAINING SERIES

PHASE 3: GET POWERFUL – WORKOUT A

↻ Alternate Movement



PILLAR PREPARATION

1 HIP ADDUCTION - SIDELYING (STRAIGHT LEG)

- Lie on your side with bottom leg straight and top leg bent with foot flat on the ground in front of bottom leg
- Lift your bottom leg in the air and lower it back down
- Complete the set on one leg before repeating with other

2 GLUTE BRIDGE - 1 LEG (HIP FLEXION-EXTENSION)

- Keep a slightly forward lean in torso, engage torso & contract the glute of your back leg
- Maintain posture, shift body slightly forward. Exhale & hold the stretch for 2 seconds
- Avoid excessive arching in your lower back
- Complete reps, repeat on opposite side

3 PLANK - WALKING

- Start in a push-up position with feet close together
- Keeping torso stable, walk feet backwards with small steps as arms extend overhead
- Hold for 1 to 2 seconds at bottom of movement and then walk your feet back up

4 90/90 - WITH ARM SWEEP

- Lie with left knee bent 90°, your right leg crossed over the left
- Roll onto left side with knee and the ground
- Keep hips still, rotate chest & sweep with long arm – palm up, bending your elbow at the end reaching for your back pocket – palm down. Hold 2 sec
- You should feel a stretch through your torso, mid/upper back, chest & shoulder
- Complete reps, repeat on opposite side

↻ SHOULDER STRETCH - SIDELYING

MOVEMENT PREPARATION

1 LATERAL SQUAT - LOW

- Stand with feet wider than shoulder width apart, shift hips to the side & down
- Keeping your hips low the entire time, push through your hip to shift your weight onto the opposite leg
- Move with control & keep your chest up throughout the movement
- Alternate sides each rep

↻ SUMO SQUAT

2 HEEL TO GLUTE - WITH ARM REACH

- Stand tall, lift one foot up and hold it with the same-side hand
- Bring your heel to your glute as you reach overhead with the opposite arm
- Lower your leg to starting position and repeat with opposite leg to complete 1 rep

3 DEEP SQUAT TO HAMSTRING STRETCH

- Stand with feet wide and toes slightly out
- Bend at the waist to grab toes
- Drop into deep squat with straight arms, elbows inside knees and chest up
- Raise hips and straighten knees until you feel a stretch in back of legs
- Hold for 1 to 2 seconds

4 2 INCH RUNS

- Start in athletic stance with knees bent, hips back, and arms bent
- Run in place, moving your feet two inches off the ground as quickly as possible
- Allow your arms to move slow and rhythmically
- Continue for the prescribed time

THE SANDBAG TRAINING SERIES

PHASE 3: GET POWERFUL – WORKOUT A

Short Medium Long

STRENGTH

CIRCUIT 1

L

STAGE	A	B	C
	X2 SETS	X2 SETS	X2 SETS

1 DROP SQUAT



STAGE	A	B	C
	X5 REPS	X5 REPS	X5 REPS

2 HANG CLEAN - SANDBAG



STAGE	A	B	C
	X6 REPS	X6 REPS	X8 REPS

3 QUADRUPED ROCKING



STAGE	A	B	C
	X5 REPS	X5 REPS	X5 REPS

CIRCUIT 2

S M L

STAGE	A	B	C
	X3 SETS	X3 SETS	X4 SETS

1 OVERHEAD PRESS - HALF KNEELING SANDBAG



STAGE	A	B	C
	X8 REPS	X8 REPS	X6 REPS

2 PUSH-UP (PLYOMETRIC)



STAGE	A	B	C
	X4 REPS	X4 REPS	X4 REPS

3 SINGLE LEG SQUAT - SANDBAG



STAGE	A	B	C
	X8 REPS EA	X8 REPS EA	X6 REPS EA

4 SPLIT SQUAT JUMPS - ALTERNATING (CONTINUOUS)



STAGE	A	B	C
	X4 REPS EA	X4 REPS EA	X4 REPS EA

CIRCUIT 3

M L

STAGE	A	B	C
	X3 SETS	X4 SETS	X4 SETS

1 REVERSE LUNGE WITH SWING - ALTERNATING SANDBAG



STAGE	A	B	C
	X20 SECS	X30 SECS	X40 SECS

2 PUSH-UP TO LATERAL PLANK - ALTERNATING



STAGE	A	B	C
	X20 SECS	X30 SECS	X40 SECS

3 SQUAT JUMPS - CM (SINGLES)



STAGE	A	B	C
	X20 SECS	X30 SECS	X40 SECS

4 BENT OVER ROW TO ROMANIAN DEADLIFT - SANDBAG



STAGE	A	B	C
	X20 SECS	X30 SECS	X40 SECS

5 SQUAT TO PRESS - ALTERNATING SHOULDER SANDBAG



STAGE	A	B	C
	X20 SECS	X30 SECS	X40 SECS

6 REST

STAGE	A	B	C
	1.5 MINS	1.5 MINS	1 MIN

THE SANDBAG TRAINING SERIES

PHASE 3: GET POWERFUL – WORKOUT A

Alternate Movement



STRENGTH

1 DROP SQUAT

- Stand tall with arms bent 90 degrees, forearms pointed out
- Lift feet slightly off the floor, throw elbows back, and drop into a squat, bending knees and pushing hips back
- Stand and return to the starting position
- Move with speed and stick the landing

2 HANG CLEAN - SANDBAG

- Stand holding sandbag with palms facing in, arms straight down
- Squat down and lower the bag just below knees
- Explosively stand and rapidly shrug shoulders up
- Drive elbows forward and catch bag across front of shoulders as you land in partial squat
- Stabilize, stand up, and lower sandbag to starting position

3 QUADRUPED ROCKING

- Start on hands and knees
- Draw belly button in toward spine while maintaining natural curve in lower back
- Move hips back until you feel pelvis begin to rotate
- Hold for 1 to 2 seconds, relax, and return to starting position

○ KNEE HUG

1 OVERHEAD PRESS - HALF KNEELING SANDBAG

- In half kneeling position, hold a sandbag in front of your shoulders with two hands, palms facing in
- Keeping chest up and torso stable, press the sandbag overhead
- Lower the sandbag to the starting position

2 PUSH-UP (PLYOMETRIC)

- Start in a push-up position
- Lower your chest toward the ground
- Explode up and extend arms, pushing hands as far off the ground as possible
- Upon landing, immediately begin next rep

3 SINGLE LEG SQUAT - SANDBAG

- Stand on one leg holding a sandbag across the front of your shoulders and chest
- Squat back and down on one leg until thigh is close to parallel with the ground
- Stand using your balancing leg
- Complete set on one leg before repeating on other

4 SPLIT SQUAT JUMPS - ALTERNATING (CONTINUOUS)

- Start in a split stance with arms bent 90 degrees
- Drop into split squat, swing elbows back, and then jump using arms and hips
- Exchange legs in mid-air, land softly, and immediately take off into the next jump
- Continue alternating to complete set

○ LATERAL BOUNDS - QUICK & STABILIZE

1 REVERSE LUNGE WITH SWING - ALTERNATING SANDBAG

- Stand in a lunge position, holding a sandbag with both hands on same side as front foot
- Push through front leg and stand, using the momentum to swing the bag in front of your body
- Step back into a lunge with opposite foot as you lower sandbag to opposite side
- Continue alternating to complete the set

2 PUSH-UP TO LATERAL PLANK - ALTERNATING

- Start in a push-up position
- Bend elbows and lower torso toward the ground
- As you push back up, lift one arm to the ceiling as you rotate torso in same direction
- Rotate back to starting position and repeat in opposite direction

○ PUSH-UP - SANDBAG

3 SQUAT JUMPS - CM (SINGLES)

- Stand with feet slightly wider than shoulder-width apart, hands behind head
- Sit down into a squat and immediately jump, extending your hips
- Land softly in a squat and reset to starting position

4 BENT OVER ROW TO ROMANIAN DEADLIFT - SANDBAG

- Bend at the waist holding sandbag with two hands, arms hanging down
- Lift the sandbag to your chest and then lower to to your shins
- Stand up by contracting glutes and hamstrings
- Return to the starting position and repeat

5 SQUAT TO PRESS - ALTERNATING SHOULDER SANDBAG

- Stand holding a sandbag draped across one shoulder with palms facing each other
- Squat back and down until thighs are parallel to floor
- Stand and press sandbag overhead
- Lower sandbag to opposite shoulder and repeat

THE SANDBAG TRAINING SERIES

PHASE 3: GET POWERFUL – WORKOUT B

S Short M Medium L Long



PILLAR PREPARATION

MOVEMENT PREPARATION

S
M
L

1 PLANK - ROLLING



STAGE	A	B	C
	X6 REPS EA	X8 REPS EA	X10 REPS EA

S
M
L

1 INVERTED HAMSTRING TO LEG CRADLE



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

S
M
L

2 QUAD/HIP FLEXOR STRETCH - SIDELYING



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X6 REPS EA

S
M
L

2 SUMO SQUAT



STAGE	A	B	C
	X6 REPS	X6 REPS	X6 REPS

S
M
L

3 GLUTE BRIDGE - WITH LEG LOCK



STAGE	A	B	C
	X8 REPS EA	X10 REPS EA	X12 REPS EA

S
M
L

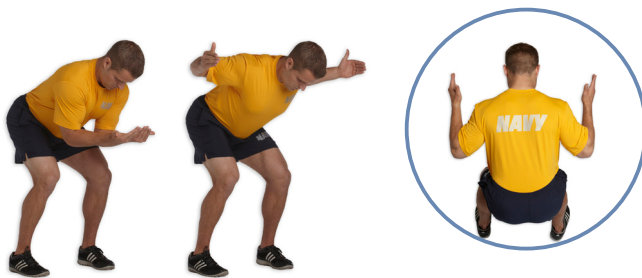
3 HANDWALK - HANDS PAST HEAD



STAGE	A	B	C
	X6 REPS	X6 REPS	X6 REPS

S
M
L

4 Ws - BENT OVER



STAGE	A	B	C
	X10 REPS	X12 REPS	X15 REPS

S
M
L

4 BASE POGO - SIDE TO SIDE



STAGE	A	B	C
	X5 SECS	X5 SECS	X5 SECS

THE SANDBAG TRAINING SERIES

PHASE 3: GET POWERFUL – WORKOUT B

↻ Alternate Movement



PILLAR PREPARATION

MOVEMENT PREPARATION

1 PLANK - ROLLING

- Start in a push-up position with feet shoulder-width apart
- Lift one arm toward the sky as you rotate torso and hips to face sideways and your body resembles the letter T
- Reverse the pattern back to the starting position
- Repeat in the opposite direction to complete 1 rep

1 INVERTED HAMSTRING TO LEG CRADLE

- Stand on one leg, arms to your sides, thumbs up
- Bend at waist to lift other leg straight behind you
- When you feel a stretch, return to starting position
- Bring your non-support leg in front of your body and pull toward chest until you feel a stretch
- Repeat with opposite leg to complete 1 rep

2 QUAD/HIP FLEXOR STRETCH - SIDELYING

- Lie on your side with knees pulled toward chest, holding top ankle with top hand
- Contract top glute and pull leg back to feel stretch in front of thigh
- Hold for 2 seconds and return to starting position
- Complete set on one side before repeating on other

2 SUMO SQUAT

- Stand with feet wider than shoulder-width, knees and toes angled out
- Squat back and down, keeping knees and toes in line
- Stand by pushing through your hips

↻ KNEE HUG - SUPINE

3 GLUTE BRIDGE - WITH LEG LOCK

- Lift hips to create a line through knees, hips & shoulders
- Lift one knee towards your chest, hold 2 sec. Alternate legs for prescribed reps with each leg
- Keep back flat and torso engaged throughout the movement

3 HANDWALK - HANDS PAST HEAD

- Stand with your legs straight and hands on the ground in front of you
- Keeping legs straight and stomach tight throughout movement, walk your hands past your head
- Walk your feet back up to your hands to complete 1 rep

4 Ws - BENT OVER

- Bend over at the waist with back flat, arms down, and elbows in toward ribs
- Keeping elbows at your sides rotate arms toward ceiling to form a "W"
- Reverse directions to return to starting position

4 BASE POGO - SIDE TO SIDE

- Start in athletic stance with knees bent, hips back, and arms bent
- Jump rapidly 2 inches side to side as fast as possible
- Continue for the prescribed amount of time

THE SANDBAG TRAINING SERIES

PHASE 3: GET POWERFUL – WORKOUT B

Short Medium Long

STRENGTH

CIRCUIT 1

L

STAGE	A	B	C
	X2 SETS	X2 SETS	X2 SETS

1 DROP SQUAT - 2 TO 1



STAGE	A	B	C
	X5 REPS EA	X5 REPS EA	X5 REPS EA

2 PUSH-PRESS - ALTERNATING SHOULDER SANDBAG



STAGE	A	B	C
	X6 REPS EA	X6 REPS EA	X8 REPS EA

3 Ys - BENT OVER



STAGE	A	B	C
	X5 REPS	X5 REPS	X5 REPS

CIRCUIT 2

S M L

STAGE	A	B	C
	X3 SETS	X3 SETS	X4 SETS

1 ROMANIAN DEADLIFT - SANDBAG



STAGE	A	B	C
	X8 REPS	X8 REPS	X6 REPS

2 SWING - SANDBAG



STAGE	A	B	C
	X4 REPS	X4 REPS	X4 REPS

3 BENT OVER ROW - 1 ARM 1 LEG SANDBAG



STAGE	A	B	C
	X8 REPS EA	X8 REPS EA	X6 REPS EA

4 BENT OVER FLY - ALTERNATING SANDBAG



STAGE	A	B	C
	X4 REPS EA	X4 REPS EA	X4 REPS EA

CIRCUIT 3

M L

STAGE	A	B	C
	X3 SETS	X4 SETS	X4 SETS

1 LATERAL LUNGE WITH SWING - ALTERNATING SANDBAG



STAGE	A	B	C
	X20 SECS	X30 SECS	X40 SECS

2 PLANK - WITH LEG LIFT SANDBAG



STAGE	A	B	C
	X20 SECS	X30 SECS	X40 SECS

3 BENT OVER ROW - SANDBAG



STAGE	A	B	C
	X20 SECS	X30 SECS	X40 SECS

4 ROMANIAN DEADLIFT - 1 LEG ALTERNATING SANDBAG



STAGE	A	B	C
	X20 SECS	X30 SECS	X40 SECS

5 REVERSE LUNGE TO OVERHEAD PRESS - ALTERNATING SHOULDER SANDBAG



STAGE	A	B	C
	X20 SECS	X30 SECS	X40 SECS

6 REST

STAGE	A	B	C
	1.5 MINS	1.5 MINS	1 MIN

THE SANDBAG TRAINING SERIES

PHASE 3: GET POWERFUL – WORKOUT B

↻ Alternate Movement



STRENGTH

1 DROP SQUAT - 2 TO 1

- Stand tall with arms bent 90 degrees, forearms pointed out
- Lift feet slightly off the floor, throw elbows back, and drop into a single-leg squat, bending knees and pushing hips back
- Complete the set on one leg before repeating on the other
- Move with speed and stick the landing

2 PUSH-PRESS - ALTERNATING SHOULDER SANDBAG

- Stand holding a sandbag with two hands draped across one shoulder
- Dip down and then explode up, extend your hips, and press the sandbag overhead
- “Catch” the bag overhead with straight arms, hips and knees slightly bent
- Lower the bag to opposite shoulder and repeat to complete 1 rep

3 Ys - BENT OVER

- Bend over at the waist with back flat, arms down, and elbows in toward ribs
- Keeping elbows at your sides rotate arms toward ceiling to form a “Y”
- Reverse directions to return to starting position

1 ROMANIAN DEADLIFT - SANDBAG

- Stand holding a sandbag in front of your body with palms facing each other
- Maintaining a flat back, bend at the waist and lower the sandbag, keeping it close to your shins
- Stand up by contracting your hamstring and glutes

2 SWING - SANDBAG

- Bend at the waist holding a sandbag between legs
- Using hips to generate force, stand up and swing sandbag straight in front of shoulders
- Allow the sandbag to swing back to starting position immediately begin next rep

↻ REVERSE LUNGE - WITH ALTERNATING SWING

3 BENT OVER ROW - 1 ARM 1 LEG SANDBAG

- Stand on one leg holding a sandbag in opposite hand
- Bend at the waist and lift your leg behind you
- Lift the sandbag to your chest and then lower it back down
- Complete the set on one side before repeating on the other

4 BENT OVER FLY - ALTERNATING SANDBAG

- Bend at the waist holding a sandbag by each end, arms hanging down
- Raise one arm out to your side while opposite arm come across your body
- Lower the sandbag down and repeat in the opposite direction
- Continue alternating to complete the set

1 LATERAL LUNGE WITH SWING - ALTERNATING SANDBAG

- Stand holding a sandbag so it hangs in front of your body, pointing forward
- Step to one side and squat down with the stepping leg, keeping the other straight as the sandbag swings between legs
- Drive hips forward, return to the starting position, and swing the sandbag straight out in front of you
- Repeat in the opposite direction to complete 1 rep

↻ ROTATIONAL SQUAT

2 PLANK - WITH LEG LIFT SANDBAG

- Start in a push-up position with a sandbag on your back
- Maintain a straight line from ankles to head
- Lift one leg into the air, hold for 2 seconds, and lower it back down
- Repeat with opposite leg to complete 1 rep

↻ PLANK - WALKING

3 BENT OVER ROW - SANDBAG

- Bend at the waist holding sandbag with two hands, arms hanging down
- Lift the sandbag to your chest and then lower it back down
- Keep your elbows close to your body as they pass your rib cage

4 ROMANIAN DEADLIFT - 1 LEG ALTERNATING SANDBAG

- Stand on one foot holding a sandbag with palms facing each other
- Keeping back flat, bend at the waist, lowering the bag as the non-support leg lifts straight behind
- Stand up by contracting your hamstring and glutes
- Repeat on the opposite leg to complete 1 rep

5 REVERSE LUNGE TO OVERHEAD PRESS - ALTERNATING SHOULDER SANDBAG

- Stand with a sandbag draped over one shoulder, supporting the bag with both hands
- Step backward into a lunge with same side leg as the sandbag
- Push through your front leg and stand as you press the sandbag overhead
- Lower the sandbag to the opposite shoulder
- Repeat on the opposite leg to complete 1 rep

↻ SQUAT TO OVERHEAD PRESS - ALTERNATING SHOULDER SANDBAG

REGENERATION STRATEGIES

TOTAL BODY • ACHES AND PAINS • FLEXIBILITY

The Regeneration sessions will help you balance the work you put into your training sessions with movements designed to help your body recover efficiently. Think of it as keeping your body ready to face the demands of your next bout of training.

Movements in these sessions focus on soft tissue self-massage utilizing a foam roll and trigger point ball, as well as flexibility routines. These strategies will help you rebalance the length and tension of your muscles, break up knots and reduce stiffness, and increase circulation to flush your system and re-energize your body.

WORKOUT EMPHASIS AND DURATION:

There are six sample Regeneration sessions, each with a unique focus.

Total-Body Regeneration – 20 minutes

This session uses self-massage strategies to address the quality of your muscle tissue throughout your entire body, from head to toe. A great way to finish a tough workout, you'll want to do this after every training session once you experience the benefits of giving your muscles a massage. You'll feel better afterwards, limit post-workout soreness, and encourage your body to recover faster from training.

Targeted Relief of Aches and Pain - 10 minutes each

(Hip and Knee Pain, Lower Back and Hip Pain, Shoulder and Neck Pain)

These sessions use targeted self-massage strategies to relieve tension in your muscles and remove stress from problem areas that cause your aches and pain. These targeted problem areas include: (i) Hip and Knee Pain, (ii) Lower Back and Hip Pain, and (iii) Shoulder and Neck Pain. In addition to alleviating pain, these routines will help you move better and help reduce your risk for further pain or injury.

Flexibility Focus – 5 minutes each

These two sessions include fundamental flexibility moves. You'll need a stretch strap for one session, but no equipment for the other routine.

Both sessions help rebalance your body, prevent stiffness and tension, and restore the proper length in your muscles required to perform your best.

HOW TO SET UP YOUR SCHEDULE:

Regeneration sessions can be incorporated almost anywhere in your schedule to provide a variety of benefits to your training.

Before Training

- Used prior to your scheduled workout, Regeneration sessions that focus on self-massage strategies help prime your body for activity by releasing tension, increasing circulation, and helping activate, or turn on, key stabilizing muscles used in your workout.

Post-Training

- Used after your workout, Regeneration helps flush your system of any lactic acid built up from your training session. It also reinforces the optimal length and tension of your muscles, helping to reduce post-workout stiffness.

Recovery Days

- During your scheduled recovery days, doing the Regeneration sessions is a great way to actively recover and prepare your body for your next training session.

Daily Routines

- Another great way to add Regeneration sessions to your schedule is to find a small window of time during your day. Spending 10 minutes for regeneration each morning when you wake up, for example, or 10 minutes before bed helps reinforce the balance your body needs to function optimally.

TRAINING EQUIPMENT:

The equipment used in these Regeneration sessions may include:

Foam Roller

Trigger Point Ball

Stretch Strap

REGENERATION

TOTAL BODY REGENERATION - 20 MINUTE SESSION
(SPEND 30-60 SECONDS EACH MOVEMENT)

1 TRIGGER POINT - ARCH



7 FOAM ROLL - HAMSTRINGS



2 TRIGGER POINT - TIBIALIS ANTERIOR



8 FOAM ROLL - QUADRICEPS



3 TRIGGER POINT - VMO



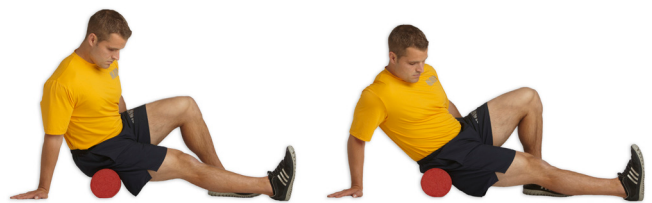
9 FOAM ROLL - ADDUCTORS



4 TRIGGER POINT - IT BAND



10 FOAM ROLL - GLUTE MAX



5 TRIGGER POINT - PIRIFORMIS



11 FOAM ROLL - LAT



6 TRIGGER POINT - THORACIC SPINE



12 FOAM ROLL - MID TO UPPER BACK



REGENERATION

TOTAL BODY REGENERATION - 20 MINUTE SESSION
(SPEND 30-60 SECONDS EACH MOVEMENT)

1 TRIGGER POINT - ARCH

- Stand with shoes off and one foot on a trigger ball (tennis ball, for example)
- Roll the ball along the arch of the foot, holding on any sore spots
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

2 TRIGGER POINT - TIBIALIS ANTERIOR

- Sit with your knees bent, pressing a trigger ball (tennis ball, for example) up against your shin with your hand
- Adjust your position until you find a sore point
- Holding pressure on this spot, rotate your ankle both clockwise and counter-clockwise, and pull and push your toes toward and away from your shin
- Re-adjust your position and repeat the movement on any sore spots you find
- Complete the set on one side before repeating on the other leg

3 TRIGGER POINT - VMO

- Lie facedown supported on forearms with trigger ball (tennis ball, for example) under thigh just above inside of the knee
- Adjust until you find a sore spot, hold, and slowly bend and straighten knee
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

4 TRIGGER POINT - IT BAND

- Lie on your side with a trigger ball (tennis ball, for example) under your IT Band (side of your leg)
- Adjust until you find a sore spot, hold, and slowly bend and extend knee
- Re-adjust and repeat on any sore spots you find
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

5 TRIGGER POINT - PIRIFORMIS

- Sit with a trigger ball (tennis ball, for example) under outside of one glute, same leg crossed over the knee
- Adjust the ball until you find a sore spot and hold pressure
- Re-adjust and repeat on any sore spots you find
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

6 TRIGGER POINT - THORACIC SPINE

- Lie face up with two tennis balls taped together under your spine, just above low back, hands behind head
- Perform 3 crunches, then raise arms straight over chest
- Alternate reaching each arm overhead for 3 reps each
- Move balls up the spine 1 to 2 inches and repeat pattern until they are below base of the neck

7 FOAM ROLL - HAMSTRINGS

- Sit with straight legs, one crossed over the other, foam roll under the bottom leg thigh
- Supporting weight with hands and foam roll, roll from your knee to the top of your thigh
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

8 FOAM ROLL - QUADRICEPS

- Lie facedown on the ground with a foam roll under one thigh
- Support weight with forearms and foot of the opposite leg and roll along the thigh
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

9 FOAM ROLL - ADDUCTORS

- Lie facedown with foam roll under inside of one thigh, other leg out to the side
- Roll along the inside of thigh, from pelvis to knee
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

10 FOAM ROLL - GLUTE MAX

- Sit on a foam roll with weight shifted to one side, hands and feet on the floor
- Roll from top of the back of the thigh to the lower back
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

11 FOAM ROLL - LAT

- Lie on your side with a foam roll under your armpit
- Roll along your side to lower back and back up to your armpit
- Complete the set on one side before repeating on the other
- Spend more time rolling on any sore spots you find

12 FOAM ROLL - MID TO UPPER BACK

- Lie face up with a foam roll under mid back and hands behind your head
- Support your weight with your feet and the foam roll
- Roll from the middle of your back to shoulders
- Spend more time rolling on any sore spots you find

REGENERATION

TARGETED RELIEF OF AGES AND PAIN - 10 MINUTE SESSIONS
(SPEND 30-60 SECONDS EACH MOVEMENT)

HIP & KNEE PAIN

1 TRIGGER POINT - PIRIFORMIS



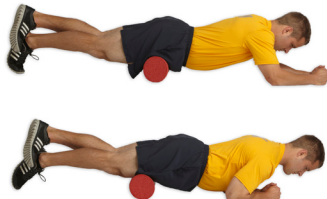
2 TRIGGER POINT - TFL



3 FOAM ROLL - IT BAND



4 FOAM ROLL - QUADRICEPS



5 FOAM ROLL - ADDUCTORS



6 FOAM ROLL - HAMSTRINGS



UPPER BACK & SHOULDER PAIN

1 TRIGGER POINT - THORACIC SPINE



2 TRIGGER POINT - SIDELYING SHOULDER



3 TRIGGER POINT - CHEST



4 FOAM ROLL - LAT



5 FOAM ROLL - MID TO UPPER BACK



6 FOAM ROLL - LOWER BACK & QL



LOW BACK PAIN

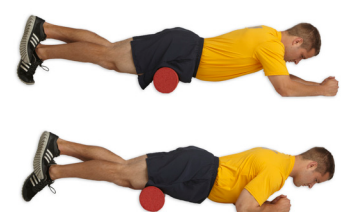
1 TRIGGER POINT - PIRIFORMIS



2 FOAM ROLL - HAMSTRINGS



3 FOAM ROLL - QUADRICEPS



4 FOAM ROLL - TFL



5 FOAM ROLL - LAT



6 FOAM ROLL - LOWER BACK & QL



REGENERATION

TARGETED RELIEF OF AGES AND PAIN - 10 MINUTE SESSIONS
(SPEND 30-60 SECONDS EACH MOVEMENT)



HIP & KNEE PAIN

1 TRIGGER POINT - PIRIFORMIS

- Sit with a trigger ball (tennis ball, for example) under outside of one glute, same leg crossed over the knee
- Adjust the ball until you find a sore spot and hold pressure
- Re-adjust and repeat on any sore spots you find
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

2 TRIGGER POINT - TFL

- Lie facedown supported on forearms with trigger ball (tennis ball, for example) under one hip
- Roll along front of the hip and slightly outside upper thigh
- Hold on any sore spots you find
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

3 FOAM ROLL - IT BAND

- Lie on your side with a trigger ball (tennis ball, for example) under your IT Band (side of your leg)
- Adjust until you find a sore spot, hold, and slowly bend and extend knee
- Re-adjust and repeat on any sore spots you find
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

4 FOAM ROLL - QUADRICEPS

- Lie facedown on the ground with a foam roll under one thigh
- Support weight with forearms and foot of the opposite leg and roll along the thigh
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

5 FOAM ROLL - ADDUCTORS

- Lie facedown with foam roll under inside of one thigh, other leg out to the side
- Roll along the inside of thigh, from pelvis to knee
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

6 FOAM ROLL - HAMSTRINGS

- Sit with straight legs, one crossed over the other, foam roll under the bottom leg thigh
- Supporting weight with hands and foam roll, roll from your knee to the top of your thigh
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

UPPER BACK & SHOULDER PAIN

1 TRIGGER POINT - THORACIC SPINE

- Lie face up with two tennis balls taped together under your spine, just above low back, hands behind head
- Perform 3 crunches, then raise arms straight over chest
- Alternate reaching each arm overhead for 3 reps each
- Move balls up the spine 1 to 2 inches and repeat pattern until they are below base of the neck

2 TRIGGER POINT - SIDELYING SHOULDER

- Lie on your side with bottom arm perpendicular to torso and bent 90 degrees, a trigger ball (tennis ball, for example) under bottom shoulder
- Adjust until you find a sore spot, hold, and rotate bottom arm toward ground, assisting with opposite hand
- Relax and return to the starting position
- Re-adjust and repeat on any sore spots you find
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

3 TRIGGER POINT - CHEST

- Lie face up and press a trigger ball (tennis ball, for example) against chest above the armpit with opposite hand
- Adjust until you find a sore spot, hold, and slide free hand overhead up and down
- Re-adjust position and repeat on any sore spots you find
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

4 FOAM ROLL - LAT

- Lie on your side with a foam roll under your armpit
- Roll along your side to lower back and back up to your armpit
- Complete the set on one side before repeating on the other
- Spend more time rolling on any sore spots you find

5 FOAM ROLL - MID TO UPPER BACK

- Lie face up with a foam roll under mid back and hands behind your head
- Support your weight with your feet and the foam roll
- Roll from the middle of your back to shoulders
- Spend more time rolling on any sore spots you find

6 FOAM ROLL - LOWER BACK & QL

- Lie on your side with a foam roll under the side of your lower back
- Roll along the side of your torso, from just below the rib cage to top of the pelvis
- Complete the set on one side before repeating on the other
- Spend more time rolling on any sore spots you find

LOW BACK PAIN

1 TRIGGER POINT - PIRIFORMIS

- Sit with a trigger ball (tennis ball, for example) under outside of one glute, same leg crossed over the knee
- Adjust the ball until you find a sore spot and hold pressure
- Re-adjust and repeat on any sore spots you find
- Complete the set on one side before repeating on the other
- Maintain pressure on the ball throughout the set
- You should feel it releasing tension

2 FOAM ROLL - HAMSTRINGS

- Sit with straight legs, one crossed over the other, foam roll under the bottom leg thigh
- Supporting weight with hands and foam roll, roll from your knee to the top of your thigh
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

3 FOAM ROLL - QUADRICEPS

- Lie facedown on the ground with a foam roll under one thigh
- Support weight with forearms and foot of the opposite leg and roll along the thigh
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

4 FOAM ROLL - TFL

- Lie facedown with a foam roll under one hip
- Support weight with forearms and foot of the opposite leg and roll along the side of the thigh
- Complete the set on one leg before repeating on other
- Spend more time rolling on any sore spots you find

5 FOAM ROLL - LAT

- Lie on your side with a foam roll under your armpit
- Roll along your side to lower back and back up to your armpit
- Complete the set on one side before repeating on the other
- Spend more time rolling on any sore spots you find

6 FOAM ROLL - LOWER BACK & QL

- Lie on your side with a foam roll under the side of your lower back
- Roll along the side of your torso, from just below the rib cage to top of the pelvis
- Complete the set on one side before repeating on the other
- Spend more time rolling on any sore spots you find

REGENERATION

FLEXIBILITY FOCUS - 10 MINUTE SESSIONS
10 REPS (2 SECOND HOLD EACH)

FLEXIBILITY - STRAP

1

CALF STRETCH (STRAP)



2

STRAIGHT LEG HAMSTRING STRETCH (STRAP)



3

ADDUCTOR STRETCH (STRAP)



4

ABDUCTOR STRETCH (STRAP)



5

QUAD STRETCH (STRAP)



6

SHOULDER/TRICEPS STRETCH (STRAP)



FLEXIBILITY - NO EQUIPMENT

1

BENT KNEE HAMSTRING STRETCH



2

KNEE HUG - SUPINE



3

LEG CRADLE - SUPINE



4

QUAD/HIP FLEXOR STRETCH - 1/2 KNEELING



5

TRICEPS STRETCH



6

90/90 STRETCH - W/ ARM SWEEP



REGENERATION

FLEXIBILITY FOCUS - 10 MINUTE SESSIONS
10 REPS (2 SECOND HOLD EACH)



FLEXIBILITY - STRAP

1 CALF STRETCH (STRAP)

- Lie on back with stretch strap wrapped around right foot & leg raised 45 degrees in the air
- Actively pull your right foot to your shin & then give assistance with the rope
- Exhale during the stretch. Actively pull your foot to your shin even when assisting with the strap
- Complete reps, repeat on opposite side

2 STRAIGHT LEG HAMSTRING STRETCH (STRAP)

- Keep right leg straight, actively raise it, then give gentle assistance with stretch strap until you feel a stretch
- Keep opposite leg on ground by pushing heel far away from your head as possible
- Contract your glute. Pull the strap above your head
- Complete reps, repeat on opposite side

3 ADDUCTOR STRETCH (STRAP)

- Wrap the stretch strap around foot & inside of lower leg
- Actively raise leg out to the side, gently assist with strap until you feel a stretch
- Keep opposite leg on ground by reaching long through heel, toes pointed to the sky
- Complete reps, repeat on opposite side

4 ABDUCTOR STRETCH (STRAP)

- Wrap the stretch strap around foot & outside of leg
- Actively raise leg across body, gently assist with strap until you feel a stretch
- Keep opposite leg on ground by reaching long through heel, toes pointed to the sky
- Complete reps, repeat on opposite side

5 QUAD STRETCH (STRAP)

- Lie on your stomach with a stretch strap wrapped around one foot
- Actively bend knee, gently assist with stretch strap until you feel a stretch
- Contract the glute on the leg that is being stretched. Keep your back flat & torso engaged during the stretch
- Complete reps, repeat on opposite side

6 SHOULDER/TRICEPS STRETCH (STRAP)

- Hold the stretch strap behind head with one hand reaching over and one hand reaching under
- Actively reach top hand down back, gently assist by pulling strap with bottom hand
- Next, actively reach bottom hand up, gently assist by pulling rope with top hand
- Complete reps, repeat on opposite side

FLEXIBILITY - NO EQUIPMENT

1 BENT KNEE HAMSTRING STRETCH

- Pull knee to chest, grasping behind the knee with both hands
- Actively straighten knee, gently assist with hands until you feel a stretch
- Keep opposite leg on ground by reaching long through heel, toes pointed to the sky
- Complete reps, repeat on opposite side

2 KNEE HUG – SUPINE

- Actively lift knee to your chest, gently assist by grabbing the knee & pulling it closer to chest
- Exhale & hold the stretch for 2 seconds, then return to the starting position
- Keep your non stretching leg flat on the floor by pushing the bottom of your heel away from your head
- Complete reps, repeat on opposite side

3 LEG CRADLE – SUPINE

- Actively lift knee to your chest, placing one hand on knee & one under ankle
- Pull leg to chest with both hands into a gentle stretch
- During the movement, contract the glute of the leg that's on the ground
- Complete reps, repeat on opposite side

4 QUAD/HIP FLEXOR STRETCH - 1/2 KNEELING

- Keep a slightly forward lean in torso, engage torso & contract the glute of your back leg
- Maintain posture, shift body slightly forward. Exhale & hold the stretch for 2 seconds
- Avoid excessive arching in your lower back
- Complete reps, repeat on opposite side

5 TRICEPS STRETCH

- Lift one arm up over head & reach hand down your back, gently assist with opposite hand
- Exhale & hold for 2 seconds, then relax & repeat
- Keep your back flat & torso engaged throughout the stretch
- Complete reps, repeat on opposite side

6 90/90 STRETCH – W/ ARM SWEEP

- Lie with left knee bent 90°, your right leg crossed over the left
- Roll onto left side with knee and the ground
- Keep hips still, rotate chest & sweep with long arm – palm up, bending your elbow at the end reaching for your back pocket – palm down. Hold 2 sec
- You should feel a stretch through your torso, mid/upper back, chest & shoulder
- Complete reps, repeat on opposite side

FUELING STRATEGIES

NUTRITION CONSIDERATIONS: AUSTERE ENVIRONMENTS

Even though you may not be using traditional workout equipment in Austere Environments, your body is still burning fuel and breaking down. To maximize your training, make sure you're getting enough nutrients. Proper planning is going to be crucial. Use these tips to ensure you're giving your body what it needs:

- 1. MAINTAIN FUEL.** Low Fuel = Decreased Performance. Make sure you stay fueled throughout the day with packed snacks that combine carbs, protein and fat.
- 2. USE BARS WISELY.** Fuel on-the-go with bars. Choose bars with at least 30 g of carbohydrate, 3 g of fiber and 10-30 g of protein.
- 3. MINIMIZE DEHYDRATION.** Minimal Dehydration = Decreased Performance. Keep a water bottle with you at all times to stay hydrated.

TO MAXIMIZE YOUR PERFORMANCE GAINS YOU NEED TO:

FUEL.

- Use the Meal Builder to guide your nutrition and get the energy (calories) your body needs to support your activity.
- Meet your carbohydrate needs through high-fiber, minimally processed carbs.
- Meet your protein needs of about 0.8 g per pound per day.
- Focus on getting enough carbs before and during your workout to fuel your body.

SUSTAIN.

- If your training is longer than an hour, enhance your performance by consuming 30-60 g of carbohydrate an hour through sports drinks, gels, or other carbs. If you're training at high intensity, long duration, or in extreme heat or humidity, choose a sport drink with at least 110 mg of sodium per 8 ounces to maximize hydration and prevent cramping. sports drink that has at least 110mg of sodium per 8oz to maximize hydration and prevent cramping
- Weigh yourself before and after your training and aim to lose less than 2% of your body weight during the session. (Please refer to the Hydration Section of NOFFS I for more information.)

RECOVER.

- Recover with a 3:1 carb to protein ratio within the first 30 minutes of completing your training session.

FOUNDATIONAL NUTRITION

Optimizing your foundational nutrition will ensure you have a solid fueling base to optimize performance and recovery. Below you will find a review of the basic fueling principles. For more information on these areas, refer back to Fueling Series.



EATING CLEAN: This means eating whole natural foods, such as fruits, vegetables, lean proteins, and high-fiber carbohydrates, and limiting processed foods, fast food, and foods high in sugar and fat.

EATING OFTEN: Eating frequently helps control blood sugar and energy levels. Opt for five or six meals/snacks a day, which is equivalent to eating every 2.5 – 3 hours.

HYDRATE: To stay hydrated aim to drink ½ to 1 ounce per pound of body weight per day. Make water and other naturally non-caloric beverages your first drink choice.

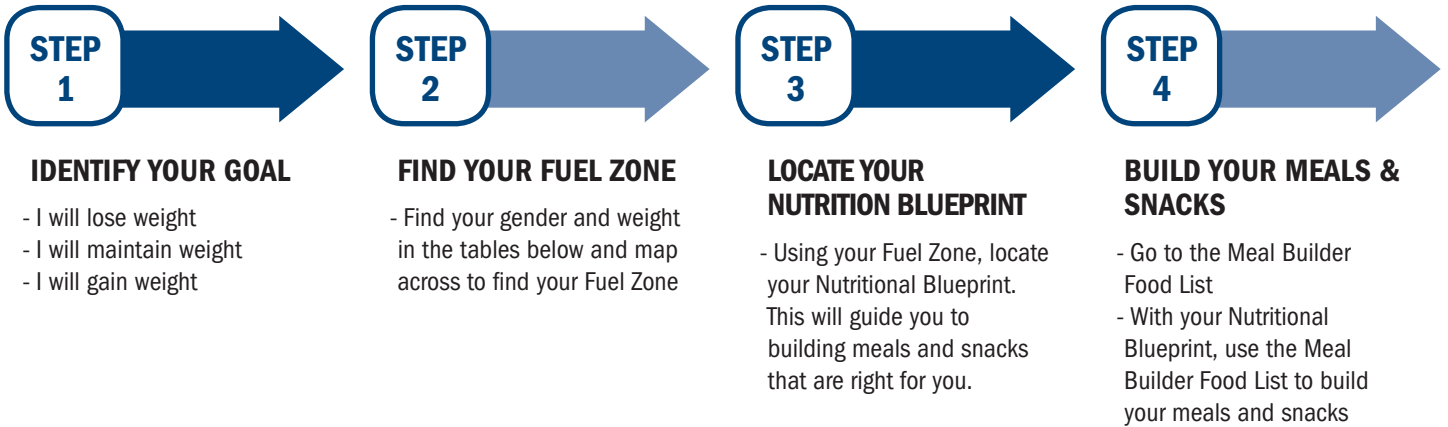
RECOVER: To avoid wasting your workout, eat a combination of carbs and protein within 30 minutes of completing your workout. Proper nutrition at the proper time will help you refuel, rehydrate, rebuild your body, and reach your goal quicker.

MINDSET: Use food to fuel your body for maximum performance. Strive to choose the foods that are best for you at least 80% of the time and enjoy other foods 20% of the time.

MEAL BUILDER

The biggest barriers to great nutrition are poor planning and poor implementation. The nutrition blueprint and meal builder make it easy to build meals and snacks that will keep you fueled and help you reach your goals. This tool will help you stay organized and create an environment for success. Always remember the 80/20 rule as you look to sustainably upgrade your nutrition. Choose high octane fuel 80% of the time and lower octane fuel that you really enjoy 20% of the time.

BUILD YOUR MEAL IN 4 SIMPLE STEPS



IDENTIFY YOUR GOAL

- I will lose weight
- I will maintain weight
- I will gain weight

FIND YOUR FUEL ZONE

- Find your gender and weight in the tables below and map across to find your Fuel Zone

LOCATE YOUR NUTRITION BLUEPRINT

- Using your Fuel Zone, locate your Nutritional Blueprint. This will guide you to building meals and snacks that are right for you.

BUILD YOUR MEALS & SNACKS

- Go to the Meal Builder Food List
- With your Nutritional Blueprint, use the Meal Builder Food List to build your meals and snacks

SET YOUR GOAL, FIND YOUR FUEL ZONE

I WILL FUEL TO...

	LOSE WEIGHT		MAINTAIN WEIGHT		GAIN WEIGHT		
	CURRENT WEIGHT	FUEL ZONE	CURRENT WEIGHT	FUEL ZONE	CURRENT WEIGHT	FUEL ZONE	
	STEP 1						
FEMALE	100 - 125	1400 - 1600	Under 105	2000 - 2200	100 - 110	2800 - 3000	
	125 - 150	1600 - 1800	105 - 130	2200 - 2400	110 - 140	3000 - 3200	
	150 - 180	1800 - 2000	130 - 160	2400 - 2600	140 - 165	3200 - 3400	
	180 - 205	2000 - 2200	160 - 185	2600 - 2800	165 - 195	3400 - 3600	
	205 - 235	2200 - 2400	185 - 210	2800 - 3000	195 - 220	3600 - 3800	
	235 - 260	2400 - 2600					
STEP 2							
	MALE	Under 140	1800 - 2000	Under 140	2600 - 2800	Under 140	3400 - 3600
		140 - 155	2000 - 2200	140 - 160	2800 - 3000	145 - 165	3600 - 3800
		155 - 175	2200 - 2400	160 - 180	3000 - 3200	165 - 185	3800 - 4000
		175 - 190	2400 - 2600	180 - 195	3200 - 3400	185 - 205	4000 - 4200
		190 - 210	2600 - 2800	195 - 215	3400 - 3600	205 - 220	4200 - 4400
		210 - 230	2800 - 3000	215 - 235	3600 - 3800	220 - 240	4400 - 4600
		230 - 250	3000 - 3200	235 - 255	3800 - 4000		
		250 - 265	3200 - 3400	255 - 275	4000 - 4200		
		265 - 285	3400 - 3600				
		285 - 305	3600 - 3800				

STEP 3 

Locate Your Nutrition Blueprint - The Sandbag Training Series

Using the Fuel Zone you identified in Steps 1 & 2, locate your personal Nutritional Blueprint to fit your caloric needs. Your blueprint has six columns across the top that represent meal times, or “fueling times”. The food groups are represented along the left hand side, and the numbers located within the zone are the recommended number of servings from each food group at each fueling time.

1400 - 1600	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	2	1	1 to 2	1	1 to 2	
Proteins	1		1		1	1
Fruits	0 to 1	1	1	1	1	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	0 to 1
Calorie Range	350 - 400	175-200	280 - 320	175 - 200	280 - 320	140 - 160
*Meal Replacement Shake or Bar		1		1+ fruit		1

2200 - 2400	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	2 to 3	2	2 to 3	1
Proteins	1 to 2	1	1	1	1	1
Fruits	2	1	2	1	2	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	1
Calorie Range	550 - 600	275 - 300	440 - 480	275 - 300	400 - 440	200 - 220
*Meal Replacement Shake or Bar		1+ fruit		1+2 fruit		1+ fruit

1600 - 1800	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	2	1 to 2	2	1 to 2	2	
Proteins	1		1		1	1
Fruits	1	1	1	1	1	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	1
Calorie Range	400 - 450	200 - 225	320 - 360	200 - 225	320 - 360	160 - 180
*Meal Replacement Shake or Bar		1		1+ fruit		1

2400 - 2600	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	3	2	3	1
Proteins	2	1	1	1	1	1
Fruits	2	1	2	1	1 to 2	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1 to 2	1	1 to 2	1	1
Calorie Range	600 - 650	300 - 325	480 - 520	300 - 325	480 - 520	240 - 260
*Meal Replacement Shake or Bar		1+ fruit +1 fat		1+2 fruit +1 fat		1+ fruit +1 fat

1800 - 2000	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	2 to 3	1 to 2	2	1 to 2	2	
Proteins	1	0 to 1	1	0 to 1	1	1
Fruits	1 to 2	1	1 to 2	1	1	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	1
Calorie Range	450 - 500	225 - 250	360 - 400	225 - 250	360 - 400	180 - 200
*Meal Replacement Shake or Bar		1+ fruit		1+ 2 fruit		1

2600 - 2800	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	3	2	3	1
Proteins	2	1	1	1	1 to 2	1
Fruits	2	1	2	1	2	1 to 2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1 to 2	1 to 2	1 to 2	1 to 2	1	1
Calorie Range	650 - 700	325 - 350	520 - 560	325 - 350	520 - 560	260 - 280
*Meal Replacement Shake or Bar		1+ fruit +1 fat		1+2 fruit +1 fat		1+ fruit +1 fat

2000 - 2200	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	2	2	2	0 to 1
Proteins	1	0 to 1	1	0 to 1	1	1
Fruits	2	1	2	1	2	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	1
Calorie Range	500 - 550	250 - 275	400 - 440	250 - 275	400 - 440	200 - 220
*Meal Replacement Shake or Bar		1+ fruit		1+ 2 fruit		1+ fruit

2800 - 3000	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	3	2	3	1
Proteins	2	1	1	1	2	1
Fruits	2 to 3	1	2	1	1 to 2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2	1 to 2	2	1 to 2	1	1
Calorie Range	700 - 750	350 - 375	560 - 600	350 - 375	560 - 600	280 - 300
*Meal Replacement Shake or Bar		1+ fruit +1 fat		1+2 fruit +1 fat		1+ fruit +1 fat

3000 - 3200	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	3	2	3	1 to 2
Proteins	2	1	1 to 2	1	2	1
Fruits	3	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2	1 to 2	2	1 to 2	1 to 2	1
Calorie Range	750 - 800	375 - 400	600 - 640	375 - 400	600 - 640	300 - 320
*Meal Replacement Shake or Bar		1+ fruit +1 fat		1+2 fruit +1 fat		1+ fruit +1 fat

3200 - 3400	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3 to 4	2	3	2	3	2
Proteins	2	1	2	1	2	1
Fruits	3	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2	1 to 2	2	1 to 2	2	1
Calorie Range	800 - 850	400 - 425	640 - 680	400 - 425	640 - 680	320 - 340
*Meal Replacement Shake or Bar		1+2 fruit +1 fat		1+2 fruit +1 fat		1+2 fruit +1 fat

3400 - 3600	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	2 to 3	3	2 to 3	3 to 4	2
Proteins	2	1	2	1	2	1
Fruits	3 to 4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2	1 to 2	2 to 3	1 to 2	2	1 to 2
Calorie Range	850 - 900	425 - 450	680 - 720	425 - 450	680 - 720	340 - 360
*Meal Replacement Shake or Bar		1+2 fruit +1 fat		1+2 fruit +2 fat		1+2 fruit +1 fat

3600 - 3800	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	2 to 3	3 to 4	2 to 3	4	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2 to 3	1 to 2	3	1 to 2	2	1
Calorie Range	900 - 950	450 - 475	720 - 760	450 - 475	720 - 760	360 - 380
*Meal Replacement Shake or Bar		1+2 fruit +1 fat		1+2 fruit +2 fat		1+2 fruit +1 fat

COACH TIP:

Remember, the biggest barriers to great nutrition are poor planning and poor implementation. Stay organized and do what you can to create an environment for success. To get you started, make a copy of your Nutrition Blueprint and put it somewhere you'll have easy access to when making fueling decisions, like in your wallet or on your fridge.

3800 - 4000	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	3	4	3	4 to 5	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	3	1 to 2	3	1 to 2	2	1 to 2
Calorie Range	950 - 1000	475 - 500	760 - 800	475 - 500	760 - 800	380 - 400
*Meal Replacement Shake or Bar		1+2 fruit +1 fat		1+2 fruit +2 fat		1+2 fruit +1 fat

4000 - 4200	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	3	4	3	4 to 5	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	3	2	3	2	2	1 to 2
Calorie Range	1000 - 1050	500 - 525	800 - 840	500 - 525	800 - 840	400 - 420
*Meal Replacement Shake or Bar		1+2 fruit +2 fat		1+2 fruit +2 fat		1+2 fruit +2 fat

4200 - 4400	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	3	4	3	5	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	3	2 to 3	3	2 to 3	2	1 to 2
Calorie Range	1050 - 1100	525 - 550	840 - 880	525 - 550	840 - 880	420 - 440
*Meal Replacement Shake or Bar		1+2 fruit +2 fat		1+2 fruit +2 fat		1+2 fruit +2 fat

4400 - 4600	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	3	4 to 5	3	5	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	3	2 to 3	3	2 to 3	2	1 to 2
Calorie Range	1100 - 1150	550 - 575	880 - 920	550 - 575	880 - 920	440 - 460
*Meal Replacement Shake or Bar		1+ 2 fruit +2 fat		1+2 fruit +2 fat		1+2 fruit +2 fat

*When choosing meal replacements:

1. Make sure it fits within your calorie recommendations
2. Should have at least 3g of fiber
3. Should have 10 - 30g of protein for women
4. Should have 15 - 42g of protein for men

MEAL BUILDER

STEP
4

Build Your Meals & Snacks

Using your Nutritional Blueprint, follow the directions below to start filling your day with meals and snacks designed to help you with your goals.

Map Your Blueprint

The food list below has foods from each of the categories found in your Nutrition Blueprint.

Size Up Your Servings

The number to the left of each food item equals one serving (eg, 1 slice of whole wheat bread = 1 grain serving).

Mix It Up

Each serving may be used interchangeably. For example, if you tire of whole wheat toast at breakfast you can replace it with any of the foods listed in the grain column. If you have more than one serving suggested, you can double up on the same food (eg, 2 slices of whole wheat toast) or mix and match (eg, 1 slice of whole wheat toast and 3/4c Multi grain Cheerios). You are limited only by your creativity!

You are now prepared to build customized meals and snacks to help you meet your goals. These meals and snacks will provide you with sustainable fuel throughout the day as well as the energy you need for your workouts. Remember, to maximize your energy and reach your body composition goals, think about both quality and quantity of your food choices.

GRAINS/STARCHES:

Pasta/Rice

- 1/3c Brown Rice (cooked)
- 1/3c Whole Wheat Cous Cous (cooked)
- 1/2c Whole Wheat Pasta (cooked)
- 1/4c Risotto, Quinoa (cooked)

Breads/Tortillas/Rolls

- 1slice Bread (100% Whole Wheat)
- 1/2 Pita Bread (6" diameter each)
- 1/4 Whole Wheat Bagel
- 1/2 English Muffin
- 1/2 Whole Wheat Hamburger/Hot dog Bun
- 1/2 Sub Bread (6" each)
- 1 Whole Wheat Tortilla
- 2 Corn Tortillas
- 1sm. Whole Wheat Roll (1oz each)

Cold Cereals

- 1/2c All Bran Cereal
- 3/4c Cheerios Cereal
- 3/4c Cheerios MultiGrain Cereal
- 1/2c Cracklin Oat Bran Cereal
- 1/2c Frosted Mini Wheats Cereal
- 1/2c Grape Nuts Cereal
- 1/2c Kashi Go Lean Cereal
- 1/2c Kashi Go Lean Crunch Cereal
- 1/2c Kashi Go Lean Honey
- 1/2c Almond Flax
- 1/2c Muesli Cereal
- 1/2c Raisin Bran Cereal
- 3/4c Smart Start Cereal
- 3/4c Special K Cereal
- 1/2c Whole Wheat Total Cereal

Hot Cereals

- 1/2c Cream of Wheat (cooked)
- 1 Instant Grits
- 1/2 Packet Kashi Instant Oatmeal
- 1/2 Packet Quaker Instant Oatmeal
- 1/2c Slow Cooked Oatmeal

Veggies, Beans, Potatoes

- 1/2c Soy Beans (cooked)
- 1/2c Split Peas (cooked)
- 1c Squash (winter, acorn, butternut)
- 1/2c Peas (cooked)
- 1/2sm Baked Potato
- 1/2c Beans: Black, Kidney, Pinto, Lima, Lentils (cooked/canned)
- 1/2c Corn (cooked)
- 1 Ear of corn
- 1/2c Sweet Potato (cooked)
- 1/2c Yam (cooked)
- 1/2c Mashed Potatoes

Snacks/Crackers/Granola Bars

- 1 Kashi Granola Bar
- 2 Graham Crackers
- 5 Whole Wheat Crackers (baked)
- 4 Whole Wheat Melba Toast
- 1 Nature Valley Granola Bar
- 8 Animal Crackers
- 3c Light Popcorn (popped)

- 3/4c Pretzels
- 2 Rice Cakes (4" diameter each)
- 4 Reduced Fat Triscuits
- 1 Whole Grain Fig Newton

PROTEINS / DAIRY:

Fish/Seafood

- 3oz Fish
- 3oz Cod
- 3oz Flounder
- 3oz Haddock
- 3oz Halibut
- 3oz Salmon
- 3oz Shrimp
- 3oz Trout
- 3oz Tuna

Poultry

- 3oz Chicken (lunch meat)
- 3oz Chicken breast
- 3oz Ground turkey (cooked)
- 3oz Turkey (lunch meat)
- 3oz Turkey breast
- 3oz Beef/Pork
- 3oz Beef (96% lean ground chuck)
- 1.5oz Beef jerky
- 3oz Beef tenderloin
- 3oz London broil
- 3oz Pork (grilled)
- 3oz Roast beef (lunch meat)

Dairy

- 8oz 1% or non-fat regular milk or chocolate milk
- 1/2c Non-fat or low fat cottage cheese
- 1/2c Non-fat frozen yogurt
- 1c Non-fat or low fat greek yogurt
- 8oz Reduced-fat soy milk
- 1 2% String cheese

Eggs

- 1/4c Egg Substitute
- 4 Egg Whites
- 2 Eggs
- 2 Omega-3 Eggs

Legumes

- 1/2c Beans: Black, Kidney, Pinto, Lima, Lentils (cooked/canned)
- 8oz Calcium-fortified light soy milk
- 2T Hummus
- 1/2c Soy beans (cooked)
- 1/2c Split peas
- 1T Almond butter
- 1T Peanut butter (natural)
- 10-15 Raw nuts

MEAL REPLACEMENTS/PROTEIN POWDERS:

- 1-2 scoop Whey Protein*
- 1 Bar
- 1 Shake

*Make sure to choose protein powders that are certified safe and reliable. Check out www.nfsport.com for a complete list.

Meal replacement considerations:

- Make sure it fits within your calorie recommendations
- Should have at least 3g of fiber
- Double check the protein level
 - Women need **10-30g**
 - Men need **15-42g**

VEGETABLES:

Green

- 1c Arugula
- 1/2c Asparagus (cooked)
- 1c Asparagus (raw)
- 1/2c Broccoli (cooked)
- 1c Broccoli (raw)
- 1c Brussel sprouts
- 1/2c Celery (cooked)
- 1c Celery (raw)
- 1c Collards (cooked)
- 1c Cucumber (raw)
- 1/2c Green beans (cooked)
- 1c Green beans (raw)
- 1c Green veggie salad
- 1c Kale (raw)
- 1c Lettuce (all)
- 1c Spinach (raw)

White

- 1/2c Cabbage (cooked)
- 1c Cabbage (raw)
- 1/2c Cauliflower (cooked)
- 1c Cauliflower (raw)
- 1/2c Onions (cooked)
- 1c Onions (raw)
- 1/2c Water chestnuts (cooked)
- 1c Water chestnuts (raw)

Red

- 1/2c Tomato, beets
- 1/2c Salsa, tomato sauce

Orange

- 1/2c Carrots (cooked)
- 1c Carrots (raw)

Mixed Colors

- 1/2c Peppers (cooked)
- 1c Peppers (raw)
- 1/2c Stir fry vegetables (cooked)
- 1c Stir fry vegetables (raw/frozen)
- 6oz Vegetable juice
- 1/2c Zucchini (cooked)
- 1c Zucchini (raw)

FRUITS:

Red

- 1sm. Apple
- 1/2c Applesauce (unsweetened)
- 12 Cherries
- 1c Raspberries
- 1 1/4c Strawberries (whole)
- 1/4c Watermelon (cubed)
- 1/2m. Grapefruit

Orange

- 1c Cantaloupe (cubed)
- 1m. Orange, nectarine or peach
- 1lg. Tangerine

Yellow

- 1/2lg. Banana(s)
- 3/4c Pineapple chunks (in own juice)

Blue/Purple

- 1c Blackberries or boysenberries
- 3/4c Blueberries
- 14 Grapes
- 2sm. Plums
- 3 Prunes (dried plums)
- 2T Raisins

Green

- 1c Honeydew melon (cubed)
- 1sm. Kiwi fruit
- 1sm. Pear

Mixed Colors

- 2T Dried fruit
- 1/2c Fresh fruit salad
- 1/2c Fruit cocktail (own juice)
- 6oz Fruit juice (100% juice)
- 1c Mixed berries (fresh/frozen)

FATS (CHOOSE OFTEN):

- 1T Nut butters: Almond, peanut, etc...
- 10-15 Nuts: Almonds, walnuts, pecans
- 1/4 Avocado
- 12lg. Black or green olives
- 1.5T Plant oils: olive, canola, flax
- 2T Flax seeds
- 2T Hummus
- 2T Seeds: Pumpkin, sesame, sunflower
- 3T Guacamole
- 2t Smart Balance, Benecol

FATS (CHOOSE LESS OFTEN):

- 2t Butter (stick)
- 1oz Cheese
- 1slice Cheese
- 2T Cream cheese
- 4T Half & Half
- 2t Mayonnaise
- 3T Reduced-fat cream cheese
- 4T Reduced-fat sour cream
- 2T Sour cream
- 1 2% String cheese
- 2 Turkey bacon slice
- 1 Turkey sausage link
- 1T Commercial salad dressings

1t = 1 Teaspoon
1T = 1 Tablespoon
1c = 1 Cup
1oz = 1 Ounce

sm. = Small
med. = Medium
lg. = Large