






THE BACKPACK



Exercise	Sets / Reps	Comments	Example
Plank with Bag Drag	4x12 (6 each side)	Maintain plank position, feet can be wide, keep back flat, alternate dragging bag with R arm to opposite side, alternate with L arm to opposite side	 <p>START FINISH</p> <p>bit.ly/34DY1bF</p>
Squat->Press	4x10	Hold bag in front, squat and press bag overhead as you stand	
Row	4x10	Maintain flat back Pull bag towards chest squeezing shoulder blades together, slowly lower	
Weighted hip bridge	4x10	Hold backpack across hips to add weight Advanced - Upper body/shoulders on couch Easier - lay on floor and bridge	
Weighted squat jump	4x6	Explosive and fast, land soft Hold bag tight!	

INSTRUCTIONS

Use backpack/duffle bag for all exercises (unless you have weights), add items to adjust the weight as needed.

Complete each exercise in order, with no/minimal rest until all exercises are completed for 1 round. Rest a bit if needed (1-2 minutes) prior to the start of the next round.

1 round for younger teams and increase to a maximum of 4 rounds for high school teams.