

# Total body workout

with a backpack

Put 10-15 lbs worth of stuff in pack!

## Strength Circuit: 3 Rounds

12 Sumo Squats (pack on back)

12 Lateral Lunges (pack on back)

12 Plank Drags (high plank, pack on floor)

12 Shoulder Presses (push pack overhead)

12 Good Mornings (pack in front)

12 Single Arm Bent Over Rows

Cardio/Abs - 10 minutes AMRAP

10 Burpees

10 Bicycle crunches

10 Mountain climbers

10 Tuck Jumps

## STRETCH

