



CROSS SPORTS

50 WORKOUTS COM A SANDBAG DA CROSS SPORTS

Treinos desenvolvidos pela atleta e
head coach Daniela Watanabe





CROSS SPORTS

- #1
Every 90 seconds for 10 rounds:
5 sandbag cleans
10 sandbag push press
15 sandbag squats, bear hug
- #2
5 rounds for time:
20 sandbag squats, bear hug
60 second sandbag wall sit, bear hug
*rest 2:00 between rounds
- #3
10 rounds for time:
6 sandbag cleans
6 burpee over sandbag
- #4
8 rounds for time:
10 touch-and-go sandbag cleans
10 alternating sandbag lunges, bear hug
10 sandbag push press
- #5
3 rounds for time:
100 jumping jacks
20 touch-and-go sandbag cleans
- #6
For time:
50 sandbag thrusters
- #7
Complete unbroken with the heaviest bag possible:
2 touch-and-go sandbag cleans
1 push press
2 squats, right shoulder
1 push press
2 squats, left shoulder
1 push press
2 touch-and-go sandbag cleans
- #8
4 rounds for time:
12 burpees over sandbag
12 sandbag cleans
12 push presses
- #9
6 rounds for time:
60 second sandbag hold, bear hug
10 burpees over sandbag
- #10
For time:
50m sandbag carry, bear hug
100 jumping jacks
50 lateral jump over sandbag
100 jumping jacks
50m sandbag carry, bear hug

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- #11
Every minute until failure:
1 burpee
1 sandbag clean
*add an additional rep to each movement
each minute until you can no longer
complete the required amount of reps
within the minute.
- #12
For time:
30-20-10
Sandbag deadlifts
Burpees over sandbag
- #13
6 rounds for time:
15 push ups
20 sandbag back squats
- #14
3 rounds for time:
1minute static run high knee
10 sandbag burpee deadlifts
20 sandbag squats, bear hug
- #15
For time:
400m sandbag run
*rest 4 minutes
800m sandbag run
*rest 4 minutes
400m sandbag run
- #16
Every 2 minutes for 12minutes:
8 sandbag cleans
8 sandbag squats
16 jumping jacks
- #17
For time:
10-9-8-7-6-5-4-3-2-1
Sandbag clean
Burpee
- #18
For time:
40 sandbag deadlifts
30 burpee over sandbag
20 sandbag push press
10 sandbag cleans
- #19
For time:
21-15-9
Sandbag thrusters
Push ups
- #20
5 rounds for time:
12 sandbag deadlifts
9 sandbag cleans
6 sandbag shoulder-to-overhead
- #21
Every 2 minutes for 10 rounds:
5 strict push ups
5 sandbag squats, bear hug
15 push ups
5 sandbag squats, bear hug
- #22
3 rounds for time:
90 jumping jacks
60 push ups
30 alternating sandbag lunges, bear hug
- #23
For time:
10-9-8-7-6-5-4-3-2-1
Sandbag squats, bear hug
Burpees
*Rest 1:1
10-9-8-7-6-5-4-3-2-1
Sandbag push press
Burpees
*Rest 1:1
10-9-8-7-6-5-4-3-2-1
Sandbag lunges, on shoulder
Burpees
- #24
AMRAP 12:
6 sandbag cleans
12 burpees over sandbag
- #25
3 rounds for time:
15 sandbag thrusters
20 push ups
15 sandbag push press
20 air squats



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#26
3 rounds for time:
15 burpees
20 sandbag squats
15 push ups
20 alternating sandbag lunges, bear hug

#27
For time:
200 jumping jacks
40 sandbag thrusters
40 lateral jump over sandbag
200 jumping jacks

#28
AMRAP 18 minutes:
10 sandbag squat, bear hug
20 sit ups
10 sandbag deadlifts

#29
AMRAP 10 minutes:
Ascending reps of -
1 burpee over sandbag
1 sandbag clean
1 sandbag squat, shoulder
*each round add a rep

#30
EMOM 20:
Odd - 10 sandbag push presses
Even - 10 sandbag reverse lunges

#31
For time:
10-9-8-7-6-5-4-3-2-1
Sandbag squats, bear hug
Sandbag deadlifts
Burpees over sandbag

#32
For time:
1500m run
100 sandbag push press
50 push ups

#33
For time:
100 sandbag squat, bear hug
100 sandbag squat, shoulder
50 sandbag squat, overhead

#34
EMOM until failure:
2 sandbag cleans
5 burpees
*add 1 sandbag clean each minute

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#35
For time:
100 jumping jacks
10 sandbag cleans
80 jumping jacks
8 sandbag cleans
60 jumping jacks
6 sandbag cleans
40 jumping jacks
4 sandbag cleans
20 jumping jacks
2 sandbag cleans

#36
4 rounds for time:
800m run
40 push ups
20 sandbag thrusters

#37
In 15 minutes:
Accumulate as much time as possible
holding a sandbag wall sit
*Every time you drop complete a 200m run

#38
For time:
40 sandbag push press
40 sandbag squats, shoulder
20 sandbag push press
20 sandbag squats, shoulder

#39
3 rounds for time:
10 sandbag cleans
15 sandbag squats, bear hug
20 sandbag deadlifts

#40
For time:
1600m sandbag carry, any way
*every time you drop the bag, complete 10
push ups and 10 lunges

#41
EMOM 10:
1 Complex of -
1 sandbag deadlift
1 sandbag clean,
1 sandbag squat, shoulder
1 sandbag push press

#42
Every 2 minutes for 10 rounds:
10 sandbag clean & jerks
10 burpees over sandbag
5 sandbag clean & jerks
5 burpees over sandbag

#43
Every 4 minutes for 5 rounds:
60 second sandbag wall sit, bear hug
20 sit ups
15 push ups

#44
For time:
50 sandbag clean & jerk

#45
5 rounds for time:
60 second wall sit
15 sandbag squats, bear hug

#46
For time:
10-9-8-7-6-5-4-3-2-1
Sandbag bench press
Sandbag squat clean, on shoulder
Sandbag deadlift

#47
3 rounds for time:
50m sandbag carry, bear hug
10 sandbag cleans

#48
For time:
40 sandbag clean & jerks
40 burpees over sandbag
20 sandbag clean & jerks
20 burpees over sandbag

#49
For time:
50 alternating sandbag lunges
40 sandbag deadlifts
30 sandbag squats, shoulder
20 sandbag push press
10 burpees over sandbag

#50
For time:
800m Run
100 sandbag squats, any way
100 sandbag deadlifts
100 sandbag push press
100 sandbag floor press
800m Run
*partition reps however you want