

The Bulgarian Bag Blitz

This is the final workout in the 2015 Exercise Challenge and it's time to get your t-shirt ordered so when you're done you get your reward.

This workout uses only the Bulgarian Bag. You complete 7 circuits with the 10 exercises and then one final exercise of the Bulgarian Bag Power Snatch for 20 reps to complete the 1000 rep challenge.

Complete this workout 2 times per week for 2 weeks. Like the other 2-day workouts you'll need at least two days between workouts. Complete at least 3 days per week of cardio conditioning.

For the most part these exercises are pretty basic once you feel comfortable with the technique. As you progress through the 4 workouts see if you can reduce your overall 1000 rep time.

1. Rotations: 10 clockwise rotations and 10 counterclockwise rotations for 20 reps.
2. Good Mornings: 10 reps. Make sure you keep your knees slightly bent while doing this one. A slow to moderate pace is fine.
3. Power Snatch: 10 reps. Let the momentum of the bag do most of the work. Watch the video for technique tips.
4. Russian Twists: 20 reps. 10 per side. Sit on the floor with your knees bent. Good core and oblique exercise.
5. Squats: 10 reps. Keep your good squat technique especially as you get tired.
6. Military Press: 10 reps. Using the straps let the bag drag up and down your back.
7. High Pulls: 10 reps. Using the straps and keeping your technique clean raise the bag as high as you can without leaning backwards.
8. Push Ups: 10 reps. Place hands on bag and touch the bag with your chest for full range of motion.
9. Shoulder Throws: 10 reps per side. This will take some learning to get the timing down for the catching on your shoulder and then popping it to the other side.
10. Bent Over Row: 20 reps. Bend over with your knees slightly bent, grasp the handles with your palms facing forward and then complete the 20 reps.

Rest only when you need to going through this routine, as your endurance and hand grip strength gets better you'll be taking less time through the 7 circuits. Have fun with this one and always have good technique.