**Backpack Business!**

3 min · Triceps, Abs, Chest, Legs

This one is nice and simple for ya! Load a backpack full of books, water bottles, or unsent love letters and perform as many rounds as possible of the following circuit in 12 minutes! Rest only when necessary. You've got this!

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Russian Twists</strong></td>
<td><strong>12</strong></td>
<td>12 twists per side. Keep your form on point!</td>
</tr>
<tr>
<td><strong>Sandbag Lunges</strong></td>
<td><strong>12</strong></td>
<td>Hold that bag steady and alternate your legs!</td>
</tr>
<tr>
<td><strong>Push Up Rotations</strong></td>
<td><strong>10</strong></td>
<td>5 per side, if these are a little too difficult, perform them from your knees!</td>
</tr>
<tr>
<td><strong>Sandbag Squats</strong></td>
<td><strong>8</strong></td>
<td>Aim for 5 seconds per rep here. Slow, steady, and controlled. Sit back into each squat and keep that torso upright!</td>
</tr>
</tbody>
</table>
**Russian / Mason / V-Sit Twists**

Primary muscle group(s):  
Abs

Secondary:  
Lower Back

Lie on an exercise mat and place your feet under something that will not move or ask a spotter hold them down for you. Keep your knees bent.

Raise your upper body from the mat to form V-shape with your thighs.

Keep your arms fully extended in front of your chest, clasping your hands together. This is the start position.

In a smooth motion, twist your upper body to the right until you feel a stretch in your back and sides. Keep your arms parallel to the floor and exhale as you do this. Hold for a count of one and inhale.

Return to the start position while breathing out.

Repeat the movement, this time to the left side of your body.

Repeat.

⚠️ As your strength increases, you can hold a weight plate or medicine ball in front of you to increase resistance and engage other muscle groups.

---

**Powerbag / Sandbag Lunges**

Primary muscle group(s):  
Glutes & Hip Flexors, Quadriceps

Secondary:  
Calves, Hamstrings

Hold the powerbag/sandbag against your chest with your arms curled around it from the under side.

Take one step forward (around 1.5 times a normal forward step).

Lower your body into the lunge until the forward leg reaches a 90-degree angle bend. Your back knee should only just hover from the floor.

Push upwards through the front leg and drive your body back to the starting position.
Spin / Push Up Rotations

Primary muscle group(s):
Chest, Triceps
Secondary:
Abs, Obliques

Begin in a lowered push-up position with your hands slightly wider than shoulder width apart, and your feet toe down and legs fully extended.

Push your body up as you would during a normal push up only as you near the top of the repetition, twist your body to the right away from the floor.

Take your right hand off the floor and extend it upwards and outwards so that the finishing position is your left arm grounded and fully extended and your right arm pointing directly upwards.

Rotate your body back, ground your right hand and lower your body back down to the starting position.

Repeat the same movement for the left side.

Powerbag / Sandbag Squats

Primary muscle group(s):
Glutes & Hip Flexors, Quadriceps
Secondary:
Calves, Hamstrings

Stand with your feet slightly wider than shoulder width apart and hold the powerbag/sandbag on your shoulders in a fireman's-carry style.

Bend your legs and lower your body towards the ground. Be sure not to let your knees pass over your toe line.

Keep your back nice and straight, and your chin up as you lower your body down to a full squat.

Drive upwards through your feet using your glutes to the starting position.

⚠️ Do not lock your knees at the top of the extension!