



## **CPS Bulgarian Training Bag Total Body Work Out:**

### **Upper Body:**

- 1) Swings over head (right and left sides)
- 2) Power Snatch
- 3) Push Ups (Hands on bag at side handles)
- 4) Front Raise (Using side handles)
- 5) Up-right rows (Using main handles)
- 6) Rotations over head (both left and right directions)
- 7) Shoulder presses

**VIDEOS  
COMING  
SOON!!!**

This is done in circuit style performing exercises 1-7 then rest. I would perform 3-5 sets per series. The work time for each exercise is 30 - 60 sec. or 15-20 repetitions. The rest time between each set is 1 to 2 min.

### **Lower Body continuation:**

- 8) Back Squats (Use heavier bag for this one)
- 9) Squats jump on platform (Superset with #8)
- 10) Side to side lunges
- 11) Regular lunges on low platform
- 12) Triceps Extension (Using main handle)
- 13) Hammer curls (Using main handle)
- 14) Push ups on the bag

The work time for each exercise is 30 - 60 sec. or 15-20 repetitions. The rest time between each set is 1 to 2 min.

### **Abs/Mobility**

- 15) Get Up Sit Up, holding bag overhead
- 16) High knees, in place for 30 seconds
- 17) Side to side oblique twist, holding bag at waist height
- 18) Jumps over the bag (Place bag on the ground. Standing upright, jump over bag continuously for 30 secs)

This is a great workout! Normally should take you about 35-45 minutes depending on how much rest you take.

