

SportRec@Home

Backpack Workout



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Warm Up

Begin with 5 - 10 minutes of light activity. You can either [follow along with our warm up video](#), or go outside for a walk/jog, and or perform your own routine.



Active Dynamic Stretching

It is always a good idea to limber up before exercise. If using our warm up video, we have this covered. Otherwise perform a series of gentle leg and arm swings.

1. Reverse Lunge



Starting from standing step one leg back, drop your knee to the ground without touching, and return to a stand. Alternate legs.

2. Bent Over Row



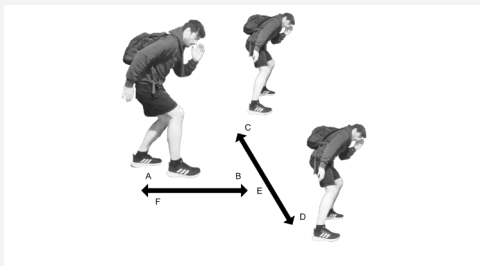
Lean forward as far as comfortable ensuring you maintain a slight arch in your low back. Holding onto your weight lift to the chest.

3. Front Press



Standing tall with a slight bend in your knees and a neutral spine. Grab hold of your weight and press it over head.

4. Agility T's



This is about acceleration/de-acceleration and changing directions. Sprint the lines of a "T". Do not worry if you have a small space. A few paces in each direction is fine.

5. Deadlift



Holding onto a weight with straight arms. Lean forward keeping your spine neutral. Don't allow your knees to bend to much. Return to stand.

6. Oblique Twist



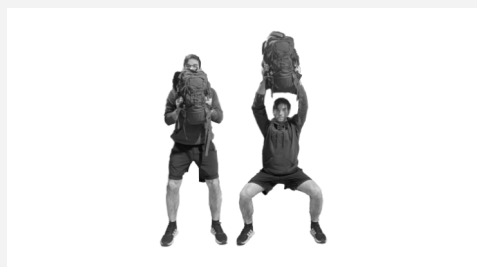
Sitting on the ground, place your weight in both hands and tap it from side to side while slightly leaning back.

7. Plank Pull Through

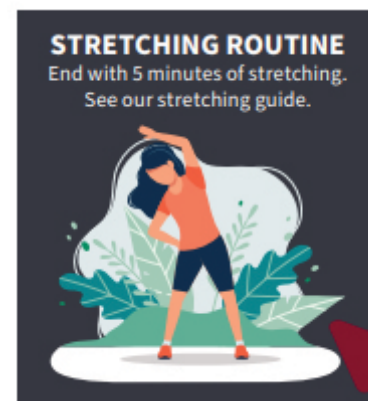


In a plank position (either from your knees or toes). Place your weight on the ground and move it from one side of youy body to the other.

8. Squat Jack



Hold onto your weight at chest level. Perform a jump jack with a minor squat, lift the weight over head. Rebound to the start.



All exercises are performed for 1 minute. Repeat this routine 2 - 3 times with 1 minute rest after #8.