



PROJECT: GET IT DONE TOGETHER

Full body backpack resistance training

To improve muscular strength, it is beneficial to add resistance (weight) to your workouts. Fill a backpack with 1-4 books (depending on weight desired, recommended 5-10lbs), add a sweatshirt or towel to bag to help fill out. Perform 8-10 reps of each exercise 2-3 x through. This workout can also be done with light dumbbells.

BACK ROW: Hold both backpack straps in both hands at your thighs, your arms extended, so the pack is parallel to the ground. Stand with your feet hip-distance apart, knees slightly bent. Press your hips backward and hinge forward in a deadlift, keeping your back straight and your core engaged, so your glutes and hamstrings control the movement. When your back is roughly parallel to the ground, bend your elbows and row the pack up to your torso, squeezing your shoulder blades together.

SQUAT TO PRESS: Press your hips backward and squat down as far as you can, keeping your weight in your heels, your knees aligned with your toes. When your thighs are at or below parallel to the floor, press through your heels to return to standing. As you stand, press your arms straight up over your head, lifting your pack upward. Lower the pack back to the starting position.

BICEP CURL: Curl your palms up to your shoulders, lifting your backpack (keep your upper arms close to your sides). Reverse the movement, lowering the backpack down

LUNGES: Hug pack of backpack into chest. alternate stepping each leg back lowering knee to a 90-degree angle then return to standing

SIDE BENDS: Hold top handle of back in backpack in both hands in front of body, lift elbows up to ribs and lower back down

CHEST PRESS: Lay on back hold sides of backpack and lift up over your chest, lower backpack back down just above chest and repeat