

Sandbag

V.2

Click Calander Day to Open Video

Mon	Tue	Wed	Thur	Fri
Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15

[Click Here for V1](#)

[Click Here for Bonus Content](#)



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V.1

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V.2 Bonus Content

**Bodyweight
Day 1**

**Dumbbells
Outdoor**

**Battle Ropes
Day 1**

**TRX Begin
Day 1**

**Dumbbells
Day 1**

**Slamball
Day 1**

**Deck + Dumbbells
Day 1**

**Dumbbells + Bench
Day 1**

