

## The Backpack Workout

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# The Backpack Full Body Workout



## Being Strong Is Never a Weakness!

**Perform this workout 2 to 3 times per week. Perform the workout for the first 4 weeks and then apply the FITT Formula to provide overload by adding additional repetitions, additional sets, doing the workout in a shorter period of time or adding extra workouts.**

**FITT Formula** - (<https://www.youtube.com/watch?v=yAFb0vxopmc&feature=youtu.be>)

**Overload** - (<https://www.youtube.com/watch?v=ZJGut7gQ5jQ>)











**Equipment** - You will need a backpack. Load the backpack up with books, cans etc. anything that will add weight. You can adjust weight as need depending on the exercise. Any of the exercises can be performed with just body weight too, so start out slowly.


**Here is how the workout goes.** Exercises are paired with a lower body movement and an upper body movement together. Perform the two exercises back to back and then rest about a minute before moving on to the next set. Once you have performed the predetermined number of sets go to the next two exercises.

**Warm-up** - always perform a dynamic warm-up before starting the workout.  
[https://www.youtube.com/watch?v=ASQ6o\\_fclAo](https://www.youtube.com/watch?v=ASQ6o_fclAo)

## Workout Time!

## Perform 3 rounds of each exercise consecutively for weeks 1 and 2. For weeks 3 and 4 perform 4 rounds.

	Exercise	Week 1	Week 2	Week 3	Week 4	
1A	<b>Squat</b>	<b>10</b>	<b>12</b>	<b>10</b>	<b>12</b>	<a href="#">Backpack Squat</a> 
1B	<b>Push-up</b>	<b>6</b>	<b>8</b>	<b>7</b>	<b>8</b>	<a href="#">Backpack Push-up</a> 
2A	<b>Split squat</b>	<b>10 ea. leg</b>	<b>12 ea. leg</b>	<b>10 ea. leg</b>	<b>12 ea. leg</b>	<a href="#">Backpack Bulgarian Split Squat</a> 
2B	<b>Curl To Overhead Press</b>	<b>10</b>	<b>12</b>	<b>10</b>	<b>12</b>	<a href="#">Backpack Curl to Overhead Press</a> 
3A	<b>Romanian Deadlift</b>	<b>10</b>	<b>12</b>	<b>10</b>	<b>12</b>	<a href="#">Backpack Romanian Deadlift</a> 
3B	<b>Backpack Row</b>	<b>10</b>	<b>12</b>	<b>10</b>	<b>12</b>	<a href="#">Backpack Row</a> 
4A	<b>Glute Bridge</b>	<b>10</b>	<b>12</b>	<b>10</b>	<b>12</b>	<a href="#">Backpack Glute Bridge</a> 
4B	<b>Dips</b>	<b>10</b>	<b>12</b>	<b>10</b>	<b>12</b>	<a href="#">Backpack Dips</a> 
5A	<b>Wall Sit</b>	<b>30 Sec</b>	<b>40 Sec</b>	<b>35 Sec</b>	<b>40 Sec</b>	<a href="#">Backpack Wall Sit</a> 
5B	<b>Plank-up</b>	<b>10</b>	<b>12</b>	<b>10</b>	<b>12</b>	<a href="#">Backpack Plank-ups</a> 
6A	<b>Toe Raises</b>	<b>25</b>	<b>35</b>	<b>30</b>	<b>35</b>	<a href="#">Backpack Toe Raises</a>

						
<b>6B</b>	<b>Plank Shoulder Taps</b>	<b>10</b>	<b>12</b>	<b>10</b>	<b>12</b>	<a href="#">Backpack Shoulder Touches</a> 