

SANDBAG FOUNDATION

BY CODY JANKO

PHASE ONE

Workout A

1. Sandbag Bear Hug Carry (Max Distance in 20 Minutes)
2. Sandbag Box Squat (Max Reps in 10 Minutes)
3. Horizontal Push-Up (Max Reps in 5 Minutes)
4. Vertical Push-Up (Max Reps in 5 Minutes)

Workout B

1. Sandbag Shoulder Carry (Max Distance in 20 Minutes)
2. Sandbag Box Squat (Max Reps in 10 Minutes)
3. Horizontal Push-Up (Max Reps in 5 Minutes)
4. Vertical Push-Up (Max Reps in 5 Minutes)

Structure

Week One

- Monday: Workout A
- Wednesday: Workout B
- Friday: Workout A

Week Two

- Monday: Workout B
- Wednesday: Workout A
- Friday: Workout B

Sandbag Progression

- Start with a sandbag weighing 75–100 lbs (~35–45 kg)
- Work up to 100 box squats in 10 minutes
- Add 10 lbs (~5 kg) to your sandbag and work back up to 100 reps in 10 minutes

Calisthenics Progression

- Choose your horizontal and vertical push-up variations based on your current strength level (start with exercise variations you could complete for 10–20 reps in a single set to failure)
- Work up to 100 reps in 5 minutes with your chosen variation
- Move to a more challenging variation and work up to 100 again

Phase One Long-Term Progression

- Work up to 100 box squats in 10 minutes with a 125 lb (~55 kg) sandbag
- Move to Phase Two of the program

PHASE TWO

Sandbag Workout A

1. Sandbag Lean (3 Sets of 3 Five-Second Reps)
 - 60–90 Seconds Rest Between Sets
 - Band Curls During Rest
2. Sandbag Shoulder Carry (Max Distance in 10 Minutes)
3. Sandbag Box Squat (Max Reps in 10 Minutes)
4. Neck Curls + Neck Extensions (3 Sets of 25 Reps Each)

Calisthenics Workout A

1. Calisthenics Circuit A
 - Overhand Row, Diamond Push-Up, Ab Wheel Rollout, Decline Push-Up
 - 3–2–1 Ladder
 - Max Rounds in 20–25 Minutes
2. Face Pull (Max Reps in 5 Minutes)
3. Biceps Curl + Triceps Extension (Max Reps in 10 Minutes)

Sandbag Workout B

1. Sandbag Lean (3 Sets of 3 Five-Second Reps)
 - 60–90 Seconds Rest Between Sets
 - Band Curls During Rest
2. Sandbag Row (10 Sets)
 - 45–60 Seconds Rest Between Sets
3. Sandbag Bear Hug Carry (Max Distance in 10 Minutes)
4. Neck Curls + Neck Extensions (3 Sets of 25 Reps Each)

Calisthenics Workout B

1. Calisthenics Circuit B
 - Underhand Row, Push-Up, Ab Wheel Rollout, Bent-Knee Pike Push-Up
 - 3–2–1 Ladder
 - Max Rounds in 20–25 Minutes
2. Face Pull (Max Reps in 5 Minutes)
3. Biceps Curl + Triceps Extension (Max Reps in 10 Minutes)

Structure

- Monday: Sandbag Workout A
- Tuesday: Calisthenics Workout A
- Thursday: Sandbag Workout B
- Friday: Calisthenics Workout B

Sandbag Row Progression

- Start with 10 sets of 1 rep
- Work up to 10 sets of 2 reps
- Work up to 10 sets of 3 reps
- Keep going as far as you can

Sandbag Box Squat Progression

- Work up to 100 box squats in 10 minutes
- Add 10–25 lbs (~5–10 kg) to your sandbag and work back up to 100 reps in 10 minutes

Calisthenics Circuit Progression

- Work up to 13 rounds in under 25 minutes
- Switch to a 5–3–2 ladder rep scheme
- Work up to 13 rounds in under 25 minutes again

Face Pull Progression

- Work up to 100 reps in 5 minutes
- Increase difficulty and work back up to 100 reps in 5 minutes

Biceps & Triceps Progression

- Work up to 100 reps each in 10 minutes
- Increase difficulty and work back up to 100 reps each in 10 minutes

Neck Training Progression

- Work up to 3 sets of 25 reps
- Add resistance
- Continue adding resistance while maintaining 3 sets of 25

Phase Two Long-Term Progression

- Work up to 100 box squats in 10 minutes with a 150 lb (~70 kg) sandbag
- Move to a new program

Full Program Video on YouTube

[Sandbag Foundation](#)

RESOURCES

1. Full warm-up video

- ▶ [Advanced Sandbag Warmup For Increased Strength and Power](#)

2. Consider running this alongside the Sandbag Foundation program for maximum adaptations

- ▶ [The Sandbag Arm Pump That Saves Your Elbows](#)

3. More on sandbag leans

- ▶ [Lean Back When Lifting Sandbags \(It Helps!\)](#)

4. More on pike push-ups

- ▶ [The Most Underrated Calisthenics Exercise Of All Time](#)
- ▶ [Bent-Knee Pike Push-Ups: The Best Push-up Variation You're Not Doing!](#)

5. More on neck training

- ▶ [Neck Training Works FAST! Ft. Steve Calamars](#)

6. More on calisthenics circuits

- ▶ [How to Build Muscle With Calisthenics Circuits](#)
- ▶ [Why Most Circuits Don't Work](#)
- ▶ [High Rep Bodyweight Training CHANGED Me!](#)
- ▶ [Calisthenics Circuits for Rapid Fat Loss and Muscle!](#)

7. More on bear hug carries

- ▶ [Sandbag Bear Hug Carries Change EVERYTHING!](#)
- ▶ [The Greatest Exercise Of All Time](#)

8. More on box squats

- ▶ [The Sandbag Box Squat: The Greatest Strength-Endurance Exercise Ever!](#)
- ▶ [Sandbag Box Squats: Lessons From Squatting Bodyweight for 1,000 Reps](#)
- ▶ [I Did Sandbag Box Squats for a Year: Here's What Happened](#)

9. More on density training

- ▶ [Sandbag Density Training Is Super Effective!](#)
- ▶ [Forget Sets And Reps: Build Muscle By Racing The Clock!](#)

10. If you've made it to a 150+ lb sandbag, these might be useful for shouldering your sandbag

- ▶ [Get Brutally Strong With The Heavy Sandbag To Shoulder \(An Advanced ...](#)
- ▶ [The Best Sandbag To Shoulder Lifting Technique OF ALL TIME!](#)
- ▶ [Sandbag to Shoulder: The Warlord Vs The Berserker](#)

11. More on ab wheel rollouts

- ▶ [The Ab Wheel: An Old School Secret for Six Pack Abs](#)
- ▶ [Single Arm Ab Rollouts are Super Effective!](#)
- ▶ [The Ab Wheel Is Secretly a Full Upper-Body Exercise](#)

12. Programs

- ▶ [Sandbag Hypertrophy 2.0: The Ultimate Sandbag & Calisthenics Hybrid T...](#)
- ▶ [Sandbag Intensity: The Ultimate High-Rep Sandbag & Calisthenics Traini...](#)

EQUIPMENT

[Freedom Strength Sandbags & Bands](#)

Use code STONE for a discount

[Neck Flex Head Harness](#)

Use code STONE for a discount

[Additional Bands for Neck Flex](#)

The Neck Flex already comes with a band, but if you want some extra variety, I have found that the [“23 lbs Dark Tan”](#) band is a good step up in resistance.

The [“30 lbs Orange”](#) band is about as heavy as you’d ever need to go.

[Sandbag Hypertrophy Book](#)

[Sandbag Intensity Book](#)

[Gymnastics Rings](#)

[Ab Wheel](#)

[Single Arm Ab Rollers](#)

[Plyo Box](#)

[Parallettes for Push-Ups](#)

[Lifting Chalk](#)

The stone circle