



# WRECK BAG®

ONE BODY • ONE GOAL • ONE TOOL

[WWW.WRECKBAG.COM](http://WWW.WRECKBAG.COM)



TRAINING GUIDE



Congratulations!, welcome to WRECKnation.

Your WRECK BAG is the most versatile piece of workout equipment you will ever own.

**LIFT IT. SQUAT IT. PRESS IT. LUNGE IT. SLAM IT.  
ROW IT. RUN IT. JUMP IT. CHOP IT. FLIP IT.  
RAISE IT. PUSH IT. PULL IT. THROW IT. CATCH IT.  
TAP IT. CURL IT. TWIST IT. SWING IT.  
WRECK IT.**

This guide is intended to show you the fundamentals of WRECK BAG training, including proper bag grips, holds and exercise techniques.

To get the most out of your workout and the life of your WRECK BAG, please familiarize yourself with the Do's and Don'ts on page 2. Once you have mastered the fundamentals, turn to the end of the guide for 12 different dynamic WRECK BAG workouts. And, the workouts don't stop there. Check out our online library of exercises at [WRECKBAG.com](http://WRECKBAG.com).

**ONE BODY • ONE GOAL • ONE TOOL  
WRECK BAG**

# WRECK BAG®

WRECK BAG is a revolutionary weighted bag that you can use anywhere.

Stuck indoors all weekend? No problem!

Training for an OCR? WRECK BAG wants to join you – mud and all.

The point is, you can use your WRECK BAG in a gym, box, living room, board room, dorm room, the beach, the rain, the snow. Whether it's a little bit of sweat or mud from boot camp, WRECK BAG will stand up to your hardest workout.

It cleans easily, just hose it down and let it dry. WRECK BAG will be ready and waiting for you to #WRECKIT again.

- WRECK BAG is the only tool you need for a total body workout. Portable & versatile, WRECK BAG goes where you go.
- Perform over 100 exercises with 1 WRECK BAG. Challenge every muscle group & kick-up your cardio routine.
- WRECK BAG's rubber fill allows you to slam it, toss it, curl it, squat it anywhere. The possibilities are endless.
- Extreme Durability: WRECK BAG is used as the heavy carry obstacle in over 30 Obstacle Course Races, including the OCR World Championships.
- WRECK BAG was voted Best New Product and Best Overall Training Product by Mud Run Guide readers.



## WRECK BAG® 101: DOs AND DON'Ts

### DO:

- Always consult with your doctor before beginning a WRECK BAG or any other training program.
- Read through the instructions and guidelines on how to properly perform the exercises.
- Read the instructions on how to care for your WRECK BAG for best performance. Improper use or storage of WRECK BAG can reduce the life of the product. Prolonged exposure to the elements weakens material.

### DON'T:

- Do not drag WRECK BAG on rough surfaces (i.e. asphalt, concrete)
- Each WRECK BAG is designed to withstand its prefilled weight; additional weight can compromise your WRECK BAG's integrity.
- Do not exercise on unstable or slippery surfaces.



### FULL SIZE WRECK BAG:

The full size WRECK BAG has two orange handles and is available in 8 weight options. Available sizes: 15 lb., 20 lb., 25 lb., 35 lb., 40 lb., 50 lb., 60 lb., and 70 lb.



### WRECK BAG MINI:

The WRECK BAG Mini speaks for itself. It has one orange handle and is available in 5 weights. Available sizes: 5 lb., 10 lb., 12 lb., 15 lb., 20 lb.





## WRECKCESSORIES™ INFORMATION

WRECK BAG WRECKcessories are available to enhance your workout experience. It is important to follow the care and assembly instructions for these products.

**WRECK Sleeve:**

- Always use the sleeve size that corresponds to your WRECK BAG weight.
- Keep WRECK Sleeve clean by surface washing after use.
- Do not slam your WRECK BAG with the sleeve in place.

**WRECK Ribs:**

- Attach the WRECK Ribs according to the instructions.
- Make sure the Velcro® tabs are secured well.
- Clean the Velcro® of debris if it does not adhere well.

**WRECK Strap:**

- WRECK Straps are used for suspension exercises.
- Do not attach the strap to unstable or weak anchor points.  
Test your anchor point before use to make sure it can hold the intended weight.
- Do not attach the WRECK Strap to abrasive surfaces or use it in a back & forth sawing motion to prevent damage to the strap material.

Looking for even more WRECKage?  
Visit us at [www.WRECKBAG.com](http://www.WRECKBAG.com) to learn about our Certification Program and for access to our exercise library.

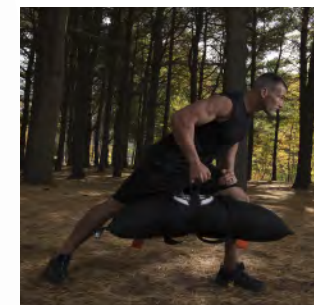
**WRECK SLEEVE** A neoprene sleeve designed for comfort. Easy to clean and take on and off your WRECK BAG. Great for indoor and outdoor use. Especially useful when running with the WRECK BAG.



Neoprene Wreck Sleeve

Wreck Sleeve shown on WRECK BAG  
(bag sold separately)

**WRECK RIB** Add multiple handhold options with the heavy-duty polypropylene webbing WRECK Ribs. Sturdy construction with triple stitching, and Delrin® plastic loops that lay flat. Great for indoor and outdoor use.

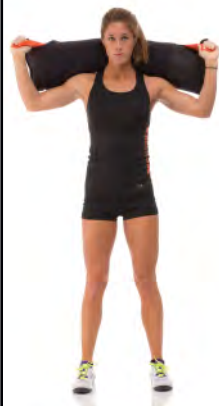
WRECK Rib  
shown on WRECK BAG  
(bag sold separately)

**WRECK STRAP** Heavy duty polypropylene webbing strap with large handles on both ends is great for WRECK BAG suspension exercises. Sturdy construction with triple stitching, no buckles or Velcro. Great for indoor and outdoor use. One size, 10.5 ft. long.



## WRECK BAG® POSITIONS

**WRECK BAG HOLD POSITIONS:** WRECK BAG can be held in different ways to add variety to an exercise. How you hold WRECK BAG may alter the target muscles. Here are the basic options: Try different positions for your preferred comfort and target muscles. The poses shown are also the starting positions.



BACK HOLD



FRONT HOLD



SIDE HOLD



HANDLE HOLD



BAG HOLD



BAG HUG



OVERHEAD HANDLE



OVERHEAD

## WRECK BAG GRIPS

### WRECK BAG MINI HOLDS:



FRONT



HANDLE



OVERHEAD



OVERHEAD HANDLE

**WRECK BAG GRIPS:** There are several ways to grab a WRECK BAG when performing exercises. Choose the grip that is most comfortable and achieves best form. Some exercises require a specific grip, which is noted in the description. Grips apply to WRECK BAGs and WRECK BAG Minis.



Grip handle through the loop.



Grip the outside of the loop.



Place hand through the loop, then grip the base of the handle near the bag.



Grip the corners of the bag. Do not grip the end tags.

**WRECK RIBS HANDLE HOLDS:** WRECK Ribs can be grasped in different ways for different exercises.



SIDE HOLD



TOP HOLD, facing out



TOP HOLD, facing in



CENTER HOLD

## WRECK BAG EXERCISES

**WRECK BAG SQUAT:** Choose your hold position. Keep your back straight, chest and shoulders up. Keep your knees in line with your feet, not over your toes as you squat down. Return to starting position.



### VARIATIONS:

- Front Hold
- Back Hold
- Overhead Handle Hold (shown)

LOWER BODY

**WRECK BAG SIDE LUNGE:** Choose your hold position. Stand with legs shoulder distance apart. Keep back straight, chest and shoulders up. Take a large step to one side. When foot hits the ground, lower body by pushing hips back and bending at knee. Make sure bent knee does not extend past toes and stationary leg remains relatively straight. Push off with stepping foot and return to standing position.



### VARIATIONS:

- Front Hold (shown)
- Back Hold
- Overhead Handle Hold

LOWER BODY

**WRECK BAG HIGH KNEES:** Choose your hold position. Start with feet shoulder width apart. Position WRECK BAG evenly across shoulders. Keep back straight, chest and shoulders up and engage core. Run in place, bringing your knees up in front of you, towards your chest, as high as you can. (This may mimic jumping one foot to the other.)



### VARIATIONS:

- Front Hold
- Back Hold (shown)
- Overhead Handle Hold

LOWER BODY

## WRECK BAG EXERCISES

**WRECK BAG LUNGE:** Choose your hold position. Keep your back straight, chest and shoulders up. Step forward with one leg and lower hips. Keep shoulders over your hips, and knees over your feet, not over your toes as you lunge forward. Keep heels on the ground. Return to starting position.



### VARIATIONS:

- Front Hold
- Back Hold
- Overhead Handle Hold
- Side Hold (shown)

LOWER BODY

**WRECK BAG STEP UP:** Choose your hold position. Stand in front of box/step. Keep back straight, chest and shoulders up and engage core. Place left foot on box, pushing off with the left foot, step up on the box. Continue to raise right leg, bending the knee to a 90° angle. Step down; repeat on other side.



### VARIATIONS:

- Front Hold
- Back Hold (shown)

LOWER BODY

**WRECK BAG JACK LEGS:** Choose your hold position. Start in a standing position with feet together. Jump to feet apart to mimic the lower half of a jumping jack. Return to starting position. Balance WRECK BAG across shoulder, keep chest up and bag tight to body.



### VARIATIONS:

- Front Hold
- Back Hold (shown)

LOWER BODY



## WRECK BAG EXERCISES

**WRECK BAG TOE TAPS:** Start in a standing position with WRECK BAG in front of you. Quickly bend right knee and tap right foot on top of the bag lightly. Immediately jump the right foot back onto the floor and perform motion with the left. Use quick feet and tap bag lightly.



**TOTAL BODY**

**WRECK BAG CALF RAISE:** Choose your hold position. Stand upright with WRECK BAG on back. Keep back straight, and shoulders and chest up. Engage core. Raise heels off the floor in a slow, controlled motion. Lower and return to starting position. Keep core engaged by pulling abs in. Push through entire foot to control motion.



### VARIATIONS:

- Front Hold
- Back Hold (shown)
- Overhead Handle Hold

**CALVES**

**WRECK BAG SKI JUMPS** Choose your hold position. Start in a standing position on the side of the WRECK BAG. With arms overhead, jump sideways over the WRECK BAG and then back to start position. Push through toes to jump and clear WRECK BAG. Be mindful of WRECK BAG placement.



**CORE, LOWER**

## WRECK BAG EXERCISES

**WRECK BAG ROWS:** Stand with feet shoulder width apart. Bend knees slightly and bring torso forward while keeping back straight and head up. Start with Wreck Bag at arms' length. While keeping torso stationary, keep WRECK BAG close to your body and pull up until Wreck Bag is at chest level. Return to starting position. Keep elbows tucked in and let WRECK BAG fall naturally.



**UPPER BACK**

**WRECK BAG DEAD LIFT:** Stand with feet shoulder width apart, bend at waist, toes close to the WRECK BAG. Grip handles, while you keep your chest and head up and forward with core engaged and knees slightly bent. With a neutral spine, hinge at the hips, press through your feet and simultaneously bring your chest up and hips forward while straightening legs. Lower bag to the floor and repeat lift. Set up close to WRECK BAG; toes should almost touch it and push hips back. Hinging at the hip is essential.



**UPPER & LOWER BODY**

**WRECK BAG CURL:** Stand upright with grip on each WRECK BAG handle. WRECK BAG should be positioned at arm's length. Elbows should be kept close to body. Keeping upper arms stationary, curl and contract biceps towards your body, slowly lower and return to starting position. Keep elbows tucked in to control curling motion.



**ARMS**

## WRECK BAG EXERCISES

**WRECK BAG OVERHEAD PRESS:** Stand with feet shoulder width apart. Place WRECK BAG in front of your shoulders. Lift WRECK BAG over your head in a pushing motions until your elbows are nearly locked. Return to starting position with WRECK BAG in front of shoulders. Repeat. Balance WRECK BAG before pressing. Reposition hands following motion if necessary.



UPPER BODY

**WRECK BAG FORWARD PRESS:** Grip WRECK BAG in the center. Stand upright with feet shoulder width apart, knees slightly bent. Position WRECK BAG vertically, with hands gripping the center of the bag. With core engaged, extend arms, pushing WRECK BAG away from you. Return to starting position.



CORE, UPPER BODY

**WRECK BAG TRICEP EXTENSION:** Stand upright with feet shoulder width apart, holding WRECK BAG by the corners with both hands behind head. Keep WRECK BAG and elbows bent to 90°. Keep upper arms close to your head and elbows in. Extend your arms completely to raise the bag up. Your upper arms should remain stationary as only your lower arms move. Lower arms to return to the starting position.



TRICEP

## WRECK BAG EXERCISES

**WRECK BAG HIGH PULL:** Stand upright with feet shoulder width apart. WRECK BAG should hang at arms length. Keep the WRECK BAG close to your body and pull up, bending elbows outwards, until WRECK BAG is at chest level. Return to starting position. Let WRECK BAG hang naturally.



UPPER BODY

**WRECK BAG PLANK:** With your body in a push up position, lower your forearms to the floor. Keep elbows in line with your shoulders and your body in a straight line. Place WRECK BAG in a vertical position along your back. Hold the position for desired time.



CORE

**WRECK BAG BRIDGE LIFT:** Lay on the floor with knees bent about shoulder width apart. Keep your feet as close to your buttocks as possible and plant them firmly on the floor. Place WRECK BAG horizontally across your hips. Lift your hips toward the ceiling. As you are doing this motion, try to pull your belly button towards your spine and tilt pelvis. Return hips to the floor in a slow and controlled motion. Keep abdominals in to control motion and to keep bag balanced. If needed, place hands on bag for more stability.



CORE, LOWER BODY



## WRECK BAG EXERCISES

**WRECK BAG CLIMBING PUSH UPS:** Place WRECK BAG on floor vertically in front of you. Start in an offset push up position. One hand should be placed on the Wreck Bag and the other on the floor. Perform a push up. Switch sides by “walking” over the WRECK BAG to complete another push up (with other hand on bag). Perform entire push up before walking to other side.



UPPER BODY, CORE

**WRECK BAG FLIP & CATCH:** Start in a standing position with the WRECK BAG in a horizontal position in front of you. Lower your body to grab handles of the WRECK BAG. In one motion, lift the bag and flip it up, catching it in your arms and holding the bag close to your chest. Release hold and drop the WRECK BAG to the ground.



**VARIATIONS after the CATCH:**

- Add PRESS
- Add SQUAT
- Add SQUAT and PRESS
- Add SQUAT and JUMP
- Add LUNGE

TOTAL BODY

**WRECK BAG BURPEES:** Start in a standing position with the WRECK BAG in a horizontal position in front of you. Lower your body to a squat position with your hands placed on the WRECK BAG, shoulder width apart. Jump your feet back to a push up position. Lower chest to the bag in a push up motion. Jump feet back into a squat position and grab handles. Flip and hold the bag close to your chest. Return to the standing position and drop the bag. Hold the WRECK BAG close to your body during squat and stand.



**VARIATIONS after the CATCH:**

- Add PRESS
- Add SQUAT
- Add SQUAT and PRESS
- Add SQUAT and JUMP
- Add LUNGE

TOTAL BODY

## WRECK BAG MINI EXERCISES

**WRECK BAG MINI JUMPING JACKS:** Start in a standing position with feet together and WRECK BAG Mini at chest level. Execute a jumping jack and press the bag overhead as feet are moving apart. The press movement replaces the clap movement of a traditional jumping jack. Bring the bag back to chest level as feet are back at starting position.



**TOTAL BODY**

**WRECK BAG MINI SQUAT & SLIDE:** Stand on right side of WRECK BAG Mini with left foot positioned on top of the bag. Keep back straight, chest and shoulders up. As you squat down, press glutes back and keep knees in line with your feet. Squeeze glutes while standing up. Slide bag to the right with your left foot. Repeat with opposite leg. You need a smooth surface to perform this exercise.



**LOWER BODY**

**WRECK BAG MINI LUNGE WITH PASS THROUGH:** Start standing upright with the WRECK BAG Mini in your right hand. To lunge, step forward with your left leg, and lower your back knee until it nearly touches the ground. Make sure that your knee is in line with your ankle, not over your toes. Maintaining a lunge, pass the WRECK BAG Mini under your leg to your other hand. Press through your heel to resume starting position and continue movement, alternating legs. To maintain balance during lunge and WRECK BAG pass, focus on core engagement.



**LOWER BODY**

## WRECK BAG MINI EXERCISES

**WRECK BAG MINI SINGLE LEG DEAD LIFT:** Start in a standing position on your right leg with the WRECK BAG Mini in both hands (as shown) or single hand. Keep a slight bend in the knee and perform a dead lift motion by hinging at the hips, extending your free leg behind you for balance. Once you reach parallel, return to an upright position and continue, alternating sides. Focus on a point in front of you on the floor instead of looking straight down at the bag.



**LOWER BODY**

**WRECK BAG MINI SWING:** Stand with feet shoulder width apart. Grip handle with both hands (as shown) or single hand and let the bag hang down, centered between your feet. With a slight bend in the knee, chest up and shoulders down, squat down. From here, drive through your heels and hips to propel the bag upwards, keeping arms straight.

Return to starting position. As you swing and hips move up and forward, focus on tight glutes and engaged core to keep control of the swing. The bag should stay parallel to the floor and never lose motion.



**TOTAL BODY**

**WRECK BAG MINI PRESS:** Stand with feet shoulder width apart with the WRECK BAG Mini at shoulder level with palm facing upward. Press the WRECK BAG Mini up until arm is in a locked position and WRECK BAG is overhead. Return to starting position. Repeat on other side. Keep the bag close to your arm to minimize swinging.



**SHOULDERS**

## WRECK BAG MINI EXERCISES

**WRECK BAG MINI CLEAN & PRESS:** Start with feet shoulder width apart with the WRECK BAG Mini at the floor in front of your foot. Squat down and grasp the handle. Pull the WRECK BAG off Mini of the floor by extending hips and knees. While keeping the bag close to your body, raise your shoulder and pull upward with arm. Extend arm overhead by pressing the bag upward. Think of this as a whole body exercise. Keep tension and your shoulder down. Master clean before pressing Mini overhead.



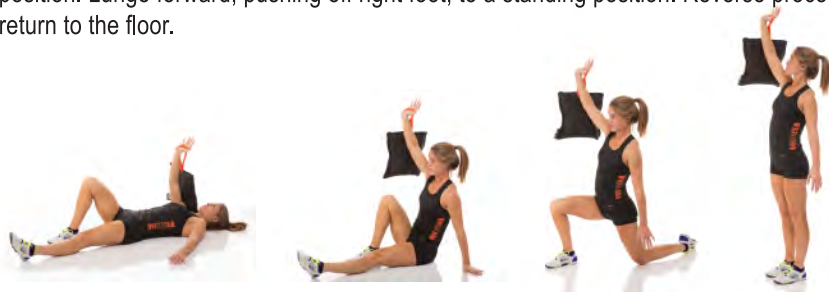
**SHOULDERS,  
LOWER BODY**

**WRECK BAG MINI THROW & CATCH:** (To be performed with a partner) Start standing on one leg with WRECK BAG Mini at chest level. Throw the bag to your partner while remaining balanced on one leg. Catch the bag upon return. If a partner is unavailable, modify to a throw and retrieve.



**UPPER &  
LOWER BODY**

**WRECK BAG MINI TURKISH GET UP:** Start lying on the floor with your right arm extended upward holding the WRECK BAG Mini. Bend right leg, placing foot near knee. Utilizing left hand for balance, sit up, keeping right arm extended. Move left leg to a kneeling position. Lunge forward, pushing off right foot, to a standing position. Reverse process to return to the floor.



**TOTAL BODY**

## WRECK BAG MINI EXERCISES

**WRECK BAG MINI WIND MILL:** Start in a standing position with feet shoulder width apart. Press the WRECK BAG Mini overhead by extending elbow. Keeping the elbow locked, bend at the hip to the side so that your free hand can reach the floor. Reverse motion back to starting position. Keep the bag close to your arm, and keep the arm straight. Engage the core as you bend sideways.



**ABS, GLUTES**

**WRECK BAG MINI FULL SIT UP:** Start in a sitting position. Hold the WRECK BAG Mini close to your body. Lie back with knees bent and feet grounded to floor. Engage core to elevate your body to a sitting position. At the top of the sit up, extend arms overhead, pressing bag upwards. Lower your body to starting position. Keep the bag close to your body during the sit up.



**CORE, UPPER BODY**

**WRECK BAG MINI LUNGE WITH TWIST:** Start with WRECK BAG Mini at chest level. Keep back straight, chest and shoulders up and engage core. Step forward with your left leg and lower your back knee until it nearly touches the ground. Make sure that your knee is in line with your ankle, not over your toes. In a lunge low hold position, turn upper body towards the right, then the left and then return to the starting position. Balance your lunge before you start rotation. Separate the movements.



**CORE,  
LOWER BODY**



## WRECK BAG MINI EXERCISES

**WRECK BAG MINI BAG TO TOES:** Start by laying on back, holding the WRECK BAG Mini close to the chest with both hands. Raise legs up in the air so that feet are pointing towards the ceiling. Engage core and crunch upwards, extending arms and pushing WRECK BAG Mini toward toes. Slowly lower to the starting position. Lift towards toes until shoulders are off the ground.



ABS, SHOULDERS

**WRECK BAG MINI WOOD CHOP:** Start with feet about shoulder width apart, with one hand on each side of the WRECK BAG Mini. The bag should be raised above head, off to one side. Keeping a slight bend in knees, swing the bag in a diagonal motion in front of body. The motion should maintain diagonal line from above the shoulder height to the outside of the hip on the opposite side. Return to start position. Repeat on other side. Engage core for control and to avoid over rotating.



CORE

**WRECK BAG MINI TWIST:** Start in a standing position with feet about shoulder width apart. Hold the WRECK BAG Mini with both hands at chest level. Keeping shoulders down and core engaged, rotate torso to one side. Come back to center, and repeat on other side. Keep elbows close to body and rotate torso and bag in one motion.



CORE

## WRECK BAG MINI EXERCISES

**WRECK BAG MINI LEAN:** Start in the kneeling position, knees slightly apart, with the WRECK BAG Mini close to your body at chest level. Maintaining a straight line, slightly lean back. Return to the starting position. Keep a straight body line, avoid hinging at the hips during lean.



CORE, LOWER BODY

**WRECK BAG MINI OVERHEAD CIRCLES:** Start in a standing position, with feet about shoulder width apart. Hold the WRECK BAG Mini with two hands and extend it overhead by straightening arms. Do not lock elbows. With the WRECK BAG Mini overhead, make a circle rotation (halo motion) while maintaining a stable torso. Engage core to maintain stance. This is a small motion, lower body should be in a fixed position.



CORE

**WRECK BAG MINI SIDE BEND:** Start in a standing position, with feet shoulder width apart. Hold the Wreck Bag Mini's handle in your right hand. While maintaining a straight back, bend only at the waist as far to the right as possible. Hold at the bottom position for 1-2 seconds and then return to the starting position. Repeat exercise on left side. Make sure to bend at the hips and not just lower the Wreck Bag Mini. Focus on total body engagement.



CORE

## TIME TO #GETWRECKD

### WORKOUTS

WRECK BAG is versatile and can be incorporated into any workout. We have put together a few workouts to help you get started. Each workout uses the original WRECK BAG or the WRECK BAG Mini. Choose a weight that is appropriate for your fitness level. You can vary the workouts by substituting different exercises.

WRECK BAG is not just for the gym. WRECK BAG is highly portable. Take it with you on a walk, run or stair climb for weighted cardio training. At intervals, you can stop and perform different exercises.

This Training Guide will teach you how to use your WRECK BAG. You can target specific areas or total body workout. WRECK BAG is designed for all fitness levels.

To keep training unique and fun after you master the basic exercises, you can move on to progressions. Many WRECK BAG exercises have multiple variations. Variations occur when you change the placement of or grip on the bag requiring different muscle engagement. These variations alter the training benefit and increase the level of difficulty.

## #GETWRECKD WORKOUT 1

10 reps each exercise. Rest. 30 seconds each. Rest.

- Dead Lifts
- Rows
- High Pulls
- Flip & Catch
- Front Squat

## #GETWRECKD WORKOUT 2 (WRECK BAG MINI)

10 reps each exercise. Rest. 30 seconds each. Rest.

- Bag to Toes
- Lunge with Twist
- Single Leg Dead Lift (Left & Right)

## #GETWRECKD WORKOUT 3

20 seconds each exercise. 10 seconds rest.  
Repeat for 8 or 16 minutes

### Cardio Workout.

- High Knees
- Jump Squat
- Ski Jumps
- Toe Taps

## #GETWRECKD WORKOUT 4 (Super Set)

Combine shorter workouts into a Super Set.

- Workout 1
- Workout 2
- Workout 3

## #GETWRECKD WORKOUT 5

Repeat 4 times. Rest in between.

- 0.25 mile run with WRECK BAG
- 8 Burpees with Flip
- 8 Presses
- 8 Squats

## #GETWRECKD WORKOUT 6 (WRECK BAG MINI)

10 reps each exercise. Rest. 30 seconds each. Rest.

- Lunge & Twist
- Chop (Left & Right)
- Squat & Slide
- Jumping Jacks
- Overhead Press



## #GETWRECKD WORKOUT 7

### (Super Set)

Combine shorter workouts into a Super Set.

- Workout 5
- Workout 6

## #GETWRECKD WORKOUT 9

45 seconds each exercise. Rest. Repeat 5X.

- Burpee (Flip & Catch with Squat Jump)
- Step Ups
- Climbing Push Ups

## #GETWRECKD WORKOUT 8

15 reps each exercise. Rest. 2 min cardio. Rest.  
Repeat 5X.

- Lunge (left & right)
- Clean & Press
- Bicep Curl

## #GETWRECKD WORKOUT 10

45 seconds each exercise. Rest. Repeat 5X.

- Ski Jump
- Alternating Lunge (switch sides from shoulder to shoulder)
- Alternating Side Lunge (front hold)
- Bridge Lift

## #GETWRECKD WORKOUT 11

10 reps each exercise. Rest. 30 seconds each. Rest.

- Flip & Catch
- Squat Jump
- Burpee
- Toe Taps
- Climbing Push Ups

## #GETWRECKD WORKOUT 12 (WRECK BAG MINI)

10 reps each exercise. Rest. 30 seconds each. Rest.

- 
- Chop (Left /Right)
- Squat & Slide
- Jumping Jacks
- Overhead Circles

### MEDICAL DISCLAIMER:

Always check with your doctor before starting any new workout/exercise program.

### CARE & QUESTIONS:

**DO NOT** drag your WRECK BAG on abrasive surfaces. Don't puncture or try to open WRECK BAG. Drag abrasions, cuts and punctures are not covered under the warranty.

**Can WRECK BAG get wet?** Yes. Allow WRECK BAG to air dry by placing it raised off a flat surface.

**Can I use WRECK BAG outside?** Absolutely! However, do not store WRECK BAG outside and do not leave in the sunlight.

**How should I clean my WRECK BAG?** Clean your WRECK BAG by wiping with a damp sponge or cloth. WRECK BAG can be sprayed with mild household germ killing sprays. Never use harsh chemicals to clean WRECK BAG.

### RETURNS/EXCHANGES:

We offer a thirty Day Satisfaction Policy for purchases from our store and shipped in the USA. If you are not 100% satisfied with your purchase, you may return it within thirty days for a full refund of the purchase price.

1. Contact us at (sales@lindongroup.com) to receive a Return Authorization Form that you complete and return with the product.
2. Proof of purchase is required along with Return Authorization Form.
3. Product must be in original condition and in the original box or packing.
4. Return shipping to our facility is at your expense; shipping charges will not be refunded.
5. Your refund will be processed to your credit card after your returned product and paperwork are received and inspected.

### 1 YEAR LIMITED WARRANTY:

Lindon Fitness warrants our products to be free from manufacturer defects for a period of one year from date of purchase. This warranty does not apply to any product which we determine has been subjected to abuse, alteration, misuse or neglect including, but not limited to: damage caused by sharp objects, dragging, punctures and cuts.

1. Contact us at (sales@lindongroup.com) to receive a Return Authorization Form that you complete and return with the product.
2. Proof of purchase is required along with Return Authorization Form.
3. Your warranty will be processed once we receive the product and authorization form.

ALL OTHER WARRANTIES, GUARANTEES OR REMEDIES ARE EXCLUDED INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE.

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