



December 2023
EXPLORE



GORUCKs 12 Days of Christmas

For Time, adding one movement per round in tune to the song:
On the first day of Christmas, my true love gave to me...

- 1- 100m Sandbag Shuffle
- 2- Sandbag Thrusters
- 3- Sandbag Clean & Press
- 4- Sandbag Burpee OH Throw
- 5- Sandbag Bent Over Row
- 6- Kettlebell Snatches (total)
- 7- Kettlebell Swings
- 8- V-Ups
- 9- Sandbag Back Squats
- 10- Sandbag Walking Lunges
- 11- Sandbag Front Toss
- 12- Sandbag Man Makers



Start with one 100m Sandbag Shuffle. Next do two Thrusters and one 100m Sandbag Shuffle. Then three Sandbag Clean & Presses, two Thrusters, and one 100m Sandbag Shuffle. Continue this way until the final round of 12 Sandbag Man Makers, 11 Sandbag Front Toss, and each movement descending in repetitions all the way down to the one 100m SB Shuffle for 364 total repetitions.