

HIGH OCTANE ULTIMATE SANDBAG TRAINING™

**ULTIMATE SANDBAG™ TRAINING TRAINING
TIPS TO BLAST YOUR FITNESS PLATEAUS**

**BY
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**ULTIMATE
SANDBAG**
CORE FITNESS SYSTEM

Ultimate Sandbag™ Training Secrets to Blast Your Fitness Plateaus

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“Ultimate”

‘BE DARING, BE DIFFERENT, BE IMPRACTICAL, BE ANYTHING THAT WILL ASSERT INTEGRITY OF PURPOSE AND IMAGINATIVE VISION AGAINST THE PLAY-IT-SAFERS, THE CREATURES OF THE COMMONPLACE, THE SLAVES OF THE ORDINARY.’

— [Cecil Beaton](#)

“A bag of sand” sure, that would make sense on how people reading this would think Ultimate Sandbag™ training is all about. Trying to sell people on the idea that our Ultimate Sandbag™ is the very best fitness sandbag on the market might seem like another avenue, but that ISN’T what this is about and it is not what our Ultimate Sandbag™ training system is really about. [The Ultimate Sandbag™](#) Core Training System is about solutions. Finding how to deliver faster and better fitness results, unparalleled by any other fitness tool or training program. Sounds like a lofty promise? It may, it may even sound a bit infomercial like. It isn’t and I know this on a very personal level.

Death of a Dream

My sophomore year of college held a lot of promise for me. It was an opportunity to fulfill a lifetime dream of getting a full athletic scholarship to play basketball at a major Division I college. Well on my way to achieving this goal and preparing for the first week of the season with the team an old back injury was triggered and disaster followed. It wasn’t just pain, but agonizing pain, so bad in fact that it dropped me to the ground and I thought that I had lost the use of my right leg. Rolling, not even walking, myself off the court I knew my life was to forever change. I was to embark on a journey of frustration, disappointment, and ultimately re-birth and discovery.

Every day for five days a week was hours spent in physical therapy, long, intense, and unfortunately highly unproductive. Eight weeks of spending half my life in physical therapy and what felt like torture watching games and practice from the sidelines, the team unceremoniously notifies me that they don’t foresee me getting better enough to ever play again. Shock and hurt are the first emotions that hit me, almost that of disbelief! “How could this happening?!” I had felt as though I had done everything, from training all summer to prepare for the season to doing everything and more the physical therapist and coaching staff had asked. Just as my dream of proving so much to everyone was in grasp, it was just as quickly taken away.



The emotional pain was powerful, but I was quickly reminded that whether or not I was playing for the team I was left with still a greatly debilitating pain in my low back. One where sitting in the classrooms was a daily physical and mental challenge. Strength training, my other passion,

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had become a painful chore rather than the rewarding and stress relieving experience that I lived for!

Only for so long could I wallow in self-pity about my new fate that had began to control so many aspects of my life. Trust me, combining a loss of a dream, extreme physical pain, and lots of prescription pain killers are a great recipe to be locked down in a very negative place. There wasn't one specific moment that inspired me, rather the accumulation of getting tired of the feelings of helplessness and the frustration that continued to build. Maybe it was the simple but powerful words of my step-mother (who would go on to battle terminal cancer for almost a decade) "now what?" Simple words made me realize that while this was disappointing, it wasn't the end of my life or even close the biggest challenges that people face in their lives. So, my question was "now what?"

To say therapy and all the training I had performed was a failure would be an understatement. Once I was discharged from the team that also meant therapy as well. I was left to live the rest of my life and living it in pain and discomfort was unacceptable. Regaining my focus and determination I decided that this was not going to represent the rest of my life. Since I was already getting my degree in Exercise Science I became rabid about reading, learning, and finding ANYTHING that could make me better. This journey would forever change my perspective and attitude towards learning and personal development.

One program after another I not only attended but implemented the programs by having some of the top people in each program actually provide me the training. While many of these organizations and their theories sounded great, they fell short in providing me real progress in both pain and function. Disappointed once again and wondering if I was never going to be able to return to the life that I had enjoyed and made up such a big part of who I am. Feeling my distress, a colleague suggested that I look back, way back in time what old time strongmen use to perform in training. But why?



A Look Back for the Future

He explained to me that we had lost a lot in our training and view upon fitness and health. Our focus had fallen off the process and purely to the results. In actuality the process is a large part of the result, that being of not only looking great, but feeling that way as well. The idea of a "Physical Culture" was at the root of how these old time athletes lived and trained. These athletes were not just performing feats of strength that would be impressive by today's standards, but they could move with the grace that would make the most elite athlete's jaw drop. What secrets did they know that we did not?

Sounds great, however, the challenge was still a problem, there wasn't a governing system that all these great athletes used. They all had their own unique methods and ideas, I couldn't find any specific commonalities except for one! At one point or another it appeared that most of these old time strongmen lifted odd objects. Stones, giant logs, and large bags of a variety of implements. This all seemed counterproductive to someone who had the history of low back pain that I had experienced, yet, I was desperate! I needed SOMETHING that would make a profound difference for pain and discomfort, I simply could not go on living life in this manner.

I didn't want to use everything, I was hesitant and thought of these items which made the most sense? Heck, I wasn't even sold that such a thing would make a difference for me. Exploring a little deeper it appeared that even some of the strongmen had their favorites and one of the most popular of the modern era, Brooks Kubik, spoke very specifically about the benefits and safety of sandbag training...

"you feel sore because the bags (sandbags) worked your body in ways you could not approach with a barbell alone. You got into the muscle areas you normally don't work. You worked the "heck" out of the stabilizers." (Kubik, p. 115)

STABILIZERS ok something that my educational background understood and greatly appreciated. I knew that a lot of my own problems had to do with weakness in stabilizers and although I had placed great emphasis in building up the supporting structures of my body, I wasn't sure if I was hitting on the most meaningful stabilizers that would actually impact my low back.



Without too much hesitation I threw myself in the fire and built my first sandbag. Yes, out of the old duffel bag and garbage bags. I remember once duct taping the top I was ready to give it a whirl and see if this was something that had legs. Even from rep one of the first lift I was sold. This was unlike ANYTHING I had lifted in the past. Especially not be a novice to a lot of forms of strength training, this was different. I felt weak, I felt muscles trying to work that I had never felt, and comparable to the barbell this was a "light" weight.

Yes, I was sold within minutes. I started trying to lift my [homemade sandbag](#) every way possible. Every repetition felt like a new exercise and I began to feel my core fire in ways that were completely new to me. After even a few sessions of working the sandbags into my routines I felt myself standing taller, my postural muscles seemed to awaken, and most of all I was beginning to see the some significant differences in my low back pain and stability.

This was exciting, immediately I knew that this was something I wanted my clients to experience as well. One of the biggest weaknesses for anyone is the stabilizers and usually those are muscles in the hips, abdominals, low back, and shoulder. Interestingly many of the same areas that most people get injured. My sandbag program was ready to roll and be implemented in all of my

clients' programs. I had created a host of different weights to accommodate all my clients. This was going to be exciting, dynamic, and best of all have people experience the same changes I had felt myself.

Not REALLY The Solution

My hopes in using the homemade sandbags with my clients quickly went downhill. My clients found the homemade sandbags too clumsy, they didn't allow them to progressively learn how to move better. It became messy and ultimately non-productive to their goals. In actually trying to implement the sandbags with my clients I learned too that it felt like we were trying to replicate barbell work and it appeared sloppy and not providing them the success I anticipated. Ironically, I found myself hitting a plateau with the sandbag training. My enthusiasm began to fall and I thought shortly I would have to move on to other training ideas as maybe I had maximized the potential of the sandbag. As others have found it was a great complimentary tool, but would never be the focus and foundation of my fitness programs.

I began using the sandbags less and less, ripped knuckles, dirty training areas, and lack of progression began to sour me on sandbags. Maybe they were just the occasional "shock your body" type of training. However, it dawned on me that we were hoping that magically a training implement would solve all our fitness needs. What a flaw in thinking, as a fitness coach I was ashamed that I fell into the simple trap of such an obvious problem. Just because you give someone a paint brush doesn't mean they create beautiful paintings. The question became was it the sandbag or the way we thought of the sandbag?!

A Revelation and a New Journey

The base concept that the sandbag could hit the body in ways nothing else could made me think there had to be a manner way to implement a better training tool. Right off I knew we could NOT be using homemade equipment. Heck, the more I thought about it the more outrageous using homemade equipment actually seemed. I never looked around the gym and found objects that people created. There weren't homemade barbells, dumbbells, kettlebells, bands, or even medicine balls. I would never use a homemade piece of equipment for anything in life that I demanded a great outcome from. My mind went busy on how could I make sandbag training more accessible to more people and instead of a training implement, make it a system of fitness and performance training.

The first step was making a sandbag to meet the demands of our training. I knew absolutely NOTHING about manufacturing, I did know what I wanted. A new training system had to address the following needs:

- Progressive
- Versatile
- Based Upon Solving Problems

That meant I had solve the many problems that traditional sandbags had possessed.



- Couldn't Control The Dimensions of the Bag
- Didn't Have Multiple Options in Developing Progressive Exercises
- Weren't Designed to Move in Many Patterns and Positions

The VERY first [Ultimate Sandbags™](#) developed in 2005 solved many of these problems. There were three sizes that allowed us to not only control the weight but the dimension of the Ultimate Sandbag™. This was important as there would be times we wanted to have a sandbag that moved less and times we wanted the weight to shift more.

There would be moments in training where using a smaller, more compact [Ultimate Sandbag™](#) was ideal. Other times a larger dimension Ultimate Sandbag™ would solve the problem.

Lesson 1: Which One to Use?

Knowing which Ultimate Sandbag™ to use is the first key in developing success. Each size is developed for a specific goal. [Smaller Ultimate Sandbags™](#) are not just used because of their lighter weights. The more compact nature of the [Power Ultimate Sandbags™](#) lends itself to a lot of movement based drills. What are movement based drills? They are exercises that require us to move in many different patterns and positions. Lunging, stepping, jumping and moving laterally, backwards, forwards, and often in combination represent many of these movement based [Ultimate Sandbag™](#) drills.

Why perform such exercises? They are a large part of what we know as “functional exercises”. Those drills that help prepare us for the demands of everyday life and sport. We more often are moving in multiple planes of motion and not stuck in the typical weight room lifting mode. To bridge the gap of the weight room and real life, these exercises are essential.

Such [Ultimate Sandbag™](#) movement drills also burn a ton of calories because they require both strength and stability. Movement exercises combine acceleration and deceleration which means the body must use A LOT of muscles and develops both those smaller stabilizers and the bigger muscles.

“Using sand bags in your training with your clients, and yourself, is something that you have to experience for yourself before you believe how dramatically useful it is and effective it is especially for boosting the metabolism and what I call creating more “bang for your buck” with any exercise – you get to work a lot of muscles at once. Putting new demands in your training with the Ultimate Sandbag system will lead to better results.”-Rachel Cosgrove, Renown Author & Gym Owner



Lastly, such [Ultimate Sandbag™](#) movement drills are huge “bang for your buck” exercises. You get the benefit of strength, conditioning, flexibility, and coordination all at once. This is essential when TIME is a determining factor for so many fitness programs.

[Check Out 20 Awesome Ultimate Sandbag™ Movement Drills: CLICK HERE](#)

The Rotational Lunge is a KEY Movement Based

The [Strength Ultimate Sandbags™](#) were designed to give a perfect balance between standard strength movements and dynamic movement based drills. Providing a larger dimension of Ultimate Sandbag™ can accomplish two goals. The most obvious being more weight, however, that is not always the goal. Taking a [Strength Ultimate Sandbag™](#) loaded to an equivalent weight of a Power Ultimate Sandbag™ has a very different feel and impact upon training. The [Power Ultimate Sandbag™](#) will be more compact and move less allowing an easier progression to more complex exercises and/or body positions. The [Strength Ultimate Sandbag™](#) would shift far more providing more instability and a challenge in controlling the weight. That is why in our Ultimate Sandbag™ Core Training System you can increase the challenge of the Ultimate Sandbag in four different ways...

1. Increase the instability
2. Increase the weight
3. Increase the lever arm
4. Increase the acceleration



Using the Ultimate Core Strap is an Example of Increasing the Lever Arm to make the Exercise More Difficult

The two larger [Ultimate Sandbags™](#) continue this progression in two different ways.

The [Challenge Ultimate Sandbag™](#) has a lower weight capacity than the [Burly](#), but the longer shape adds instability that is more consistent with dealing with a live opponent. While the Burly is more narrow and places more emphasis on the width of the [Ultimate Sandbag™](#). This all leads to the fact that your choice of which Ultimate Sandbag™ you use should meet the demand not just of your overall goal, but of each exercise within the scope of your workout. The idea of having multiple [Ultimate Sandbags™](#) may sound overwhelming, but with two to four [Ultimate Sandbags™](#) you can have a full gym that is MUCH smaller than a barbell and rack, kettlebell set, or a series of dumbbells. Plus, far more versatile, effective, and fun!



The more modern Ultimate Sandbag™ is quickly becoming the gym of the future serving elite military units, high end fitness centers, and fitness enthusiasts in over 70 countries!

“Coach Henkin’s Ultimate Sandbag Training is such a tool. In my opinion it is almost unrivaled in being able to produce functionally strong athletes quickly, simply and effectively.” - “WOOFIE” HUMPAGE, CSCS, USAT TRIATHLON CERTIFIED COACH

Lesson 2: Don’t Be A Slave to Sand

I have to admit, the evolution of the Ultimate Sandbag™ grew into more than even I originally could believe to be possible. If I knew how much versatility was really possible I don’t think the name Ultimate Sandbag™ would have ever existed as the function goes far beyond being a “sandbag”. What began to be a path to build validity and versatility of sandbag training transformed into something so much more!

Part of that path was learning some important “tricks” of optimizing the Ultimate Sandbag™. One of the most important lessons I learned was not be a slave to sand. A big reason I don’t think [Ultimate Sandbag™](#) is truly representative of what we do is because sand is not always the filling implement we choose. Because dimension plays such a big role, almost as much (if not sometimes more) than weight, we need to learn how to optimize dimension and load. That means

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we can get lighter loads but more dimension by using other filling implements such as rice, birdseed, sunflower seeds, etc. You can have one filler bag even loaded with one of these lower weight fillers and one with sand. This starts to build a more progressive system of achieving success. In [Ultimate Sandbag™](#) training it isn't possible, or recommended, to try to move up five pounds in weight like you would in many other fitness programs. Therefore, having creative systems such as these are essential. This makes moving from one size of [Ultimate Sandbag™](#) to the next far more accessible to people and in many cases people should begin with an alternative filling source than sand.

Lesson 3: Position Is Everything!

The toughest part about developing the Ultimate Sandbag™ program was that there really was not point of reference. While I had read about sandbag training in numerous books, there was no formal programming or discussion upon how to implement and progress the training. Therefore everything we are about to share was new! I wanted it to be a reflection of good science and be very practical. Where do we start was the biggest question, yet, it also the easiest answer in working with clients day after day I began seeing a trend that made sense. A progressional system that made just so much sense!

Because we weren't going to be changing weight of the Ultimate Sandbag™ like barbells and dumbbells I had to think how could we in a very subtle way or very dramatically increase the perceived weight of the Ultimate Sandbag™. Because you are forced to hold the Ultimate Sandbag™ in so many different patterns it made sense that the first concept would be "how to hold the Ultimate Sandbag™"

Bear Hug: This is the position that places the Ultimate Sandbag™ in the most balanced holding position. Bear Hug holding is the ideal position for teaching correct posture/body alignment as well as being the easiest position to hold the most amount of weight. This is a perfect example where of where having a larger dimension Ultimate Sandbag™ is helpful as having a longer weight allows for better balance. Make sure that the shoulders are pulled back and there is no shrugging of the upper body. The Bear Hug integrates far more of the upper body than simply resting a bar on the back or holding weights down by the side of the body.



Zercher Position: It may not appear that moving the Ultimate Sandbag™ from a vertical position to a horizontal position would make a big difference, however, it can make a VERY big impact. This is due to the change of the center of gravity that makes the same weight feel heavier. The value of the Zercher position is even more important as we can see that the Zercher position looks very similar to our base core stability exercise, the plank. That is very exciting as it allows us to match our philosophy of core training in a real world setting. Instead of doing crunches or holding planks all day long, core training should be the ability to hold correct posture during movement.



Shoulder: Unfortunately this is where a lot of people want to start although it is clear that this is one of the more advanced Ultimate Sandbag™ positions. It should make sense that we work from stable positions (Bear Hug & Zercher) to a position where the weight makes the body unstable. That is what the Shoulder position creates by having the weight on one side of the body. Different than holding a dumbbell or kettlebell on the side of the body, positioning the Ultimate Sandbag™ on the shoulder activates all the deep trunk muscles because if not all the right muscles are firing then posture will be negatively altered.

Therefore, we can make the same weight feel heavier and train instability by simply changing the position of the Ultimate Sandbag™ in relationship to the body.



Position doesn't refer only to that of the [Ultimate Sandbag™](#), but body position as well. We want to work just as with the weight from a position of stability to that of instability. Stable body position would refer to our more bilateral stances that most people would be familiar with in squatting and lower body pulling positions.

Such a difference makes the need of progression even more important. Before making a leap into heavier and larger [Ultimate Sandbags™](#) changing body position can accomplish two goals:



Because of the instability of the Ultimate Sandbag™ along with the holding positions make the same weight feel heavier than the equal weight in barbells or dumbbells. As fitness journalist, Jen Sinkler, writes about these drills and the comparison to standards weights: *“the moment I realized 90 sandbag pounds is the equivalent to 900 barbell pounds ...”*

1. Make a lighter weight feel heavier.
2. Build more stability in the body that can properly prepare the lifter for more challenging loads.

Just with position of the Ultimate Sandbag™, body position can be manipulated in a progressive manner far better than most people program in their workouts.

- Bilateral: Two feet evenly placed
- Staggered: Slight deviation of the bilateral stance so back foot toes in line with front foot heel
- Back Foot Elevated Staggered: Same as staggered with back foot on a small platform.
- Lunge: One of the most challenging positions because of the unstable body position.
- Suspended: Placing back foot in a suspension unit takes instability to a high level
- True Single Leg: This may come in the form where the back supporting leg is not in contact with the ground.



Demonstration of suspension being combined with Ultimate Sandbag™ training

Lesson 4: Building with Ladders and Time

Even in a more “enlightened” era of fitness we often see programming to be the most challenged part. Putting the pieces of the puzzle can be the most difficult, especially with tools such as Ultimate Sandbags™ that often don’t seem to adhere to the traditional workouts many are familiar. Because micro-loading of the Ultimate Sandbag™ is not ideal we must look outside of just your standard three sets of ten or other common programming options.

Ultimate Sandbags™ do lend themselves to some unique and more fun programming concepts.

Timed Workout Intervals: Doing your sets for time instead of repetitions offer numerous benefits. One of the most astounding is the fact that this form of training has been shown to produce better fat loss than longer bouts of more traditional “cardio” training. That means it is possible to get more out of less time!

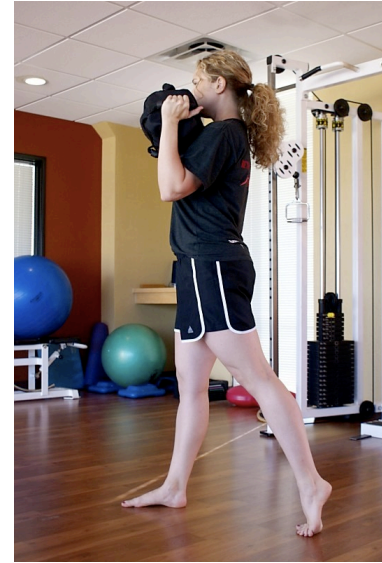
I did not say it was easier, it is in fact very challenging! However, the rewards far outweigh the effort. Simply done you will have a work interval (time you are training) and rest interval (a time to recover from the set). It is wise to start smaller on the work and more on the rest. Sometimes a 1:2 ratio works well in the beginning. For example lifting for 20 seconds and rest for 40 seconds. Instead of trying to do more weight you can aim to perform more repetitions next time you perform the workout or to increase the work and decrease the rest slightly. Do this progressively as what may seem like a small change can be quite large!

This takes focus off just performing mindless repetitions and places the challenge on increasing speed of movement while keeping the technique stable. Unlike other strength training modalities, when the speed of movement increases the instability of the Ultimate Sandbag does as well. This does not occur with barbells, dumbbells, or kettlebells therefore greatly increasing the calories burned as well!



Strength Coach, Rachel Cosgrove, & Physical Therapist, Amy Wunsch of Results Fitness are showing the afterwards of interval based workouts. Rachel developed the “Spartacus Workout” for Men’s Health. A system of doing 40 seconds of work and resting for 20 seconds. She found the Ultimate Sandbag™ to give a unique boost that made an already highly effective workout even more powerful!

Senior Physical Therapist, Jessica Bento, demonstrates and elongated version of the staggered position. For certain exercises such as overhead presses the progression to more one legged exercises can be extended.



The eventual goal is to work up to a 1:1 work to rest ratio. A popular version is to perform 30 seconds of work and 30 seconds of rest. You get the best of strengthening and conditioning in one shot! More advanced programs such as the “Spartacus Workout” designed by Rachel Cosgrove uses negative rest intervals where you work longer than you rest. Because fatigue can accumulate quickly you can run a cycle like the one below with varying work to rest ratios every round. Typically a minimum of three rounds is recommended and as many as 20 can be performed with all these examples.

Round	Round 1	Round 2	Round 3
Work Time Interval	40 seconds	30 seconds	20 seconds
Rest Time Interval	20 seconds	30 seconds	40 seconds

Therefore the goal becomes to work closer to the “round 1” interval for the entire training session. Waving though allows for progress and management of fatigue so that quality of work is not sacrificed.

Want to see the Spartacus Workout Ultimate Sandbag™ Style?
[**CLICK HERE**](#)



Ladders: Ladders are another highly underutilized but highly effective training methodology. A ladder is a means to do a lot of work but making sure that quality is maintained. Ladders are commonly supersetted with a non-competing exercises for optimal performance. For example, a ladder of squats and overhead press may look like this: 5/4/3/2/1 meaning performing a set of 5 squats then without rest a set of 5 reps of overhead press then moving back for a set of 4 squat until the ladder is completed of the two exercises.

If we examine the amount of work completed we have done 15 repetitions of each exercise. The question may be why not just perform 15 repetitions of both exercises in a typical fashion?

1. We can handle more load: To perform a straight set of 15 repetitions generally people have to use lighter loads. However, in a ladder we can use a heavier weight that would have not been possible with a straight set of 15 repetitions. That equates to faster results in fat loss and functional muscle gain, yes, you really can accomplish both!
2. Allowing for more complexity: Similar to load if you wish to use a lighter weight but a more complex movement (i.e. a rotational lunge versus a bear hug squat) these movements generally fatigue the body much faster and the quality of work utilizing more complex lifts equates to more rapid fitness results.

The best way to use ladders is to have one ladder moving upwards as one is moving down. If we took our squats and overhead presses example again really the ladder may look at the following.

Zercher Squats 5/4/3/2/1

Clean and Press 1/2/3/4/5

After the entire ladder is completed rest two minutes and try to repeat for anything one to three rounds total. Ladders can present a lot of variety as well as we could mix high repetition ladder with a low repetition ladder. The high repetition ladder is reserved for exercises that are very fluid and not high tension. Ultimate Sandbag™ exercises that fall into this category are the following:

Rotational Lunge: [CLICK HERE](#)

Shoveling: [CLICK HERE](#)

Rotational Snatch: [CLICK HERE](#)

[See one of the BEST Ladder Fat Shredding Workouts:](#)
[CLICK HERE](#)

Lesson 5: Putting It Together



Since 2005 there is a reason that our Ultimate Sandbag™ program has continued to grow at such a rapid pace. This is due to the results that people are finding they can achieve in using our program. Better results, more fun training, and far more dynamic in less time. The entire recipe for becoming a leader in the fitness and sports performance industry.

"I observe bodyfat levels decrease while strength in key exercises increases with all other training/nutrition variables remaining same. I credit this to increased work capacity potentiation. Also, the core stability derived from Ultimate [Sandbag™ training](#) is quite unique compared to other protocols with that objective. Ultimate Sandbag™ training does a remarkable job of revealing and removing "weak links" in the athlete's stability and mobility, especially through the trunk and hips.

I have also observed increased performance in the traditional barbell lifts/ skills such as deadlift, power clean, snatch, squat, front squat, push press, etc. from using just the 80lb (!) Ultimate Sandbag™ in my programs." -VINCE MCCONNELL, PUBLISHER DOLFZINE AND 25-YEAR STRENGTH COACH

How can you obtain the same results? That is our goal, NOT to have you use a sandbag, but rather to enter into a powerful fitness program that will forever change the way you see fitness and exercise. A program that can actually deliver to you real results not just empty promises. So the question may be asked, "where do I begin?" Having the pieces of the puzzle is not as important as how you put those pieces together.

Step 1: Pick the right Ultimate Sandbag™ to begin training. For women we recommend the Power Ultimate Sandbag™ for men we recommend the Strength Ultimate Sandbag™. This is due to maximizing versatility.

Step 2: Decide a reasonable amount of days per week to train. In general I recommend 3-4 days a week. More is not better, this provides an optimal amount of time to recover as well as to allow "life" to happen. The ability to recover from training is actually more important than the training itself.

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Step 3: Choose a program to follow. While there are a ton of workouts on Youtube and other arenas, being able to achieve great results and monitor progress does lend itself to following a specific program. It can be as short as four weeks or as long as twelve weeks. We provide you several programs and workouts in our instructional DVD and booklet. However, if you want to more definitely check out our training DVDs that are designed to provide you dynamic fitness programs. You don't have to perform your programs JUST with the Ultimate Sandbag™, we hope that you will integrate the Ultimate Sandbag™ with your favorite training tools.

[CLICK
HERE to
SEE our
Library of
DVD's](#)



Step 4: Journal your progress, the best way to ensure success is to chart your work over time. You can only succeed in what you measure. In order to maintain motivation it is important to show small successes along the way. This may represent being able to perform more repetitions, require less time to rest, be capable of performing more complex drills all represent forms of successful training. Over time this guarantees that you will see your goal become a reality!

Want something NOW?! Try these routines and feel the power of Ultimate Sandbag™ now! We believe so much in our Ultimate Sandbags™ as well we want you to pick yours up and are providing you with a 15% coupon code "Ultimate" to use on your initial investment in revolutionizing your fitness. Go to <http://UltimateSandbagTraining.com> to save!

We want you to succeed, even if you choose NOT to use our Ultimate Sandbag™ we want you to feel the power of Dynamic Variable Resistance Training™ and have over 300 FREE Youtube videos that have teaching cues and programs to help you achieve your fitness goals:

[CLICK HERE](#)

Don't miss our FREE training blog as well. At least once a week we send you cutting-edge training information that will update you how to develop the very best fitness programs. Not just great in the exercises, sets, or repetitions, but how you can enjoy the process as well:

[CLICK HERE FOR OUR ULTIMATE SANDBAG™ BLOG](#)

Power Circuits

Circuit training has long been a method of improving strength and endurance. The classic form of using circuits has been to perform a large number of exercises typically of a repetition range of 8-20. Power circuits simply modify this concept to create more strength and power while still increasing strength-endurance capabilities.

Perform the following as a circuit, rest 45-60 seconds between exercises and then proceed to the next exercise. Perform three to five rounds as needed.

Circuit A:

- A1. Power Clean+Front Squat+Press x 5
- A2. Goodmornings x 15
- A3. Overhead Lunge x 6
- A4. Shoulder Get-up x3 per side

Circuit B:

- A1. Single Leg Deadlift x 8 per side
- A2. Clean and Press x 5
- A3. Shoveling x 20
- A4. Bent-over Row x 12
- B1. Bear Hug Walks x one minute

Circuit C:

- A1. Shoulder to Shoulder Lunge x 6 per side
- A2. Half Knee Shoulder to Shoulder Press x 8 per side
- A3. Bear Hug Squats x 12
- A4. Around the Worlds x 15 per side

