

Old School Training Equipment

Darren Ellis MSc

WARNING – DISCLAIMER

Old School Training, Perform Well Ltd. and this book's creators, are not liable or responsible, in whole or in part, to any person or entity for any injury, damage, or loss of any sort caused or alleged to be caused directly or indirectly by the use, practice, teaching, or other dissemination of any of the techniques, information, or ideas presented here. The information in this book is presented for educational purposes only. Please consult your physician before starting any exercise program.

www.oldschoolfatloss.com

© 2008 Perform Well Ltd

Old School Training Equipment

Part Three

Sandbag

If you've ever picked up a squirming child, a poorly loaded box of books, or a refrigerator for example, you will understand how much more difficult they are to lift than if that same weight was loaded on a barbell or dumbbells. Because the object's mass is unevenly distributed around the centre point, you need to work extra hard to stabilise and control it.

Sandbags are the ultimate old school piece of training equipment, as there are literally dozens of exercises you can do with them. They are also easily adjustable in weight, as you'll soon see in the assembly instructions. I love the truck tire for an expression of old school hardcore training, but it can be tough to store even one of those suckers, if you don't have a lot of room, let alone the two or three to allow you to play with different set and rep schemes.

A sandbag however, is easy to store in the garage corner. It could even just live in the trunk of your car.

How to make it

Finally for you DIY'ers, a chance to actually do a little work! For those of you not so inclined, don't worry, making your own sandbag is pretty simple. It's possible that you have everything you need to make a sandbag lying around your house already. But if not, it will require only a minimum of cash to get set up.

You will need:

- Canvas duffle bag
- Roll of duct tape

www.oldschoolfatloss.com

© 2008 Perform Well Ltd

- Box of 20-30 snaplock or ziplock plastic lunch bags (approx 20cm² diameter)
- 20-40 kg sand
- Kitchen scales



A coarser grain of sand is preferable, as it is less likely to seep out of your sandbag over time. But try to avoid sand that seems 'sharp', as it will just cut up the plastic bags and escape anyway.

www.oldschoolfatloss.com

© 2008 Perform Well Ltd

The bigger the duffle bag, the more weight you can fit in it obviously. Scout around in army surplus stores, and you should be able to find all different shapes and sizes. It's probably better to get a bigger bag to allow for strength increases, and the need to throw in more sand. Any excess bag can be tied or taped down in the meantime.

Also, I go for the ones without handles, as they tend to be a weak spot on the bag. Remember, some of these bags are pretty old, and it's easy to grab a handle and rip it clean off when the bag is loaded with 30 odd kilos of sand. So avoid the handles or tape them down, and work your grip strength more.

The next step is filling the plastic bags with sand. You should be able to fit about 1-3 kgs in each bag. I wouldn't put anymore than that, as the more total bags you have inside the main bag, the more movement you can get, and thus the harder a given weight will be to lift. This is a good thing!!

Besides, a couple of kilos is just right to handle as far as taping up – you'll end up spilling a lot less sand. Use your kitchen scales to get a fairly precise amount. Now this isn't completely necessary, but if all your inner bags weigh the same, you can add or subtract bags to change the total weight, and know exactly how much you're lifting simply by counting the total number of bags. In this photo, I've weighed out 1.5 kg (just over 3 pounds).



The next step is to seal it up and tape the top and bottom joins. These are the main weak points of the plastic bag.



Then tape the entire bag, making sure to overlap the tape well. Don't skimp on the tape here, as you'll only decrease the life of your inner bags. Believe me, it's no fun when the sand gets out during an overhead lift, or while you're transporting it in your car.....



That's one down! Continue until you have enough to fill the canvas bag to your desired weight. Chuck them all in the bag and fasten the top of the bag with twine or duct tape.





A commercially purchased sandbag costs between \$70-100. You've just made one for next to nothing! Now let's go lift it!



www.oldschoolfatloss.com

© 2008 Perform Well Ltd

Exercises

Shouldering



Shouldering is an exercise that the sandbag is made for! It's real world, old school physical work. If it was your granddad's day this would be a bale of hay, a log or....what the hell, a bag of sand.

Squat down to the bag with a moderately wide stance; feet to each side of the bag. Keep your back as straight as possible and your hips above your knees. Contract your glutes and hamstrings strongly, and deadlift the sandbag straight up, keeping it as close to your body as possible. As the bag reaches the limits of its momentum finish off by bending your elbows and catching it on one shoulder. Re-bending your knees slightly will help you get underneath the bag, especially towards the end of a workout when you're fatigued. Return it to the ground and hoist it straight up to the other shoulder.

www.oldschoolfatloss.com

© 2008 Perform Well Ltd

Clean and Jerk



This exercise is a lot different when the weight isn't nicely balanced on an Olympic weightlifting bar. Start in the same position as for shouldering, the lift is the same too. Only instead of catching the bag on your shoulder, catch it on your chest with a slight knee bend, then drive the bag overhead.

Half Moon (Diagonal Snatch)



This one brings back memories of baling hay on my Dad's farm. We had to jog beside the tractor trailer, and throw heavy bales 2-3 metres up onto the stack

www.oldschoolfatloss.com

© 2008 Perform Well Ltd

while on the run. Seriously hard work. This time you will lift the sandbag from the outside, bringing it across your body in a diagonal movement. You can see from the photos how my weight shifts from the right foot to the left.

Zercher Squat



Old time powerlifter Ed Zercher Sr. invented this movement back in the '30's. Apparently he didn't have any squat stands, so lifted the bar from the floor in the crooks of his elbows. The awkward position of the weight makes this a fantastic functional movement, and magnifies the value of the work you do many times. Simply hug the sandbag tightly to your chest – you can then squat it, lunge with it, perform a stiff leg deadlift. If you really fill your sandbag up heavy just try walking with it! Set a time or distance target and simply carry the bag as quickly or as far as you can. You can't tell me you'd prefer jogging on a treadmill.....this exercise kicks the treadmills butt. And of course it's 10 times more effective.

www.oldschoolfatloss.com

© 2008 Perform Well Ltd

Sample Workouts

Right, time to put these exercises to the test. I've included an interval training session in Workout A, and a timed circuit for Workout B. I've also added a few more exercises, but the links below the workouts will take you to a video demonstration.

Workout A

Turkish Get Up x 4

Clean x 6

Press x 8

Zercher Squat x 10

Rest 1 min, repeat 5 times. As your fitness improves, add an extra set and/or add 1-2 reps to each exercise.

[Video demo](#)

Workout B

Half Moon Snatch x 6

Overhead Reverse Lunge x 6

Shouldering x 6

Offset Lunge x 6

6 rounds for time. Aim to beat your time when you repeat this workout.

[Video demo](#)

If you have any questions about this or the previous equipment info or the workouts, be sure to drop me a line at darren@oldschoolfatloss.com I'm more than happy to help out. The next instalment in the series will be in your inbox shortly. Remember, train with passion.

www.oldschoolfatloss.com

© 2008 Perform Well Ltd

Darren

www.oldschoolfatloss.com

© 2008 Perform Well Ltd