



**THE 10 MOST  
POWERFUL &  
EFFECTIVE  
SANDBAG  
PROGRAMS**

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**[WWW.SANDBAGFITNESSSYSTEMS.COM](http://WWW.SANDBAGFITNESSSYSTEMS.COM)**

What makes sandbag training so powerful? Is it the sandbag itself? No! This may shock many people to hear me say as it appears that a program call Sandbag Fitness Systems would pride itself on the sandbag. In fact, the truth of the matter is that sandbags are the most versatile and effective way for me to express a system that is capable of creating very powerful results!

***“I got your 4 week Sandbag Training Program and I been doing it for the last couple of months and it is great! I have lost 22 pounds and feel stronger and more explosive already!”-Pablo Cruz***

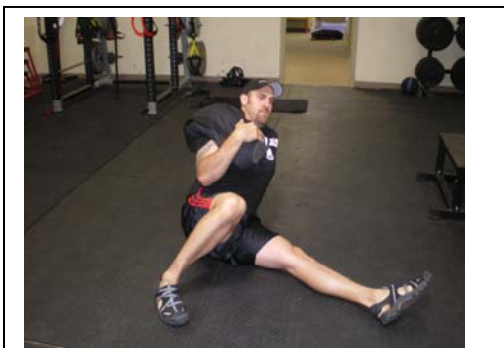
### **What Makes Sandbags Unique?**

#### **Why Use Sandbags?**

The most obvious seems to be the simplicity of their use. One does not need to invest hundreds of dollars into coaching (although I am available for those who are interested) or have to read any complicated books. Grasp, rip, and lift. You definitely want to pay attention to your lifting posture, but outside of that most of the fun is trying to figure out how to lift the bag.

Having the ability to quickly pick-up up the technique of specific exercises means you spend more time training and getting results! After a short period of time you could learn to perform so many drills that boredom is not an option.

***“I am not an avid exerciser and I get bored easily with working out. This workout was fun and extremely challenging. I think I worked harder doing this than with any other type of workout and I had fun without getting mad at my husband. It went by very quickly, which I loved and I was exhausted at the end. I liked the fact that my midsection, hips, and thighs were the most fatigued when I was finished.”-Liane Hunter***



Doesn't Get Better Than The Get-up



High Octane DVD:  
Over 66 Exercises!!

Sandbag lifting shares a lot in common with kettlebells with regard to their ability to challenge not only strength, but endurance as well. A good bag will force the lifter to maneuver and adjust to the awkward weight. This definitely causes the body to use more muscles and expend greater energy as it is hard to get into one consistent groove.

Not being able to “groove” a specific lift is where sandbags begin to show their unique value. While there are times for super high repetition work to groove lifts, if you want to truly challenge your fitness then you need to train with the awkwardness of sandbags. By not being an implement that allows you to groove and coast through lifts, your body learns how to become more integrative and stronger. Your body burns more calories because it can not adapt to a movement as easily and sandbags quickly become truly the most “functional” tool available.

***"From the very first drill I could immediately see AND feel the real life applications of sandbag training. The dynamic and explosive movements of the sandbag connect all the muscles in your body together, which have been strangers far too long due to traditional weightlifting. The incredible versatility make it one of the most fun and challenging pieces of equipment I have ever used."-Paul Meyer***

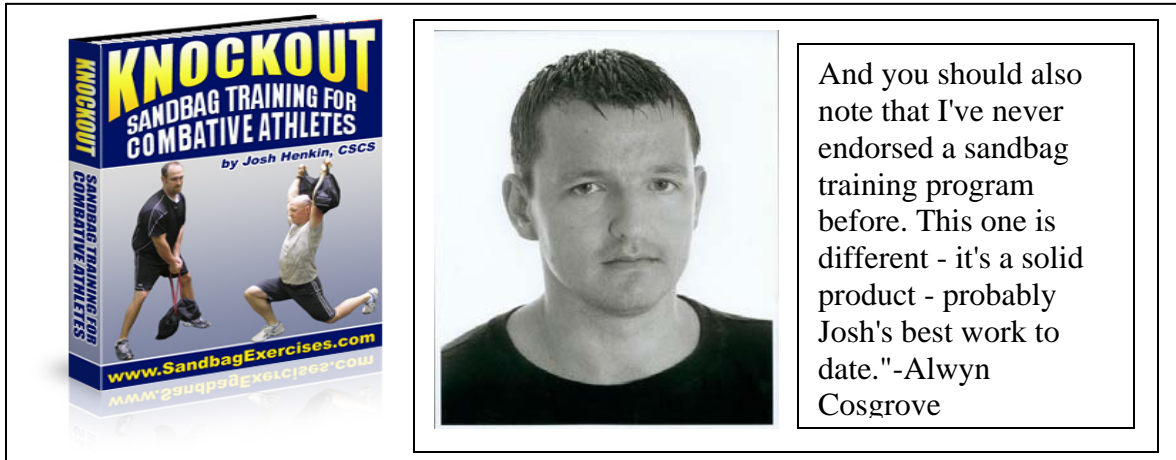
Increasing grip strength is another great reason to use sandbags. There is no piece of equipment that frustrates people as much as sandbags. Why? When using sandbags there is no convenient place to grab. You have to constantly search for an open spot and then crush grip. However, unlike most pieces of equipment, I find that not only is your crushing grip challenged, but your pinching grip is as well. For those who are into grip training, you will appreciate the distinct difference between the two.

For those that are interested purely in burning body fat why concern yourself with the grip factor? Try this test, grab with your right hand your left wrist, how much tension do you feel through the right arm? Very little right? This is how most people train, yet they want to see development of the upper arms. Now, squeeze as tightly as possible with the right hand onto your left wrist. Notice the tension in the upper arm significantly increases! Yep, that means no more meaningless biceps curls. Instead you can create functional arms that are as strong as they look!

Versatility is important when choosing any form of equipment. With common concerns about money and time it is often silly to invest a great amount of money into something that has limited use. Not only are sandbags relatively inexpensive compared to other pieces of equipment, but they can be used for any movement that you can think of from common gym exercises like squats, clean & jerks, to jogging, climbing, and throwing. With such variety it is hard to get bored. Along with the various exercises come the many holding positions one can use with sandbags. If squatting is getting too easy with the bag on both shoulders go to one shoulder, hold it overhead, hold it in your arms like a Zercher, bear hug, etc. You are really only limited by your imagination.

***"I have 7 students that train MMA with me and they workout in my backyard , I have 2 tires one 300, one 800 pounds, I got 3 sets of kettlebells, sledghammers, and about 100 ft of 2 inch manilla rope, and sleds and wheelbarrows, we all agree that the sandbag is the most challenging and most versatile, they mainly like it so if they make a mistake it wont punish them like the kettlebell, also because of that convenience there are alot more exercises we can make up and try without worry of injury, we can do every kettlebell exercise with my sandbag, and more, I love the uses of secondary muscles to***

*control the awkward shape shifting sandbag, as opposed to the kettlebell where you can get into a rhythm and sort of cheat.”-Mark Natus*



## **How is Sandbag Fitness System Different?**

The current trend in fitness and sports performance is one of extremes. Either group tries to develop elite levels of endurance, or others focus solely on strength. The truth of the matter the best approach is integrating both components. While most people think of strength and endurance as mutually exclusive, they can be integrated in very powerful ways if done correctly.

Both strength and endurance are obvious qualities that need to be developed, however, we tend to think in very small terms. If we need to build strength then we naturally go to lifts that have a great history of creating strength, squats, deadlifts, presses, etc. If we wish to create better endurance then we tend to believe high repetition work is the answer. Yet, there are weaknesses on both sides of these theories.

### **The Maximal Strength Misconception**

It is not unusual for athletes to drive themselves to great heights in the classic strength lifts, but are left to feel let down because the strength doesn't transfer to their sport or sometimes even to real life. Why is this? Most ambitious lifters forget about a concept known as "optimal strength". Optimal strength means that any additional level of strength in a specific lift would not produce a better result in sport. It should now be obvious for anyone that participates in a sport that not being aware of this concept would be foolish and cause a great deal of wasted time and energy.

This may not seem relevant to those that lift for being fit, but it does relate. The reason that some people may have great "gym strength", but lack strength in real life, or injure themselves doing odd tasks is because they do not adhere to this concept either.



I love to share a real life example of optimal strength. A sport I have competed in several times is Strongman. This is a sport where maximal strength does matter, at least it is a part of the equation. Maximal strength though has always been an Achilles heel for me. Having a history of devastating orthopedic injuries loading my body with extreme weights never seemed like a good thing. Maybe not a bad thing for the average person, but for someone interested in being involved in Strongman it may seem very limiting.

As much of an obstacle that this would appear to be, it taught me to become creative with my training. It all came to an astounding realization for me while I was training for my first Strongman contest. I was working with a gentleman that had a deadlift over twice of mine. We were both working on flipping a 750 tire for speed and reps, well, one of us was. I had taken time to build other physical attributes and had plenty of strength for the lift, but also had built speed, power, and dynamic flexibility. Such training allowed me to work on how fast I could perform these lifts while the gentleman with a far superior deadlift struggled to perform a few repetitions. The moral of my story? Optimal strength does exist and being strong requires more than a big lift.

### **Endurance That Does Not Endure**

The same misunderstanding that exists with maximal strength also can pertain to endurance training. It never ceases to amaze me that people throw out vague terms such as “getting in shape”, “improving endurance”, as though they are specific goals. Running a marathon and a 400 meter sprint are both forms of endurance that could not be more different. For this very reason we need to define what type of endurance is necessary, aerobic, anaerobic, lactate, etc. Of course most people don’t consider these issues even though they would create greatly different training results.

Most people are not looking to create aerobic endurance. While there is a time and place for such training, the majority of athletes and non-athletes alike need anaerobic endurance. The challenge in such training is to not just perform “garbage” work, rather training that still promotes good mechanics, alignment, and motor patterns. Far too many

fitness enthusiasts fall into the trap of doing work to do work. This often results in overuse injuries, impediment of strength gains, and overtraining symptoms. However, there are better ways!

## **The 10 Most Powerful Sandbag Workouts**

Cool exercises, a new training tool, they are all great things to get some initial motivation to kick the training up another level. However, like most things they become short lived and without great programs. It is not the tool that makes for results rather how you structure the training that is far more important. This may seem odd considering how enthusiastic I am about sandbags, however, being a coach means understanding it is principles that are foremost most important. Sandbags are a great vehicle in taking advantage of many training principles that most ignore.

The Top 10 Sandbag Workouts represents some very important principles that can enhance both strength and endurance. They are based upon the following concepts.

- Quality of work is maintained above all other factors. While this may appear to be an obvious concept I find very few actually adhere to it. The greatest challenge is to leave ego at the door and focus on making each repetition as perfect as possible.
- Strength is based upon neural improvements and as such should be trained primarily with low repetition protocols. However, many people do not have the training background to handle maximal loads. Therefore, short sets are prescribed throughout these workouts to improve work capacity, movement skills, as well as tendon and ligament strength.
- The type of endurance we are particularly concerned with is anaerobic, lactate training. Being able to adhere to our first principle I recommend condensing rest intervals rather than trying to perform very high repetitions.

### **Workout 1**

A1. Sandbag Clean and Press x 5

A2. Zercher Squats x 5

A spin of the classic 5 x 5 series that strength coach Jon Hinds developed. Instead of taking long rest intervals between each set the goal is to get through the five sets of five as fast as possible. This minimizes the need for small weight increments which is necessary for sandbag training.

B1. Get-up Right x 6

B2. Get-up Left x 6

B3. Sumo Goodmorning x 15

Perform the exercises in the order in which they are listed. Rest approximately 45 seconds between each set and repeat for 3-4 cycles.

## **Workout 2**

- A1. Shoulder Squat Clean x 5 each side
  - A2. Suspended Hand Walking x 3 down and back
  - A3. Suspended Leg Curl Runners x 15 each side
  - A4. Around the World x 30 seconds each side
- Rest 60 seconds between sets, repeat 5 cycles  
See this workout performed at the link below:  
[www.sandbagfitnessystems.com](http://www.sandbagfitnessystems.com)

## **Workout 3**

- A1. Squat Clean 1/2/3/4/5
  - A2. Pull-ups 1/2/3/4/5
- Use this ladder by alternating exercises with minimal rest until the entire ladder is completed. Try to complete 2-3 cycles and rest 2 minutes in between ladders.
- B1. Single Leg Deadlift Right x 10
  - B2. Single Leg Deadlift Left x 10
  - B3. Extended Plank Hold for 60 seconds
- Rest 45 seconds between sets and repeat for three cycles.

## **Workout 4**

- PR Zone: 15 minutes
- A1. Shouldering x 5 each side
  - A2. Push Jerk x 5

- PR Zone: 10 minutes
- B1. Bent-over Row x 10
  - B2. Overhead Squats x 10

## **Workout 5**

- A1. Squat Press x 30 seconds
- A2. Power Snatch x 30 seconds
- A3. Get-up Right x 45 seconds
- A4. Get-up Left x 45 seconds
- A5. Right Shoulder Carry 1 minute
- A6. Left Shoulder Carry 1 minute

## **Workout 6**

- A1. Split Clean x 6 each leg
  - A2. Neutral Grip Chin-ups x 6
- Rest 60 seconds repeat for 4 cycles
- B1. Right Leg Step-up x 10

B2. Left Leg Step-up x 10  
B3. Spider Push-ups x 12  
Rest 45 seconds repeat 3 cycles

### **Workout 7**

A1. Power Clean to Front Squat to Overhead Press to Overhead Squat x 5  
Rest 60 seconds repeat for five cycles.  
B1. Janda Sit-ups x 6  
B2. Around the World x 10 left  
B3. Around the World x 10 right  
Rest 30 seconds repeat 3 cycles  
C1. Overhead carry to Zercher carry  
Go for 90 seconds alternating between the two variations when fatigue sets in. Perform 2 cycles

### **Workout 8**

A1. Squat Cleans x 8  
A2. One-arm Towel Pull-up x 6 each arm  
A3. Squat Thrust to Box Jump x 15  
A4. Suspended Dips x 12  
Rest 60 seconds between drills repeat 4 cycles  
See this workout performed at the link below:  
[www.sandbagfitnessystems.com](http://www.sandbagfitnessystems.com)

### **Workout 9**

A1. Power Snatch to Overhead Lunge (1 repetition each leg) x 6  
Rest 60 seconds between sets repeat for five cycles  
B1. Hindu Push-ups x 15  
B2. Half Moon Snatch x 10 each side  
Rest 30 seconds each side for three cycles  
C1. Jump Rope 1 minute  
C2. Bodyweight Rows x 12  
Rest 30 seconds repeat for three cycles

### **Workout 10**

A1. Squat Thrust to Power Snatch x 30 seconds  
A2. Shoulder Squat Right x 30 seconds  
A3. Shoulder to Shoulder Press x 30 seconds  
A4. Shoulder Squat Left x 30 seconds  
A5. Bent-over Row x 30 seconds



## Carry Positions

Bear Hug



Zercher



Shoulder



Overhead



Clean and Press





Shoulder Squat



Get-ups





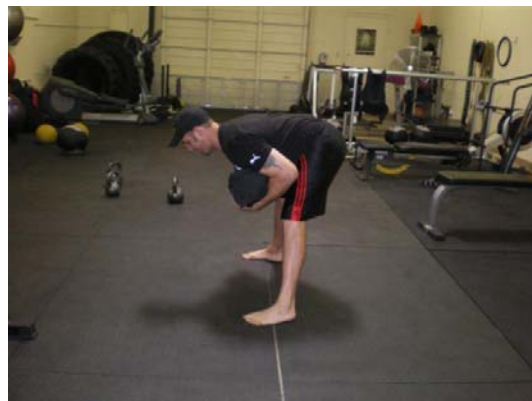
Bent-over Row



## Around The World



## Sumo Goodmornings



These workouts and many more that I have written have inspired a positive change in the way people are looking at fitness and functional strength. I hope you will take my sandbag challenge and reap the immense benefits this form of training can provide!

In Strength,

*Josh Henkin*

Check out more great training programs and Coach Henkin's Ultimate Sandbag at [www.sandbagfitnessystems.com](http://www.sandbagfitnessystems.com)

