







[Power Clean Video](#)

[Shouldering Video](#)

Hip Hinge #5 Power Clean	Hip Hinge #6 Shouldering
	
Hip Hinge #7 Single Leg Deadlift	Hip Hinge #8 Opposite Hand Single Leg Deadlift
	

[See Single Leg Deadlift Video Here](#)

Hip Hinge #9 Same Hand Single Leg Deadlift	Hip Hinge #10 Hip Hinge Front Loaded Deadlift
	

Principle #2: How You Stand When You Lift

In upper body DVRT exercises, we can also focus on changing how you stand when you train. This is another form of incrementally changing an exercise. We will focus on primarily two upper body lifts, the Bent-Over Row and Overhead Press.

[Bent-Over Row: CLICK HERE FOR VIDEO](#)

Learning how to properly hip hinge allows us to also focus upon one of the very best upper body exercises, the Bent-Over Row. Like many Ultimate Sandbag Training drills, the Bent-Over Row works far more than just the upper body. Yes, you get to train the upper back and arms, but we also get a lot of work through the core and hips.

Because the Bent-Over Row makes us hold a position that looks very similar to a classic core exercise, the Front Plank. However, many find it more challenging to hold this position because the Ultimate Sandbag moves up and down, constantly stressing the core in different ways.

Working the Bent-Over Row also allows us to balance out the shoulder joint. Very simply, any time we push, whether overhead or straight out, we want to pull as well. This makes sure that the back muscles are just as strong as the muscles in the front of the body.

The unique aspect of working with the Ultimate Sandbag is all the options available. Make sure to check out the video below to see them in action! In the Bent-Over Row, we will progress by how we hold the Ultimate Sandbag and then how we stand. Watch the progressions below.

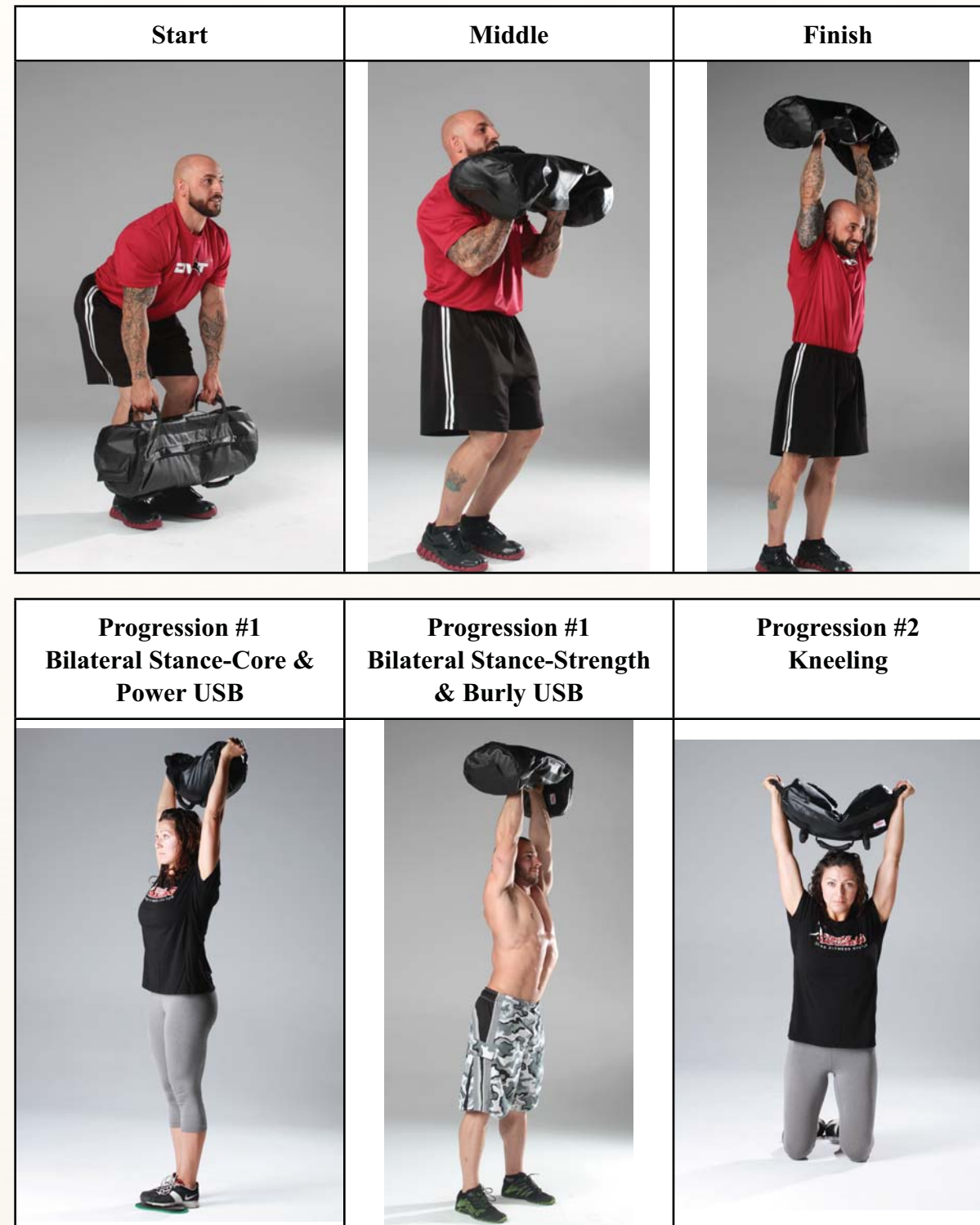


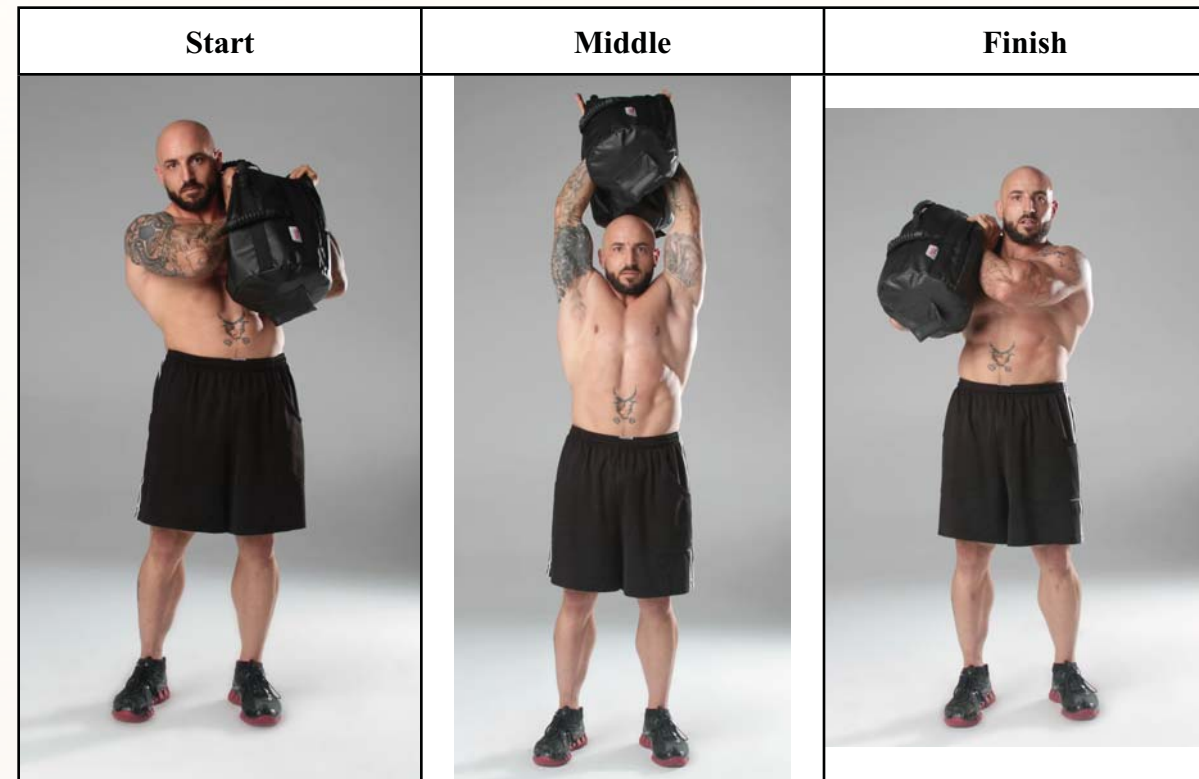
Overhead Press-[CLICK HERE FOR VIDEO](#)

When a lot of people think of upper body exercises, movements such as bench press, curls, push-ups, etc. come to mind. However, before the invention of squat racks and machines, overhead lifting was the measure of strength. Old time lifters may have known more than we thought by focusing on lifting weights overhead. Just like the Bent-Over Row works more than the upper back and arms, the overhead press takes the **WHOLE** body to perform well.

Overhead Press is not the same as a Shoulder Press. The difference is the integration of the lower body and core to produce the movement and provide stability. The overhead press done correctly will also place heavy emphasis of the upper back making it a pretty complete overall body exercise.

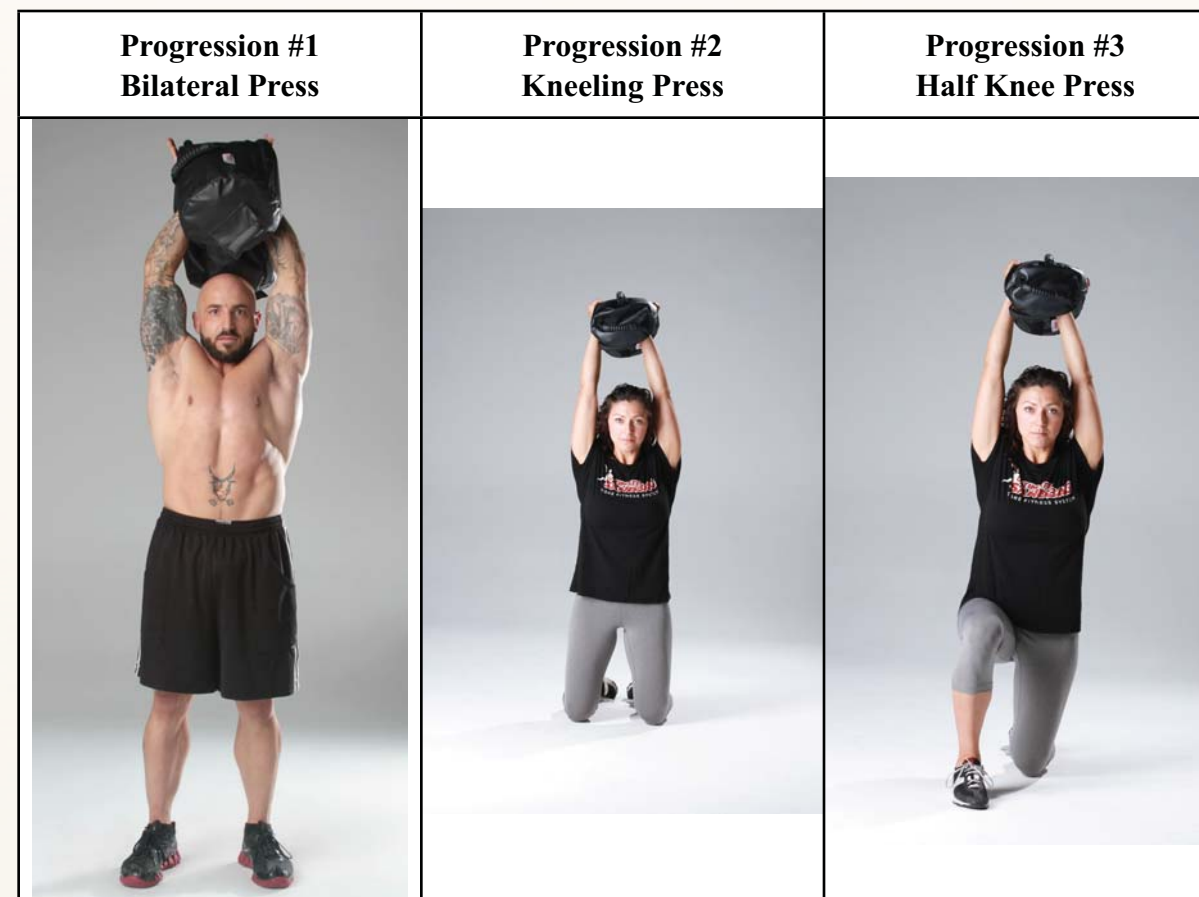
Because Ultimate Sandbags don't change by 5 or 10 pounds like we discussed, we change the perceived weight by how we stand rather than just the weight. This may be more productive for most people as by changing how you stand, we can identify weaknesses in the body before we place a lot of weight in the movement.





Arc Press-[CLICK FOR VIDEO](#)

The Ultimate Sandbag exercises allow even more variations such as changing the orientation of the Ultimate Sandbag. Performing what we call the Arc Press allows the Ultimate Sandbag as a one arm exercise. This stresses the core more and allows us to build symmetry to the body. The progressions are very similar and really expand the versatility of the Ultimate Sandbag.



Chapter 4



THE WORKOUTS


I understand all these variations and options can be a bit overwhelming. The whole point of this manual is to boil down the foundations of the DVRT system. Therefore, I am supplying you with a host of different DVRT workouts you can begin immediately begin using. They will offer some unique variations to show you the versatility and effectiveness of the DVRT program.





Sand Storm Workout 1: Circuit Style

(Perform a Set of Each Before Repeating)

Exercise	Sets	Repetitions	Rest Interval
<p>Bear Hug Squats</p> 	3-5	As Many As Possible in 30 Seconds	30 Seconds
<p>Clean and Press</p> 	3-5	As Many As Possible in 30 Seconds	30 Seconds

<p>Front Loaded Forward Lunge (Alternating Legs)</p> 	3-5	As Many As Possible in 30 Seconds	30 Seconds
<p>Bent-over Row</p> 	3-5	As Many As Possible in 30 Seconds	30 Seconds

Exercise	Sets	Repetitions	Rest Interval
<p data-bbox="273 249 562 278">Lateral Lunge Deadlift</p> 	3-5	As Many As Possible in 30 Seconds	30 Seconds
<p data-bbox="344 889 491 917">Floor Press</p> 	3-5	As Many As Possible in 30 Seconds	30 Seconds

Workout 1: [Video Version Click HERE](#)








Sun Devil Workout 2


Perform A Circuit of First Two Exercises

Alternating for Allotted Time

Circuit for Remainder Workout

Exercise	Sets	Repetitions	Rest Interval
<p>Bent-Over Row to High Pull</p> 	As Many Sets in Time	5 Repetitions of Bent-over Row then a repetition of High Pulls for 15 Minutes	Little Rest As Possible
<p>Drop Lunge to Half Kneeling Press</p> 	As Many Sets in Time	5 Repetitions Per Side for 15 Minutes	Little Rest As Possible



Exercise	Sets	Repetitions	Rest Interval
<p>Leg Threading</p> 	2-4	40 Seconds Per Side	20 Seconds
<p>Shoulder Lateral Lunge</p> 	2-4	40 Seconds Per Side	20 Seconds
<p>Biceps Curl</p> 	2-4	40 Seconds	20 Seconds




Exercise	Sets	Repetitions	Rest Interval
 <p>Side Plank</p>	2-4	40 Seconds Per Side	20 Seconds


Workout 2: Video [Version Click HERE](#)



Death Valley Workout 3-Density Training
Ladder Series for First Two Exercises
Alternate Sets of First Two Exercises
Circuit for Remainder

Exercise	Sets	Repetitions	Rest Interval
	2-3	5/4/3/2/1	2 Minute Rest After Entire Ladder Completed
<p>Rotational Lunge</p> 	2-3	12/10/8/6/4	2 Minute Rest After Entire Ladder Completed

Exercise	Sets	Repetitions	Rest Interval
<p>Front Loaded Good Morning</p> 	3-4	10-12 Repetitions	30 Seconds
<p>Lateral Bag Drag</p> 	3-4	4-6 Per Side	30 Seconds
<p>Single Leg Row</p> 	3-4	8-10 Per Side	30 Seconds


Exercise	Sets	Repetitions	Rest Interval
<p>Kneeling Half Circles</p> 	3-4	10-15 Per Side	30 Seconds




[Workout 3: Video Video Version Click HERE](#)




Meltdown Workout 4-Power Circuit

Perform One Set of Each Exercise Before Repeating Then A Circuit for Time

Exercise	Sets	Repetitions	Rest Interval
Lateral Lunge Shoulder to Forward Lunge to Arc Press (Repeat Other Side) 	3-5	6-8 Per Side	30 Seconds
Shoveling 	3-5	10-12	30 Seconds

Exercise	Sets	Repetitions	Rest Interval
Grip Rows 	3-5	8-10	30 Seconds
High Pull 	2-4	40 Seconds Per Side	20 Seconds
Lying Scissor Kicks 	2-4	40 Seconds Per Side	20 Seconds



Exercise	Sets	Repetitions	Rest Interval
Bear Hug Squat Hops 	2-4	40 Seconds	20 Seconds


Workout 4: [Video Version Click HERE](#)





Desert Burn Workout 5-Interval Series

Perform as a Circuit and Change Rest/Work Times Every Set

Exercise	Sets	Repetitions	Rest Interval
Front Loaded Squats 	3-4	60/50/40/30 Seconds	45/45/30/30 Seconds
Lateral Bag Drag to T Push-up 	3-4	60/50/40/30 Seconds	45/45/30/30 Seconds

Exercise	Sets	Repetitions	Rest Interval
Overhead Alternating Forward Lunge 	3-4	60/50/40/30 Seconds Per Side	45/45/30/30 Seconds

Single Leg Row to Deadlift 	3-4	60/50/40/30 Seconds Per Side	45/45/30/30 Seconds
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Exercise	Sets	Repetitions	Rest Interval
Power Clean 	3-4	60/50/40/30 Seconds	45/45/30/30 Seconds

Workout 5: [Video Version Click HERE](#)



Next Generation Fit Pro Metabolic Funk


Recovery Time Between Rounds: 2 Minutes


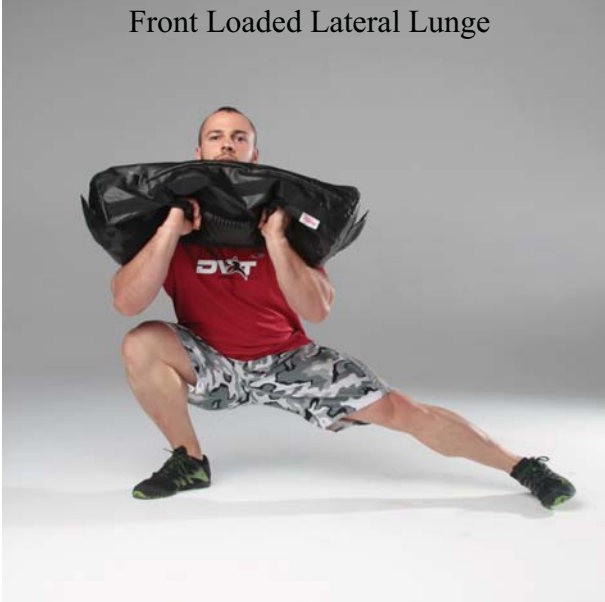
Perform All As Continual Circuit


Next Generation Fit Pros

Website:

www.nextgenerationfitpro.com

Exercise	Sets	Repetitions	Rest Interval
 <p>Overhead Push Press (use legs to drive weight overhead)</p>	3-4	40 Seconds Take 4 Seconds To Lower Weight	20 Seconds

Exercise	Sets	Repetitions	Rest Interval
 <p>Rotational High Pull</p>	3-4	40 Seconds	20 Seconds
 <p>Front Loaded Lateral Lunge</p>	3-4	40 Seconds	20 Seconds

Exercise	Sets	Repetitions	Rest Interval
<p data-bbox="226 247 609 278">Staggered Stance Power Clean</p> 	3-4	40 Seconds	20 Seconds
<p data-bbox="304 961 531 991">Around the World</p> 	3-4	40 Seconds Per Side	20 Seconds

Workout 6: [Video Version Click HERE](#)



Journaling Your Workouts

Keeping track of your Ultimate Sandbag Training is important to ensure your long term success. Journaling allows you to see what is working in your training and what is not. If you don't try to keep some type of record of your training then you are just guessing and that can get VERY frustrating!

Recording your workouts with Ultimate Sandbag Training isn't all that different from most fitness programs. However, we try to make you aware of more variables and there are one or two unique attributes to the DVRT system. Instead of just counting weight and repetitions, we want you to have a more well thought out program. That means paying attention to other variables such as, how fast do you lift? How long do you rest in between sets? What size Ultimate Sandbag are you using? While this may seem like a bit more work up front, the payoff is so much greater!



The goal of the next section is to take you through how to properly log your Ultimate Sandbag Training. It may take a little getting use to, but that is why we also supplied you with an example workout journal so you can see the system in action. Over time you will see how your training transforms and how whether you train at home, outside, or go to the gym, you will have the feeling of an elite fitness program no matter where you train!

**Dynamic Variable Resistance
Ultimate Sandbag Training
Journal Key**

Categories

Variables	Key	Example
Weight	USB Size: Core (CB), Power (PB), Strength (SB), Burly (BB)	PB-35 Power Bag 35 lbs
Time	For time sets: 15-60 seconds	Set of 30 Seconds
Repetitions	Record the number you achieve per set	4 sets of exercise: 10/10/8/6
Tempo	Slow=S(3-5 secs) Pause=P(1-3 secs) Fast/Explosive=F(0-1secs)	S-F Squats Lower Slow, Up Fast
Sets	Number of times repeating the exercise	3sets x 10: three times for ten reps
Rest Interval	Time to rest between sets or exercises	30 seconds before next exercise
Letters/Numbers	A1., A2., A3 refers to a circuit and order of performance	Do A1. Rest then A2. Etc.

More Questions? Contacts Us: info@ultimatesandbagtraining.com

Ultimate Sandbag Training Log

Seq.	Wk	Phase: Exercise Selection:	Date: Size/load	Time	Reps	Tempo	Sets	Rest
A1.		Bear Hug Squat		30 Seconds	As Many As Possible	S-F	3-5 sets	30 seconds
	1		SB-60	30 Seconds	15/14/12/10		4 Sets	
	2		SB-60	30 Seconds	15/15/13/11/10		5 Sets	
	3		SB-60	30 Seconds	15/15/13/13/11		5 Sets	
	4		SB-60	30 Seconds	15/15/14/13/12		5 Sets	
		Exercise Selection:	Size/load	Time	Reps	Tempo	Sets	Rest
A2.		Clean and Press		30 Seconds	As Many As Possible	F-F-S	3-5 sets	30 Seconds
	1		SB-60	30 Seconds	6/6/5/5		4 Sets	
	2		SB-60	30 Seconds	7/6/6/5/5		5 Sets	
	3		SB-60	30 Seconds	7/7/6/6/6		5 Sets	
	4		SB-60	30 Seconds	8/8/7/6/6		5 Sets	
		Exercise Selection:	Size/load	Time	Reps	Tempo	Sets	Rest
A3.		Front Forward Lunge-Alternating Legs		30 Seconds	As Many As Possible	S-F	3-5 sets	30 Seconds
	1		PB-40	30 Seconds	10/10/9/9		4 Sets	
	2		PB-40	30 Seconds	10/10/10/9/9		5 Sets	
	3		PB-40	30 Seconds	12/11/10/10/9		5 Sets	
	4		PB-40	30 Seconds	12/12/12/11/11		5 Sets	
		Exercise Selection:	Size/load	Time	Reps	Tempo	Sets	Rest
A4.		Bent-over Row	SB-60	30 Seconds	As Many As Possible	F-S	3-5 sets	30 Seconds
	1		SB-60	30 Seconds	12/12/11/10		4 Sets	
	2		SB-60	30 Seconds	12/12/11/11/10		5 Sets	
	3		SB-60	30 Seconds	12/12/12/11/11		5 Sets	
	4		SB-60	30 Seconds	12/12/12/12/12		5 Sets	
		Exercise Selection:	Size/load	Time	Reps	Tempo	Sets	Rest
A5.		Lateral Lunge Deadlift	PB-40	30 Seconds	As Many As Possible	S-F	3-5 sets	30 Seconds
	1		PB-40	30 Seconds	10/10/9/9		4 Sets	
	2		PB-40	30 Seconds	10/10/10/9/9		5 Sets	
	3		PB-40	30 Seconds	12/11/10/10/9		5 Sets	
	4		PB-40	30 Seconds	12/11/10/10/9		5 Sets	
		Exercise Selection:	Size/load	Time	Reps	Tempo	Sets	Rest
A6.		Floor Press	SB-60	30 Seconds	As Many As Possible	F-S	3-5 sets	30 Seconds
	1		SB-60	30 Seconds	20/18/16/15		4 Sets	
	2		SB-60	30 Seconds	20/20/18/18/15		5 Sets	
	3		SB-60	30 Seconds	20/20/20/19/18		5 Sets	
	4		SB-60	30 Seconds	20/20/20/20/20		5 Sets	
		Exercise Selection:	Size/load	Time	Reps	Tempo	Sets	Rest
	1							
	2							
	3							
	4							

Ultimate Sandbag Training Log

Seq.	Wk	Phase: _____ Exercise Selection:	Date: _____ Size/load	Time	Reps	Tempo	Cadence	Sets	Rest
	1								
	2								
	3								
	4								
		Exercise Selection:	Size/load	Time	Reps	Tempo	Cadence	Sets	Rest
	1								
	2								
	3								
	4								
		Exercise Selection:	Size/load	Time	Reps	Tempo	Cadence	Sets	Rest
	1								
	2								
	3								
	4								
		Exercise Selection:	Size/load	Time	Reps	Tempo	Cadence	Sets	Rest
	1								
	2								
	3								
	4								
		Exercise Selection:	Size/load	Time	Reps	Tempo	Cadence	Sets	Rest
	1								
	2								
	3								
	4								
		Exercise Selection:	Size/load	Time	Reps	Tempo	Cadence	Sets	Rest
	1								
	2								
	3								
	4								

About Josh Henkin, CSCS



Strength Coach, Josh Henkin, has been a leader in the fitness and sports performance industry for the past 20 years. Coach Henkin began to develop his innovative Dynamic Variable Resistance Training™ (DVRT) program in 2005. The success of Coach Henkin's DVRT and Ultimate Sandbag™ program has allowed him the opportunity to lecture and write extensively in the field of functional and corrective based fitness training.

Coach Henkin is a best-selling author, writing three books, as well as having published over 100 articles. His work has been seen in mainstream publications such as "Men's Health", "Experience Life", "SWAT Magazine", "SHAPE", "Testosterone", and "The Crossfit Journal".

Teaching is one of Coach Henkin's greatest joys as he has been able to bring his DVRT program to over fifteen countries worldwide as well as being a speaker at several international conferences. In 2009, Coach Henkin received the great honor of developing the program "SELECTED" which he was commissioned by the US Army Special Forces Recruiting Battalion to aid in preparing physically in their selection process.

More DVRT Ultimate Sandbag Training Resources

Website: DVRTFitness.com

Facebook Fan Page: [Ultimate Sandbag Training](#)

Monthly DVRT Ultimate Sandbag Training Workouts: [Ultimate Sandbag Fitness](#)

Dynamic Variable Resistance Training Coaching Certification Program: DVRTCertified.com



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