

**Pimp My Program**

"Hey, coach. I love sandbag training but changing the weight in the bag and the sand going everywhere is a real downer. Any tips?"

Bill McCarragh, via email



**Y**ears ago I remember leaving the gym with sand in my hair and in my shorts from carrying sandbags overhead. Thanks to innovators like Josh Henkin and the quick-change filler pouches of his Ultimate Sandbag system, that's firmly in the past.

You can easily load different weight and increase or decrease the resistance, which, in my mind, keeps the flow of the workout going. Sandbag training is important for any trainer or athlete's arsenal. You can have the grinding workout without the grit.

Sandbag training is as old as training itself. Someone, centuries ago, figured out if you take a sack and fill it with anything that shifts it's a functional real-world workout.

And anyone can benefit from it: whether you are a competitive athlete or weekend warrior.

The best part about this training is a term I learned from Josh himself, called DVRT: it's dynamic variable resistance training. You'll get exactly that with my 'Super Sandbag Workout.'

# SANDBAG S&M

Get fighter-worthy strength and movement from the other heavy bag, thanks to S&C mastermind Kevin Kearns

## ▶ SUPER SANDBAG WORKOUT

**Round One: 12 reps**

**Round Two: 10 reps**

**Round Three: 8 reps**

**1 OVERHEAD SQUATS** Feet shoulder-width apart, squat down. As you rise up pull the bag up off your shoulders and press and hold it overhead.



**2 OVERHEAD STAIR CARRIES** Grip bag and place it over your head. Find a staircase or step and walk up and down keeping your abs engaged.



**3 LATERAL LUNGES** Place the bag in a biceps carry position and lunge from the center to each side.



**4 BENT-OVER ROWS** Lean forward from the waist with the bag in your hands. Keep your back flat as you bring the bag up to your chest in a rowing motion.



**5 SHOULDER TOSS** Stand with your feet shoulder-width apart and the bag in your hands at your chest. Toss the bag up in front of your shoulders explosively.



**6 ROTATIONAL DEAD LIFT** Place the bag on the floor, rotate on one foot and place the bag on the opposite side.



**7 ROTATIONAL PICK-UPS** Place the bag on a chair or bench. Rotate your opposite foot to the bench or chair and pick up the bag. Repeat on the other side.



**8 LUMBER JACKS** Bend the knees, pick the sand bag up and place it on one shoulder. Lower it down and repeat on the other side. ●

