Brute Force Sandbags

Training Manual

Your guide to getting the best from the Brute Force Sandbag
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Disclaimer

This Brute Force Sandbags Training Manual is not meant to diagnose or treat any medical condition. It is designed as a resource for individuals wishing to follow a strength and conditioning programme using Brute Force Sandbags. Individuals with any pre-existing medical conditions should check with their physician before commencing any program of physical activity.

Brute Force Sandbags will not be held responsible for any injury resulting from the use of this Training Manual or any of the information contained herein.

If you are unsure about it’s suitability for you, always check with a medical professional first.
Introduction

Congratulations on purchasing your Brute Force Sandbag!

Sandbag training is a great way to efficiently develop strength and conditioning for general health and fitness or a variety of sports. This training manual contains detailed descriptions of a number of our favorite exercises. We also encourage you to connect with us - this will keep you up to date with regular workouts, video tutorials, new products, special offers and much, much more...
Connect

Connect with Brute Force Sandbags:

Facebook

YouTube

We regularly post workouts, training technique videos and tips on our social media channels so we’d love to see you there...
Your Brute Force Sandbag

...Is Made Tough

The Brute Force Sandbag is designed to stand up to the rigors of hard training. Made from military spec cordura, the sandbag will still be going long after you stop.

...Is Versatile

Unlike traditional free weights, your Brute Force Sandbag can also be used for load carries, sprints, throws, drags and sports specific strength and conditioning drills.

...Is Designed To Get You Results

Sandbag training is tough work but the results are worth the effort. The inherent unstable nature of your Brute Force Sandbag means that you’ll have to work extra hard for each lift - getting you exceptional results in less time.

Instability

For me, the greatest benefit of the sandbag is the fact that it is awkward to lift. The load is constantly shifting, or at least requires effort to stabilise, and this produces an effect far removed from conventional weight training. The sandbag is not ergonomically designed to make it easier to lift – it makes you work hard for each repetition. The result is that you build strength and conditioning that can be applied in the real world. Scientists would call this ‘ecological validity’.

This concept of functional strength is heavily touted in modern health and fitness. It’s not uncommon to find classic exercises ‘modified’ to include instability by using stability balls, boards and another equipment. But the sandbag has built-in instability, making it the natural choice to integrate instability training into your programme.

The major advantage of training with an unstable object, rather than on an unstable surface, is that it has greater ecological validity or real world application. Most loads, in real life, are not equally weighted. Therefore, training with the sandbag prepares the body to deal with an unstable load. The ‘craze’ for stability training typically involves making the surface on which you are standing unstable – the complete opposite of most real world situations.
Convenience

If you travel regularly, as I do, then the sandbag is a great addition to any suitcase. I take mine with me everywhere I go and fill it when I arrive – either at the beach or from a builder’s merchant. It is the ultimate portable gym so you have no excuses not to train again!

Value

The sandbag is proudly low-tech and relatively inexpensive compared to other training options. In a comparison of cost between sand and conventional weight plates the sand comes in at around $\frac{1}{20}$th of the price. And that’s if you pay for it – sand is fairly easy to come by for free.

With so many barriers to exercise, the inexpensive nature of sandbag training makes it a great option for everyone.

Versatile

The sandbag is malleable – it will mould itself to your body and most shapes you can think of. I’ve seen countless attempts to make barbell back squats more comfortable with towels, various ergonomic pads and even extra t-shirts but the sandbag will mould itself nicely across your upper back – problem solved.

The malleable sandbag also lends itself well to load carries, hill sprints and various sport specific drills. I find it particularly effective with combat athletes as the bag can be used to simulate an opponent effectively.

The sandbag can take the place of a medicine ball for throwing, passing and catching drills – try doing that with a barbell.
Effective

Most modern gymnasiums are littered with machines that require little to no hand strength to operate them. This causes problems when, outside of the gym, you require hand strength to lift anything. The modern antidote to this problem is to include some additional grip strength exercises to supplement your grip-independent strength workout. The sandbag avoids this unnecessary issue by requiring high levels of grip strength to lift – it builds hand and forearm conditioning naturally.

Grip strength is a vital attribute for all athletes – especially Wrestlers, MMA fighters and Judokas. It’s also important for the population as a whole. You only have to consider the commercial market for grip assistance implements to see how much of a problem this is becoming in modern society. Regular practice with a sandbag would maintain grip strength into old age.
Warm Up

The Benefits

A thorough warm up will prepare you physically and mentally for the upcoming workout - allowing you to achieve your very best. It will also help you to avoid injury and improve the speed of your recovery.

We Recommend

The warm up should do just that - get you warm. Rather than performing lots of static stretches, we recommend that you focus on movements like skipping, light jogging and calisthenics such as press ups and squats.

Practice, Practice, Practice

The warm up is also a great opportunity to practice the movements that you’ll be including in the workout for that day. Use the time to get used to the techniques and to decide on the working weight for each of the exercises that you will be completing.
The Exercises

**Compound Movements**

This training manual focuses on compound movements - big, multi-joint exercises that work lots of muscles at a time. These have been chosen because they have a greater transfer into “real life” and sports, produce greater overall strength and conditioning and will allow you to get more done in less time.

**Multi-Planar**

This manual also contains multi-planar movements. A multi-planar movement is one that works through 2 or more of the Planes of Motion:

- Sagittal - forwards and backwards
- Frontal - side to side or lateral
- Transverse - rotational

It’s important to include multi-planar movements to build strength and conditioning in a variety of different situations.

**Sandbag Specific**

We’ve included exercises that are sandbag specific - movements that are particularly effective uses of your Brute Force Sandbag.
Exercises

**Floor Pull to Squat Snatch Finish**

**Exercise Description:** Floor Pull to Squat Snatch Finish

**Classification:** Sandbag Exercises

**Instructions:** 1. Squat down and grip the sandbag by the handles, keeping your back straight. 2. Keeping your arms straight, lift the sandbag using your hips and knees. 3. As you reach a standing position, jump upward and extend your hips and knees. As you jump, lift your shoulders and keep the sandbag close to your body. 4. Keeping your arms straight, pull the sandbag up and above your head and drop to a squat. Your thighs should be parallel to the floor, your feet shoulder width apart, and the sandbag should be slightly behind your head. 5. Hold this position until controlled. Return to the starting position and repeat as desired, 10 to 15 repetitions.
Single Bag Bent Over Row 2

**Exercise Description:** Single Bag Bent Over Row 2

**Classification:** Sandbag Exercises

**Instructions:** 1. Start by holding a sandbag with both hands, with the bag in front of you, across your body and parallel to the floor. 2. Bend forward at the hips until your upper back is nearly parallel to the floor. 3. Keeping your lower back flat, lift the bag up to your stomach using a rowing motion. Your elbows should rise above your back. 4. Return to the starting position (bent over) and repeat as desired, 10 to 15 repetitions.
Exercises

Floor Pull to Power Finish Position

**Exercise Description:** Floor Pull to Power Finish Position

**Classification:** Sandbag Exercises

**Instructions:**
1. Squat down and grip the sandbag by the handles, keeping your back straight.
2. Keeping your arms straight, lift the sandbag using your hips and knees.
3. As you reach a standing position, continue raising the sandbag with straight arms until it is above and slightly behind your head.
4. Hold this position until controlled. Return to the starting position and repeat as desired, 10 to 15 repetitions.
Diagonal Power Shouldering

**Exercise Description:** Diagonal Power Shouldering

**Classification:** Sandbag Exercises

**Instructions:**
1. Begin with the sandbag on the floor to the outer side of your left foot. 
2. Grab the bag while bending your knees and keeping your back flat and hips down. 
3. Stand up and lift the sandbag, bringing it across your body up onto your right shoulder. 
4. Return to the starting position and repeat as desired, then switch to the other side, 10 to 15 repetitions each.
Exercises

Floor Pull to Split Lunge Position

Exercise Description: Floor Pull to Split Lunge Position

Classification: Sandbag Exercises

Instructions: 1. Squat down and grip the sandbag by the handles, keeping your back straight. 2. Keeping your arms straight, lift the sandbag using your hips and knees. 3. As you reach a standing position, continue raising the sandbag with straight arms until it is above and slightly behind your head. 4. Step back with one leg into a lunge position, with front leg parallel to the floor. 5. Return to the starting position and repeat as desired, 10 to 15 repetitions with each leg.

Sandbag Military Press

**Exercise Description:** Sandbag Military Press

**Classification:** Sandbag Exercises

**Instructions:** 1. Stand with back and legs straight, feet shoulder width apart, holding the sandbag in front of you at shoulder level. 2. Keeping your elbows in, press the sandbag up and over your head until arms are extended. 3. Return to the starting position and repeat as desired, 10 to 15 repetitions.
High Hang Position to Power Finish Position

**Exercise Description:** High Hang Position to Power Finish Position

**Classification:** Sandbag Exercises

**Instructions:**
1. Grab the sandbag with an overhand grip and lift it off the ground to a standing position.
2. Slowly raise the sandbag to waist height (This is the “high hang position”).
3. With an explosive motion, thrust the sandbag out in front of you and, keeping your arms straight, pull it above and slightly behind your head. While lifting, bend your knees and slightly lower your body toward the floor.
4. Return to the starting position and repeat as desired, 10 to 15 repetitions.
Sandbag Hack Squat

**Exercise Description:** Sandbag Hack Squat

**Classification:** Sandbag Exercises

**Instructions:**
1. While standing, hold the sandbag at each end behind you at waist level.
2. Squat down until your thighs are parallel to the floor.
3. Return to the starting position and repeat as desired, 10 to 15 repetitions.
Exercises

High Hang Pull to Full Snatch Finish

**Exercise Description:** High Hang Pull to Full Snatch Finish

**Classification:** Sandbag Exercises

**Instructions:** 1. Grab the sandbag with an overhand grip and lift it off the ground to a standing position. 2. Slowly raise the sandbag to waist height. 3. With an explosive motion, thrust the sandbag out in front of you and, keeping your arms straight, pull it above your head. 4. While raising the sandbag, drop to a squat. Your thighs should be parallel to the floor, your feet shoulder width apart, and the sandbag should be slightly behind your head. 5. Return to the starting position and repeat as desired, 10 to 15 repetitions.
Sandbag Overhead Lunge

**Exercise Description:** Sandbag Overhead Lunge

**Classification:** Sandbag Exercises

**Instructions:** 1. Stand with back and legs straight, feet shoulder width apart, holding the sandbag over your head with both arms extended. 2. Lunge forward with one foot until your thigh is parallel with the floor. 3. Return to the starting position and repeat as desired, 10 to 15 repetitions with each leg.
High Hang Pull to Split Lunge Finish

**Exercise Description:** High Hang Pull to Split Lunge Finish

**Classification:** Sandbag Exercises

**Instructions:**
1. Grab the sandbag with an overhand grip, lift it off the ground, and rise to a standing position.
2. Slowly raise the sandbag to waist height.
3. With an explosive motion, thrust the sandbag out in front of you and, keeping your arms straight, pull it above your head.
4. Step back with one leg into a lunge position, with front leg parallel to the floor.
5. Return to the starting position and repeat as desired, 10 to 15 repetitions with each leg.
Suitcase Deadlift

**Exercise Description:** Suitcase Deadlift

**Classification:** Sandbag Exercises

**Instructions:**
1. Begin with the sandbag on the floor to the outer side of one leg.
2. Bending at the waist and the knees, grab the bag with one hand, gripping it like you would a suitcase handle.
3. Stand up, lifting the sandbag with you. Make sure you keep your back straight, and do not let your shoulder drop into the weight.
4. Return to the starting position and repeat as desired, then switch arms and repeat as desired, 10 to 15 repetitions.
Exercises

Hang Position to Full Snatch Position

**Exercise Description:** Hang Position to Full Snatch Position

**Classification:** Sandbag Exercises

**Instructions:** 1. Begin by holding the sandbag with an overhand grip at about mid-thigh level, with feet pointed forward and shoulder width apart (the “hang clean” position). 3. While rising about halfway to a standing position, thrust the sandbag out in front of you and, keeping your arms straight, pull it above your head. 4. While raising the sandbag, drop to a squat. Your thighs should be parallel to the floor, your feet shoulder width apart, and the sandbag should be slightly behind your head. 5. Return to the starting position and repeat as desired, 10 to 15 repetitions.
Exercises

Lateral Drag

**Exercise Description:** Lateral Drag

**Classification:** Sandbag Exercises

**Instructions:** 1. Begin with the sandbag on the floor to the outer side of your left foot. 2. Squat down, grab the bag and walk sideways while dragging the sandbag. 3. Drag 20 yards, rest and repeat with the right side, 3 repetitions each.
**Hang Position to Power Finish Position**

**Exercise Description:** Hang Position to Power Finish Position

**Classification:** Sandbag Exercises

**Instructions:**
1. Begin by holding the sandbag with an overhand grip at about mid-thigh level, with feet pointed forward and shoulder width apart (the “hang clean” position).
2. While rising to a standing position, thrust the sandbag out in front of you and, keeping your arms straight, pull it above your head. While lifting, thrust your hips forward.
3. Hold the position until controlled, then return to the starting position and repeat as desired, 10 to 15 repetitions.
Sandbag Push Press

**Exercise Description:** Sandbag Push Press

**Classification:** Sandbag Exercises

**Instructions:** 1. Stand while holding the sandbag against the upper chest. 2. Bend your knees into a slight squat and quickly drive upward with the legs. 3. As you extend your legs push the bag up with your arms until in an overhead position. 4. Return to the starting position and repeat as desired, 10 to 15 repetitions.
Exercises

Sandbag Good Mornings

**Exercise Description:** Sandbag Good Mornings

**Classification:** Sandbag Exercises

**Instructions:**
1. Begin by holding the sandbag by the handles or by cradling the sandbag with your arms underneath.
2. With your back and legs straight, bend forward at the waist and lower your torso until it is parallel to the floor.
3. Rise back up to a standing position and repeat as desired, 10 to 15 repetitions.
Exercises

Sandbag Overhead Walk

**Exercise Description:** Sandbag Overhead Walk

**Classification:** Sandbag Exercises

**Instructions:** 1. Stand with back and legs straight, feet shoulder width apart, holding the sandbag over your head with both arms extended. 2. Keeping the sandbag over your head, walk forward 20 yards. 3. Rest and repeat as desired, about 3 repetitions.
High Pulls Grip Emphasis

**Exercise Description:** High Pulls Grip Emphasis

**Classification:** Sandbag Exercises

**Instructions:** 1. Start with feet shoulder width apart and grab each end of the sandbag with an overhand grip (do not use the handles). 2. Keeping arms straight, extend your hips and knees and rise to a standing position. 3. As you stand, quickly pull your shoulders up as you pull the bag up to shoulder level. 4. Return to the starting position and repeat as desired, 10 to 15 repetitions.
Exercises

Sandbag Overhead Squat

**Exercise Description:** Sandbag Overhead Squat

**Classification:** Sandbag Exercises

**Instructions:** 1. Stand with back and legs straight, feet shoulder width apart, holding the sandbag over your head with both arms extended. 2. Keeping your back straight, squat down until your thighs are just past parallel to the floor. 3. Return to the starting position and repeat as desired, 10 to 15 repetitions.
High Pulls

**Exercise Description:** High Pulls

**Classification:** Sandbag Exercises

**Instructions:** 1. Start with feet shoulder width apart and grab each end of the sandbag with an overhand grip. 2. Keeping arms straight, extend your hips and knees and rise to a standing position. 3. As you stand, quickly pull your shoulders up as you pull the bag up to shoulder level, keeping your elbows level with or above the bag. 4. Return to the starting position and repeat as desired, 10 to 15 repetitions.
Exercises

Sandbag Overhead Turkish Getups

Exercise Description: Sandbag Overhead Turkish Getups

Classification: Sandbag Exercises

Instructions: 1. Begin by lying on your back while holding the sandbag perpendicular to your body. 2. Slowly rise to a sitting position and bend your knees and legs to one side to prepare to stand up. 3. Rise to your knees, put one foot on the floor, and rise to a squatting position with the sandbag over your head. 4. Return to the starting position and repeat as desired, 10 to 15 repetitions.
Sandbag Romanian Deadlift

**Exercise Description:** Sandbag Romanian Deadlift

**Classification:** Sandbag Exercises

**Instructions:** 1. In a narrow stance, hold the sandbag at each end at waist level. 2. Keeping your back straight, bend at the waist with slightly bent knees and lower the sandbag until your back is parallel to the ground. 3. Return to the starting position and repeat as desired, 10 to 15 repetitions.
Exercises

Sandbag Power Shoulderng

**Exercise Description:** Sandbag Power Shoulderng

**Classification:** Sandbag Exercises

**Instructions:**  1. Squat down and grab the sandbag at each end between your legs.  2. Stand up and vigorously lift the sandbag with both hands, up and onto one shoulder.  3. Return to the starting position and repeat as desired, 10 to 15 repetitions on each side.

Rotating Bag Snatch

Exercise Description: Rotating Bag Snatch

Classification: Sandbag Exercises

Instructions: 1. Begin with legs shoulder width apart and the sandbag on the floor between your feet. 2. Grip each end of the bag, stand up and raise the sandbag up and over your head with elbows slightly bent. 3. Once the bag is over your head, in one fluid movement rotate your hands (and the sandbag) so that the hand that was in front, is now behind the bag. 4. Repeat this drill as desired, rotating the opposite direction each time, about 10 to 15 repetitions.
Exercises

Shoulder Lunge

**Exercise Description:** Shoulder Lunge

**Classification:** Sandbag Exercises

**Instructions:** 1. Begin by standing upright and holding the sandbag with both hands slightly above one shoulder. 2. Lunge forward with one foot until your thigh is parallel with the floor. 3. Return to the starting position and repeat as desired, 10 to 15 repetitions with each leg.
Exercises

Round Back Deadlift

**Exercise Description:** Round Back Deadlift

**Classification:** Sandbag Exercises

**Instructions:** 1. Squat down and grab the sandbag in your arms, as if in a bear hug. 2. With a rounded back, flex your hips and knees and stand up. 3. At the top of the lift, pull your shoulders back. 4. Return to the starting position and repeat as desired, 10 to 15 repetitions.
Exercises

Shouldering Squat

**Exercise Description:** Shouldering Squat

**Classification:** Sandbag Exercises

**Instructions:** 1. Begin by standing upright and holding a sandbag slightly above your shoulder. 2. Keeping your back semi-upright, lower your body into a squat until your thigh is just past parallel to the ground. 3. Return to the starting position and repeat as desired, 10 to 15 repetitions with each leg.
Exercises

Single Leg Sandbag Deadlift

Exercise Description: Single Leg Sandbag Deadlift

Classification: Sandbag Exercises

Instructions: 1. Start in a standing position while cradling the sandbag with your arms underneath. 2. Raise one leg slightly and bend forward at the waist, keeping your supporting leg slightly bent. 3. Continue to bend forward until your back is parallel to the ground, lifting your raised leg behind you. 4. Return to the starting position and repeat as desired, then switch legs and repeat as desired, 10 to 15 repetitions with each leg.
Shoulder to Shoulder Press

**Exercise Description:** Shoulder to Shoulder Press

**Classification:** Sandbag Exercises

**Instructions:**
1. Begin by holding a sandbag with both hands slightly above your right shoulder.
2. Using both arms, press the sandbag up and over your head, fully extending your arms, and lower it to slightly above your left shoulder.
3. Repeat as desired, back and forth, 10 to 15 repetitions. This drill may be done from a standing or a seated position.
Sandbag Rows

**Exercise Description:** Sandbag Rows

**Classification:** Sandbag Exercises

**Instructions:**
1. Hold the sandbag at each end with your palms facing each other.
2. While bending your knees and holding your abs in, bend forward at the hips until your back is parallel to the floor (make sure to keep your back flat).
3. Keep your arms directly under your shoulders and pull the sandbag up to your chest. Your shoulders should stay down and your elbows should rise above your shoulders.
4. Return to the starting position (bent over) and repeat as desired, 10 to 15 repetitions.
Exercises

Shouldering Turkish Getups

**Exercise Description:** Shouldering Turkish Getups

**Classification:** Sandbag Exercises

**Instructions:** 1. Begin by lying on your back while holding the sandbag on your shoulder. 2. Slowly rise to a sitting position and bend your knees and legs to one side to prepare to stand up. 3. Rise to your knees, put one foot on the floor, and rise to a standing position. 4. Return to the starting position and repeat as desired, 10 to 15 repetitions.
Exercises

Sandbag Back Squat

**Exercise Description:** Sandbag Back Squat

**Classification:** Sandbag Exercises

**Instructions:** 1. Begin with the sandbag on your shoulders behind your neck. 2. Slowly squat down until your hips are below your knees, keeping your torso slightly leaned forward. 3. Stand up and return to the starting position and repeat as desired, 10 to 15 repetitions.
Exercises

Backward Sandbag Drag

**Exercise Description:** Backward Sandbag Drag

**Classification:** Sandbag Exercises

**Instructions:**
1. Bend down and grab the sandbag at one end.
2. With your knees bent and your back flat, slowly walk backwards while dragging the sandbag, about 20 yards.
3. Rest and repeat as desired, about 3 repetitions.

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Sandbag Bear Hug Squats

**Exercise Description:** Sandbag Bear Hug Squats

**Classification:** Sandbag Exercises

**Instructions:** 1. Grip the sandbag tightly against your chest as if in a bear hug. 2. With your legs slightly more than shoulder width apart and your back straight, bend your knees and squat until your thighs are parallel with the floor. 3. Return to a standing position with your weight on your heels, and repeat as desired, 10 to 15 repetitions.
Exercises

Single Bag Bent Over Row 1

**Exercise Description:** Single Bag Bent Over Row 1

**Classification:** Sandbag Exercises

**Instructions:**
1. Start by holding a sandbag with both hands in the middle, the bag pointing straight up and perpendicular to the floor.
2. Bend forward at the hips until your upper back is nearly parallel to the floor.
3. Keeping your lower back flat, lift the bag up to your stomach using a rowing motion. Your elbows should rise above your back.
4. Return to the starting position (bent over) and repeat as desired, 10 to 15 repetitions.
Exercises

Sandbag Bear Hug Walk

Exercise Description: Sandbag Bear Hug Walk

Classification: Sandbag Exercises

Instructions: 1. Grip the sandbag tightly against your chest as if in a bear hug. 2. While holding the sandbag, keep your back straight and walk about 20 yards. 3. Rest and repeat as desired, about 3 repetitions.
Double Shoulder Get-ups

Exercise Description: Double Shoulder Get-ups

Classification: Sandbag Exercises

Instructions: 1. Begin by lying on your back while holding two sandbags on your chest, arms around them as if in a bear hug. 2. Slowly rise to a sitting position and bend your knees and legs to one side to prepare to stand up. 3. Rise to your knees, put one foot on the floor, and rise to a standing position. Do not put the sandbags down during this drill. 4. Return to the starting position and repeat as desired, 10 to 15 repetitions.
Exercises

**Forward Drag**

**Exercise Description:** Forward Drag

**Classification:** Sandbag Exercises

**Instructions:** 1. Start with the sandbag sitting on a large blanket or other similar surface. 2. Squat down and grab the end of the blanket and hold it over your shoulder, the sandbag behind you. 3. Slowly walk forward in the squatted position, about 20 yards. 3. Rest and repeat as desired, about 3 repetitions.
Exercises

Sandbag Front Squat

**Exercise Description:** Sandbag Front Squat

**Classification:** Sandbag Exercises

**Instructions:**
1. Stand while holding the sandbag by the handles up against your chest, or by cradling the sandbag with your arms underneath.
2. Lower your body into a squat while keeping your back flat and semi-upright.
3. Once your legs lower past the parallel point, return to the starting position.
4. Repeat as desired, 10 to 15 repetitions.
Exercises

Headlock Squat

**Exercise Description:** Headlock Squat

**Classification:** Sandbag Exercises

**Instructions:** 1. Begin in a standing position, holding the sandbag under your arm as if in a headlock. 2. Squat down until your thighs are parallel to the floor. 3. Return to the starting position and repeat as desired, 10 to 15 repetitions with each arm.
Exercises

Headlock Walk

**Exercise Description:** Headlock Walk

**Classification:** Sandbag Exercises

**Instructions:** 1. Begin in a standing position, holding the sandbag under your arm as if in a headlock. 2. Walk forward about 20 yards. 3. Rest and repeat as desired, about 3 repetitions. 4. Repeat with the other arm, walking the same distance and for the same number of repetitions.
Sandbag Lateral Lunges

**Exercise Description:** Sandbag Lateral Lunges

**Classification:** Sandbag Exercises

**Instructions:** 1. Stand with the sandbag on your right shoulder. 2. Step to the right with your right foot and lower your body into a lunge, until your thigh is parallel to the floor. 3. Return to the starting position and repeat as desired, 10 to 15 repetitions. 4. Repeat with the left side for the same number of repetitions.
Exercises

Sandbag 1 Arm Press

**Exercise Description:** Sandbag 1 Arm Press

**Classification:** Sandbag Exercises

**Instructions:**
1. Stand with back and legs straight, feet shoulder width apart, holding the sandbag in front of you in one hand at shoulder level.
2. Keeping your elbow in, press the sandbag up and over your head until your arm is extended.
3. Return to the starting position and repeat as desired, 10 to 15 repetitions with each arm.
Split Jerk with Sandbags

**Exercise Description:** Split Jerk with Sandbags

**Classification:** Sandbag Exercises

**Instructions:**
1. Hold one sandbag in each hand at shoulder level.
2. Step forward into a slight lunge while pressing the sandbags overhead. You should be in a split stance.
3. Return to the starting position and repeat as desired, 10 to 15 repetitions with each leg.
Exercises

Shouldering Walk

**Exercise Description:** Shouldering Walk

**Classification:** Sandbag Exercises

**Instructions:** 1. Begin by standing with a sandbag on one shoulder. 2. Walk forward for 20 yards. 3. Rest and repeat as desired, about 3 repetitions on each shoulder.
Exercises

Sandbag Windmill

**Exercise Description:** Sandbag Windmill

**Classification:** Sandbag Exercises

**Instructions:**
1. Stand with your feet hip width apart, holding a sandbag in your right hand with your arm extended overhead.
2. Bending your left knee, flex down toward the floor while reaching with your left hand, trying to touch the floor.
3. Return to the starting position and repeat as desired, 10 to 15 repetitions on each side.
Exercises

Side Press

Exercise Description: Side Press

Classification: Sandbag Exercises

Instructions: 1. Hold a sandbag with the right hand at shoulder height. 2. In a squatted position, press the sandbag up to a full extension with your arm, making sure the press is fully vertical. 3. At the same time you press the sandbag up, reach toward the ground with your free hand. This hand should touch the ground at the same time your press reaches full extension. 4. Stand back up, keeping your arm locked overhead. 5. Lower the sandbag back to shoulder height, and repeat as desired, 10 to 15 repetitions with each arm.
Exercises

Zercher Squat with Side to Side Lunge

**Exercise Description:** Zercher Squat with Side to Side Lunge

**Classification:** Sandbag Exercises

**Instructions:** 1. Begin by cradling the sandbag in the crooks of your arms at chest level. 2. Lower your body into a slightly squatted position to begin the drill. 3. Step to one side and squat down toward the floor. 4. Bring your feet back to their original position, but stay in the squat. 5. Step to the other side while remaining in the squatted position. 6. Repeat this movement back and forth as desired, 10 to 15 repetitions to each side.
Exercises

Sandbag Side to Side Step Ups

**Exercise Description:** Sandbag Side to Side Step Ups

**Classification:** Sandbag Exercises

**Instructions:** 1. Stand sideways on a step or box holding a sandbag in front of your chest. 2. Step down to one side into a squat, keeping your back straight. 3. Return to the starting position and repeat with the other side, 10 to 15 repetitions each.
Exercises

Zercher Turkish Get Ups

**Exercise Description:** Zercher Turkish Get Ups

**Classification:** Sandbag Exercises

**Instructions:** 1. Begin by lying on your back while cradling the sandbag in the crooks of your arms. 2. Slowly rise to a sitting position and bend your knees and legs to one side to prepare to stand up. 3. Rise to your knees, put one foot on the floor, and rise to a standing position. 4. Return to the starting position and repeat as desired, 10 to 15 repetitions.
Exercises

Sandbag Single Arm Row

**Exercise Description:** Sandbag Single Arm Row

**Classification:** Sandbag Exercises

**Instructions:**
1. Start by bending forward at the hips until your upper back is nearly parallel to the floor.
2. Holding a sandbag with one hand, lift the bag up to your stomach using a rowing motion. Your elbow should rise above your back.
3. Return to the starting position (bent over) and repeat as desired, 10 to 15 repetitions with each arm.
Split Jerk with 1 Sandbag

**Exercise Description:** Split Jerk with 1 Sandbag

**Classification:** Sandbag Exercises

**Instructions:**
1. Hold one sandbag at shoulder level.
2. Step forward into a slight lunge while pressing the sandbag overhead. You should be in a split stance.
5. Return to the starting position and repeat as desired, 10 to 15 repetitions with each leg.
Suitcase Farmers Walk

**Exercise Description:** Suitcase Farmers Walk

**Classification:** Sandbag Exercises

**Instructions:**
1. Begin with the sandbag on the floor to the outer side of one leg.
2. Bending at the waist and the knees, grab the bag with one hand, gripping it like you would a suitcase handle.
3. Stand up, lifting the sandbag with you. Make sure you keep your back straight, and do not let your shoulder drop into the weight.
4. Let the sandbag hang down and walk for 20 yards.
5. Rest and repeat as desired, about 3 repetitions with each arm.
Uneven Loaded Walk

Exercise Description: Uneven Loaded Walk

Classification: Sandbag Exercises

Instructions: 1. Begin by placing one sandbag on your shoulder and holding another sandbag overhead with your other arm fully extended.
2. While keeping your back straight, walk forward, about 20 yards.
3. Switch arms and repeat as desired, about 3 repetitions per arm.
Zercher Squat

**Exercise Description:** Zercher Squat

**Classification:** Sandbag Exercises

**Instructions:** 1. Begin by cradling the sandbag in the crooks of your arms at chest level. 2. Lower your body into a squat with your thighs just past parallel to the ground. 3. Return to the starting position and repeat as desired, 10 to 15 repetitions.
Exercises

Zercher Walk

Exercise Description: Zercher Walk

Classification: Sandbag Exercises

Instructions: 1. Start by cradling the sandbag against your chest in the crooks of your arms. 2. Walk forward while holding the sandbag, about 20 yards. 3. Rest and repeat as desired, about 3 repetitions.
Many thanks to Matt Hathcock and Jon Rajewich for their help with the exercise demonstration images.

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