

Ultimate Sandbag Training Presents

THE EVOLUTION OF SANDBAG FITNESS TRAINING

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Chapter 1

A BAG OF SAND, THE ULTIMATE FITNESS PROGRAM?

In my first book about our Dynamic Variable Resistance Training™ ([*Sandbag Training for Athletes, Weekend Warriors and Fitness Enthusiasts*](#)), I shared with you my very personal journey on why I developed this particular fitness program. Going from a debilitating low back injury and a neck fusion that threatened my love of feeling strong and athletic, to becoming once again a competitive athlete, there should be no wonder why I am so enthusiastic about our Dynamic Variable Resistance Training (DVRT) program. It wasn't just about being an "athlete", but like most people, when the most basic things in life are possibly taken away and you are able to re-gain them, the appreciation and perspective you gain is life's biggest lesson.



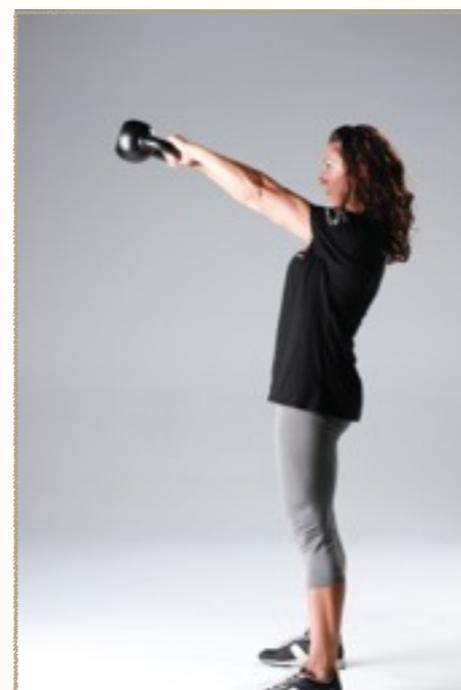
That is why I was also somewhat disappointed with our first book. It isn't that I question the content or the many workouts that I provided. Rather, maybe I did too much. I was so excited to share these revolutionary new ideas with all of you, that I may have actually confused some of the same people I wanted to help. Now looking back, maybe having more of an introduction to our DVRT program may have been more helpful, after all these concepts are sometimes challenging to some top fitness pros. It isn't as though they are complex, but they are a whole new way of looking at fitness. Of course, when people ask me, "this sounds like a lot of work for a bag of sand", I tell them it is well worth it!

The Proof of the Ultimate Sandbag

If you have followed our DVRT Ultimate Sandbag Training workouts and programs for any period of time, you will know that a sandbag and the DVRT system are two different things. Without getting too deep right now (we will explore the benefits later) the simple truth is that you just can't do some of the very best aspects of the DVRT with just a bag of sand.

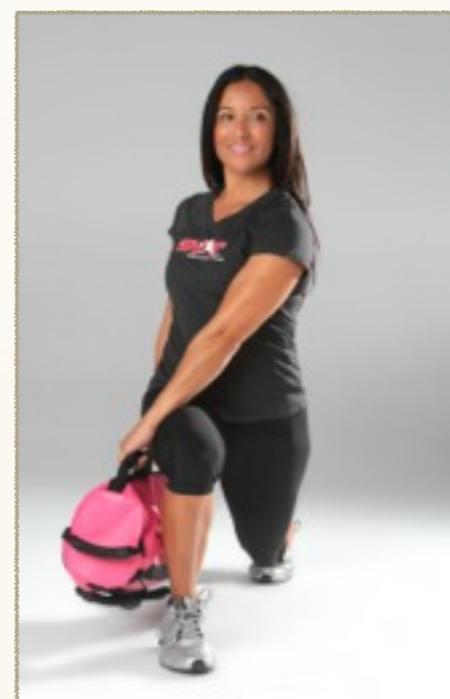
This could easily sound like sales pitch, but we like to PROVE everything we do and say. In order to make our point, we created some real world tests to see if using the Ultimate Sandbag was worth taking the time to change your thoughts on fitness and if it was just a bag of sand.

Real Life Test



The kettlebell swing has become a favorite exercise of fitness professionals, celebrity trainers, strength coaches, and even home users. The popularity of the kettlebell swing is due to the fact it works! Without having to beat up your joints with running and jumping, or overly complicated and choreographed fitness classes, you could get a powerful strength and cardio workout just about anywhere. These reasons are why we chose the kettlebell swing

against one of our favorite exercises in the DVRT system, the Rotational Lunge.



[CHECK OUT THE
ROTATIONAL LUNGE IN
ACTION CLICK HERE](#)

Test #1

In order to put our theory to the test, we had a woman well versed in the kettlebell swing perform 100 kettlebell swings with a 35 pound weight as fast as possible. During a separate testing day, we had her also perform 50 repetitions each side of our Ultimate Sandbag Rotational Lunge. The results? To be honest, they even surprised us!

Training Variable	Two Handed Kettlebell Swing	Rotational Lunge
Average Heart Rate	121	141
Calories	53	83
Time	5 min 37 seconds	6 min 43 seconds
Weight	35 pounds	17 pounds
Repetitions	100	50

What Does This Mean?

The above actually demonstrated how powerful DVRT exercises at even HALF the weight of other popular exercises. If we break it down we see on AVERAGE we got a **20 beats per minute heart rate** in the Rotational Lunge versus the kettlebell swing. We know that heart rate relates to both the intensity of an exercise and the ability to be a great calorie burning exercise.

We now know the Rotational Lunge is much more challenging exercise than the kettlebell swing, but what was the calorie difference? We have to standardize time because it took our female tester over a full minute longer to complete all her Rotational Lunge repetitions. Once we do so, we see the **ket-**

tlebell swing burns .157 per second while the **Rotational Lunge burns .210**. Doesn't mean a lot until we extrapolate that time into something more meaningful. If we were to take this information and assume the workout takes 20 minutes for each, we see that the kettlebell swing burns 188 calories while the Rotational Lunge burns 252. That is a big difference! But is this a fluke?

Test #2

In order to make sure that this information was meaningful, we had to put someone else to the test! That is exactly what we did, we had a gentleman this time go through a similar test. Everything was the same, but the weights changed. A 70 pound kettlebell was used against a 33 pound Ultimate Sandbag. Breaking down the results below, we see something very interesting.

Training Variable	Two Handed Kettlebell Swing	Rotational Lunge
Average Heart Rate	154	170
Calories	83	98
Time	5 min 46 seconds	5 min 48 seconds
Weight	70 pounds	33 pounds
Repetitions	100	42 per side

Some very familiar results aren't they? Average heart rate is not the same as we saw in the previous example, but still significantly higher. Between our two test subjects we see a **higher heart rate of 18 beats per minute**. That says a

lot, especially the exercise we see a higher rate than is still a high intensity exercise itself!

This time we can standardize calories because the time is the same. We see a **15 calorie difference**, but we also have to realize this lifter didn't even get all 50 repetitions. All of this is also reflective for only about 6 minutes of work, imagine if we took these concepts to a more standard workout! If we did so, a kettlebell swing workout in 20 minutes would burn 276 calories and the Rotational Lunge would burn 324 calories in the same amount of time!

From the above two examples, we would see the calorie difference be from 48 to 64 calories. That is a significant difference and the fact they are so similar even though we had different weights and levels of lifters performing these exercises makes me believe we are onto something big!

Does This Mean What We Think?

It would be easy to make the conclusion that the Ultimate Sandbag is a better fitness tool. But there will be of course doubters. There will be some that will ask a more direct comparison, exercise to exercise. A reasonable request, after all, if we are going to make some strong assertions then we must honestly, and truly believe in what we are espousing.

Therefore, we thought a comparison of implements with the same exercise would be the best challenge. An exercise that works the whole body and is commonplace with the most popular fitness tools. Something that was very familiar to our test subjects and an exercise that we believed could yield in-

credible fitness results. That is what made us decide upon using the Clean and Press. Since the Clean and Press is also a foundational movement to kettlebell and barbell training, this completely made sense!



(Never thought competitive Strongman would be possible after what seemed to be sever injuries)

This test involved performing as many repetitions in one minute as possible. We let the lifter fully recover to resting heart rate before going to the next drill. Interestingly enough, the repetitions were almost the same. However, the rest of the results will be very surprising. Especially as we begin to look at the weights used in each of these comparable tests!

Variables	Barbell 95 Pounds	Kettlebell 2: 35 Pounds KBs	Ultimate Sandbag 64 Pounds
Average Heart Rate	160	150	161
Peak Heart Rate	174	167	173

In a direct comparison we see some pretty interesting results. Possibly most surprising is that the Ultimate Sandbag and the barbell created almost identical results! To be honest, I wasn't surprised that we would see such results, except I always as-

sumed it would be with more comparable weights. I was surprised that we saw the Ultimate Sandbag and the barbell produce pretty much the same results even with the Ultimate Sandbag being just over 30 pounds LIGHTER than the barbell!

That's right! We now have several examples where the Ultimate Sandbag is responsible for some very powerful results at loads that we just don't see in other fitness implements. These results are really important for two reasons. The first being that we can't compare what one might be use to lifting on another implement or exercise and make an very accurate estimation on what they might use in Ultimate Sandbag Training. Seeing such results makes us aware of the fact that this is a very unique and different form of training.

The second issue is that you don't have to be focused on going heavier and heavier to obtain the results you want to achieve. In the next section I will break down how you determine which Ultimate Sandbag is perfect for your fitness goals!

“Thanks Josh for the Ultimate Sandbag and all the different workout programs. I love it. You have changed my way of thinking about exercising and functional strength. I have become stronger and have had less knee/back pain since starting your program. I am a firm believer in the Ultimate Sandbag and will continue to follow your program and grow ! Thanks again.” -Matt B.



Chapter 2

DECIDING THE RIGHT TOOL!

We just saw several examples that prove that unlike most forms of strength training, simply choosing an Ultimate Sandbag simply based off the weight capacity can be somewhat misleading. Now it should be obvious that an Ultimate Sandbag of equal weight to that of a barbell, dumbbell, or kettlebell will ALWAYS feel heavier.

Therefore, it is not always easy to use these other training tools as a frame of reference when choosing the right Ultimate Sandbag for you.

Why does the Ultimate Sandbag feel heavier? Some would assume it is the shifting weight of the Ultimate Sandbag, but that isn't the case. When we lift the Ultimate Sandbag straight up and down, there isn't all



that much shifting and moving of weight. The difference comes from the fact that the handles of the Ultimate Sandbag have no weight themselves and are far from the actual weight of the sand. So it becomes an issue of leverage more than anything. Barbells and dumbbells have their center of mass right through the handle making there basically no issues of leverage. Kettlebells have a handle far away from their center of mass similar to Ultimate Sandbag, but there is weight in the handle that can help balance the equipment to some degree and still making it different in feel than the Ultimate Sandbag.



(The actual distance from the unweighted handles of the USB to the weight is much different than any other fitness tool)

Which one to choose then? When I began designing our Dynamic Variable Resistance Training (DVRT) program back in 2005 I had the goal of being able to deliver incredible results

and versatility with minimal equipment. Today, I still believe that to be a goal of ours, yet have refined the system making it more powerful and easier to use. That means a single Ultimate Sandbag can deliver an incredible fitness experience and result. A full gym for many is simply one lighter and one heavier Ultimate Sandbag. What constitutes “heavy and lighter?”

-Women:

Heavier: 50-70 pound Strength USB

Lighter: 20-40 pound Power USB

-Men:

Heavier: 90-120 pound Burly USB

Lighter: 40-60 pound Strength USB



These weights may not seem comparable to what you can do with other fitness tools, especially barbells, but remember they are not the same weights. I cannot emphasize enough, DVRT is COMPLETELY different from anything you have used before. We have had guys that could lift 700 pounds on the barbell struggle with a 120 pound Ultimate Sandbag, so weight is NOT weight. Of course, I am trying to recommend the Ultimate Sandbag that will give you the greatest amount of versatility. As you go through the principles laid out in this manual you will see that you will have a ton of ways to use what you may believe to be a light weight.

Before we go too much further let me address three very common questions.

Q: If I want to get another Ultimate Sandbag, do you recommend going up in weight?

A: Not necessarily, if you are beginning with a Power Ultimate Sandbag and you are a woman, I would recommend the Core Ultimate Sandbag Package. If you are a guy starting out with the Strength Ultimate Sandbag, I would recommend getting a Power before a Burly. However, if you are starting with a Core Ultimate Sandbag, then yes of course you should move up in weight.

Why not just go heavier and bigger? A lot changes when you jump up in size, not just the weight, but the dimension of the Ultimate Sandbag as well. I love the larger Ultimate Sandbags, but would rather people spend time learning how to

add more complexity to their exercises than just going heavier. Getting a smaller Ultimate Sandbag is a great way to try some of our more advanced drills because the weight will be more stable.



(Every movement becomes much more challenging with the unstable nature of the Ultimate Sandbag)

I could have a more lucrative business if I recommended going heavier, that isn't the issue. I want you to have a tremendous experience and a program that flat out beats what anything else could do. Take my advice!

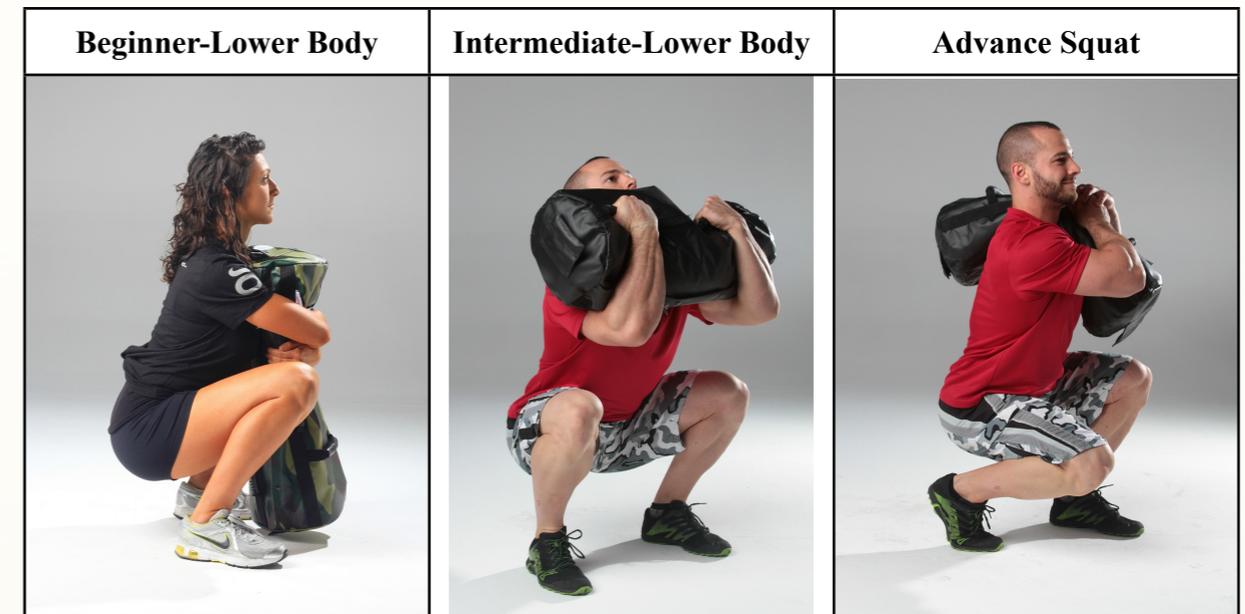
Q: Your bigger Ultimate Sandbags have a wider weight range, why shouldn't I just buy one of your bigger Ultimate Sandbags so I don't have to buy more?

A: Great question! The first part of the answer is what I mentioned above. The size of the Ultimate Sandbag plays a big role in how it functions. For example, a large Ultimate Sandbag that is loaded with something small such as 10 or 20 pounds will have a lot of extra material you have to deal with while exercising and will “flop” around in the Ultimate Sandbag excessively. This makes any exercise excessively awkward and cumbersome.

The second part of the answer is the same reason we don’t make just small 5 pound fillers. In the DVRT system we typically don’t go up by 5 or 10 pound increments from set to set or exercise. We have a ton of other variables we are going to introduce you to that will provide a similar training effect, but without having to change the weight constantly.

While we have made quick change fillers, it isn’t as quick as you would be familiar with in the barbell (even that is often too quick). The fillers you can change from workout to workout if you are going to emphasize different areas of the body or level of exercises. For example, if you are going to go for more just heavier weight for strength, you may want to set up your Ultimate Sandbag on the heavier side. However, if you want to focus on more conditioning, movement, or complex drills, you will want your Ultimate Sandbag to be of a more moderate weight. During the actual workouts, it is unlikely that you will ever change the weight, but don’t worry, I have better solutions for you coming!

How Subtle Changes Make a Big Difference in DVRT



Q: How come your larger Ultimate Sandbags have these funny “flaps” and your smaller Ultimate Sandbags have side handles?

A: Remember, I said a lot changes as you alter the dimension of the Ultimate Sandbag. One of those issues comes with putting weight overhead. As you will see in the later chapters, pressing overhead is a foundational exercise in our DVRT system. However, as the Ultimate Sandbag gets larger, it also becomes longer. If you were to press from the outside “handles” you would risk putting your shoulders in a compromised position. Since we have the power to control this factor and help guide you to only healthy lifting postures, we chose to take off handles on the ends of larger USBs and put thick grip flaps.

On the other hand, smaller USBs may make pressing from the top neutral grip handles too close for some people's frame. Therefore, we recommend people start with pressing from the outside handles.

So, when and how do you use the "grip flaps"? Our favorite strategy is to use them in what we call an Off-Set Grip.

[See the versatility of the Off-Set Grip Position: CLICK HERE](#)



This holding position allows us to create some very unique single arm upper body exercises. I know it sounds crazy because you have two hands on the Ultimate Sandbag at all times, but you will have to try it

in order to believe! The other strategy is to use them to create specific grip training on exercises such as cleans and rows.

Choosing the Right Ultimate Sandbag Comparison Chart

Ultimate Sandbag Packages	Weight Capacity	Fillers	Recommended Use
Core Ultimate Sandbag	5-20 Pounds	1 Filler: Loadable from 5-20 Pounds	Core Exercises Bootcamps Beginning Exercisers
Power Ultimate Sandbag	10-40 Pounds	2 Fillers: Loadable from 5-20 Pounds	Women Complex Drills Stability Training
Strength Ultimate Sandbag	30-85 Pounds	2 Fillers: Loadable from 25-40 Pounds	Men Strength/ Conditioning Combination Exercises
Burly Ultimate Sandbag	70-160 Pounds	3 Fillers: Loadable from 25-40 Pounds **Additional Filler Can Fit Into Package	Advanced Lifters Stability of Heavier Weights Strongman Type Training

Once you have chosen the right Ultimate Sandbag for your training goals, there are just a few easy steps to make sure you are getting off to the right start!

Step 1: How Much to Fill Your Ultimate Sandbag

You've followed my instructions and now you want to know how much weight to actually use for your workouts. Here are my beginning recommendations based upon the different starting packages.

-Core Package: 15 Pounds

-Power Package: 35 Pounds

-Strength Package: 50 Pounds

Before you get your scale out and try to get EXACTLY what I have stated, realize that this is an approximation. If you are at 17, 32, or 54 pounds, is that ok? Of course! Start going through some of the programs I will be sharing and then you will know if that is a good weight for you to focus upon.

What is important is how you load your filler bags. Outside of the Core Ultimate Sandbag, the Power and Strength come with two filler bags, this is for a specific reason. I want you to fill both to approximately half way. Why not just use one and make it heavy? This again will change the level of stability of your Ultimate Sandbag. I want you to get familiar first with the Ultimate Sandbag movements since they are unique so

follow my recommendation of using both, but only half way. For those using the Core package I recommend the same, but obviously only one filler bag.

Step 2: Weight Distribution

The next step is relatively easy, but important. After you have filled your filler bags and placed them in the shell, make sure you have the weight evenly distributed in the filler bags. Since during some of the exercises the weight will shift you don't want to start by having the weight excessively to one side or the other.

Step 3: Seal Your Ultimate Sandbag

Lastly, make sure the closure system covering the zipper of your Ultimate Sandbag is fully closed. This outer seal system prevents the zipper from opening as you begin to move all around with your Ultimate Sandbag.

Ok, the boring part is out of the way and we can get down to training! In the next section I will show you where to start and how you are going to progress your DVRT Ultimate Sandbag Training.

Chapter 3

HOW TO BEGIN YOUR ULTIMATE SANDBAG TRAINING

Knowing how to start is one of the biggest questions we receive. We will talk about programming in just a bit, but let's go over some principles of your DVRT Ultimate Sandbag Training workouts.

-Principle #1: Holding the Ultimate Sandbag

One of the wonderful innovations of the Ultimate Sandbag is the many different ways you can hold it on your body. I know most people never think of changing how you hold a weight in changing how a weight feels, but it is very powerful. Since most training tools do not allow this option we generally aren't introduced to it in most mainstream fitness programs.



However, there is a sport that does this very thing all the time, gymnastics! In gymnastics and body weight training, people change how they stand and position their body to make an exercise more difficult. Instead of how we are standing or positioning ourselves right from the start, we are going to use this idea by changing how we hold the Ultimate Sandbag. We are going to focus on the following holding positions.

******Author's Note: We have used links in this manual to give you a few references. In order to keep a flow of the manual we only use these as examples. Please refer to our YouTube Site for more [FREE Videos HERE](#)***

-Bear Hug Squat Video: [HERE](#)

-Front Loaded Squat Video: [HERE](#)

-Shoulder and One-Sided Squats: [HERE](#)

Holding Position	Level of Progression	Reason
Bear Hug Position 	Level One	The Bear Hug is our most stable holding position. It aligns the Ultimate Sandbag with the body to create a counterbalance. If the goal is to introduce someone to DVRT workouts or to use the most amount of weight the Bear Hug is the starting position.

Holding Position	Level of Progression	Reason
Front Loaded (Zercher) 	Level Two	The Front Loaded position puts more work through the upper back, arms, and core. The Ultimate Sandbag is trying to pull the trunk forward so the body must resist this motion to a higher degree. Front Loaded is NOT a front squat since the weight is closer the upper stomach and should not rest on the shoulders.
Shoulder 	Level Three	The Shoulder is one of the most challenging holding positions because the weight is only on one side of the body. This means that the body must try to hold its posture and alignment even though it is being pulled to one side

The important idea to understand here is that when we deal with lower body DVRT Ultimate Sandbag Training exercises we change how we hold the Ultimate Sandbag BEFORE we focus on adding more weight. We will work through the progressions listed above as our means to make a weight feel heavier even though we have not changed the actual weight of the Ultimate Sandbag itself.

That is only three positions, doesn't seem like a lot right? You are correct, it isn't. We have other holding positions, but rather than a linear progression that the three above offer, these holding positions are used for very specific purposes.

Holding Position	Purpose	Warning
<p>Upper Back</p> 	<p>The Upper Back position is used most commonly in exercises such as Lunges and Step-ups as a counterbalance to keep people from leaning forward. Very commonly this is a compensation pattern and teaching people to stand more vertically takes pressure off loading the low back and make the right muscles work more!</p>	<p>The Upper Back position is not used in the same way that the barbell is typically seen. For one, getting a heavy Ultimate Sandbag in this position can be risky for both the shoulders and low back.</p> <p>The second reason is that the Ultimate Sandbag does not rest on the rear shoulders and traps, rather you have to lean forward putting more work through the low back rather than the legs.</p>
<p>Hip Load <i>Note: Middle Handle to Not Exceed 70 Pounds</i></p> 	<p>The Hip Loaded position is a great place to start for one sided loading (asymmetrical). It will challenge the body from moving not just front and back, but side to side as well. Unlike the Shoulder position, the stress on the posture is a bit less, allowing those starting to learn how to stabilize with one sided strength training to understand how to balance.</p>	<p>Larger Ultimate Sandbag will reduce the range of motion on some exercises. That is why Core and Power Ultimate Sandbags are preferable with these holding position.</p> <p>In order to make the one sided loading more challenging you can progress to exercises such as step-ups and lunges or move to the Shoulder position</p>

Holding Position	Purpose	Warning
<p>Overhead</p> 	<p>There are several ways to hold the Ultimate Sandbag Overhead that will be addressed in the next section. However, holding an Ultimate Sandbag overhead creates the longest lever arm. This means the HARDEST position because the weight is the most challenging to stabilize.</p>	<p>Make sure to understand why you are using any of the overhead positions as they do vary.</p> <p>If you have shoulder issues make sure to clear yourself to perform these lifts correctly.</p>

Because this is such a new concept for many people, I am going to outline how to progress through these series with some of the more popular lower body exercises.

Squat Series

It won't surprise too many people that squatting plays a foundational role to our lower body movements. What may be a bit more shocking is that we don't prioritize one of the most popular forms of squatting which is the back squat. There are two reasons that the back squat is not a "go to" exercise in our DVRT system.

The first is that the USB is different than a barbell. Because of its shape it cannot sit on the upper back the same way the barbell can be positioned. This means that the lifter in order to take stress off the shoulders will have to lean forward to balance the USB on the back. Once this occurs the stress on

the low back goes significantly up! The second reason is due to the risk in getting heavier USBs in such a position. Because there is no Ultimate Sandbag squat rack, one has to try a few risky moves that both pose problems to the shoulders and low back in order to achieve this position.

Now, this isn't to say we never use the back loaded position, rather it is more for part of a conditioning workout with lighter USBs. Our major goal too is to make you move and feel better. One of the tremendous benefits of the DVRT system is we can use a host of holding positions in front of the body that will make the squat a strong exercise but not load the low back.

Progression 1 Bear Hug	Progression 2 Front Loaded	Progression 3 Shoulder
		

Lunge Series

When we change exercises sometimes the rules change. That is okay, as long as you know why the rules change. One reason you will find that in lunging we begin with the Front Loaded position and not the Bear Hug as in the squat is due to the size of the Ultimate Sandbag. If you are using a Strength or Burly USB, the shell will actually run into your leg. In order to simplify the system, we have people start right with the Front Loaded position. This is also due to the fact we don't need the same counterbalance that we find so helpful in the squat.

You will see it appears there are more options in lunging than we saw in squatting. Surprisingly, taking a split stance allows us more loading options. These are holding positions that work better and have more of an impact when we start to get to more of a split or unilateral lower body position.

For example, the Hip Load position doesn't work well in squatting because people tend to lean forward too much and starts to become more of a hip hinge rather than a squat. We see two Shoulder positions as well because when we split the legs, what shoulder the weight sits upon changes the exercise. With the USB on the same side as the leg that is back creates a cross balance. However, when the USB is on the same side as the lead leg, it makes it more challenging to stabilize and balance.

This may seem a bit confusing at first, however, that is why I outlined the below table for you. It is also important to understand this sequence because it is a better way for us to make a

weight feel heavier by 5 or 10 pounds but not actually changing the weight!

Once you do become more familiar with these different ways of holding the Ultimate Sandbag, you will feel as though you have endless options to make fun, different, and highly effective workouts for your specific goals. When we get into the programming section we will show you some very practical ways to applying these techniques to get some really cool workouts. In fact, you will never want to go back to the stale, old way of performing some of these exercises.

Lunging is so great because it does offer so many options. Where most people see only a handful of variations when it comes to lunges, you have dozens! There are eight different holding positions (listed below in our table) as well as four different stepping options.

Step 1: Backward Lunge

Step 2: Walking Lunge

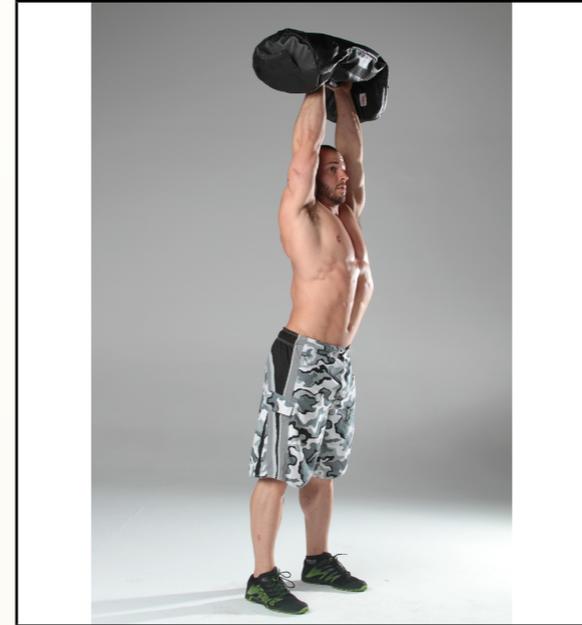
Step 3: Forward Lunge

Step 4: Lateral Lunge

Progression 1 Front Loaded Lunge	Progression 2 Hip Load Rear Leg	Progression 3 Hip Load Same Leg
		
Progression 4 Shoulder Load Rear Leg	Progression 5 Shoulder Load Front Leg	Progression 6 Overhead Lunge
		

<p>Progression 7-A Overhead Press Style (Power & Core USB)</p>	<p>Progression 7-B Overhead Press Style (Strength & Burly USB)</p>	<p>Progression 8 Rotational</p>
		

<p>Lateral Lunge Start/Finish</p>	<p>Lateral Lunge Bottom</p>
	

<p>Crossover Lunge Start/Finish NOTE: This is the Overhead Position, one of the most challenging, other positions you can use as well.</p>	<p>Crossover Lunge Bottom</p>
	

Hip Hinge

A new movement for some people is that of Hip Hinging. The ability to Hip Hinge is really important as it is the main way we will save you from using your low back instead of those powerful hip muscles. The hamstrings and glutes helps stabilize the pelvis and are really strong. However, to use them, you need to learn how to “crease at the hips” rather than “bending at the low back”.

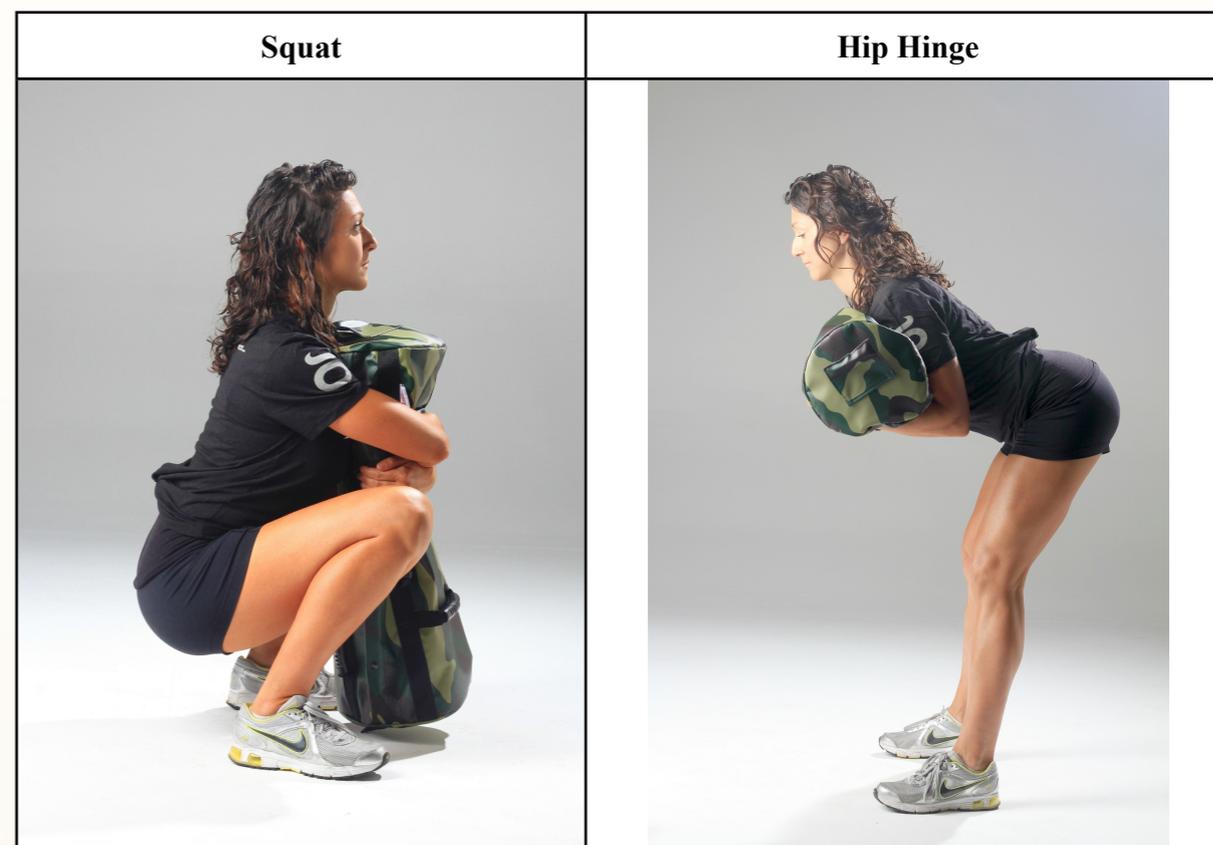
In order to Hip Hinge properly, you must place a slight bend in the knees. Once you get that little bend you will not continue to really bend through the knees. Instead, you will push

the hips back while keeping the shoulders down and back. If you can't really understand what this feels like use a simple wall test. Stand away from a wall about two feet. Put a little bend in your knees, cross your arms over your chest. Keep your shoulder blades pulled "down and back". Slowly sit back to touch your butt to the wall behind you. If you can't touch there are two possible reasons.

1. You began to bend your knees too much causing you to squat rather than hinge.
2. Your hamstrings are very tight and keeping you from hinging properly. You may want to work on your hamstring flexibility as a primary focus.
3. Let's look at the difference between squatting and hip hinging.

The differences between squatting and hip hinging allows all types of new exercises to be used and fun new training programs to be developed. Just like squatting, Hip Hinging usually is thought of one or two exercises in the form of Deadlifts and Cleans. However, we will show you some very different progressions. One of the big reasons for so many progressions is that it allows us to teach the proper mechanics that are really important to establish in the Hip Hinge before we get to really fast lifts. Second is that you won't do exercises such as very heavy Deadlifts because as the weight gets

higher the USB gets bigger and ends up reducing your range of motion. So, progressions allow us to solve these issues but not compromise adding challenge to the Hip Hinge movement.

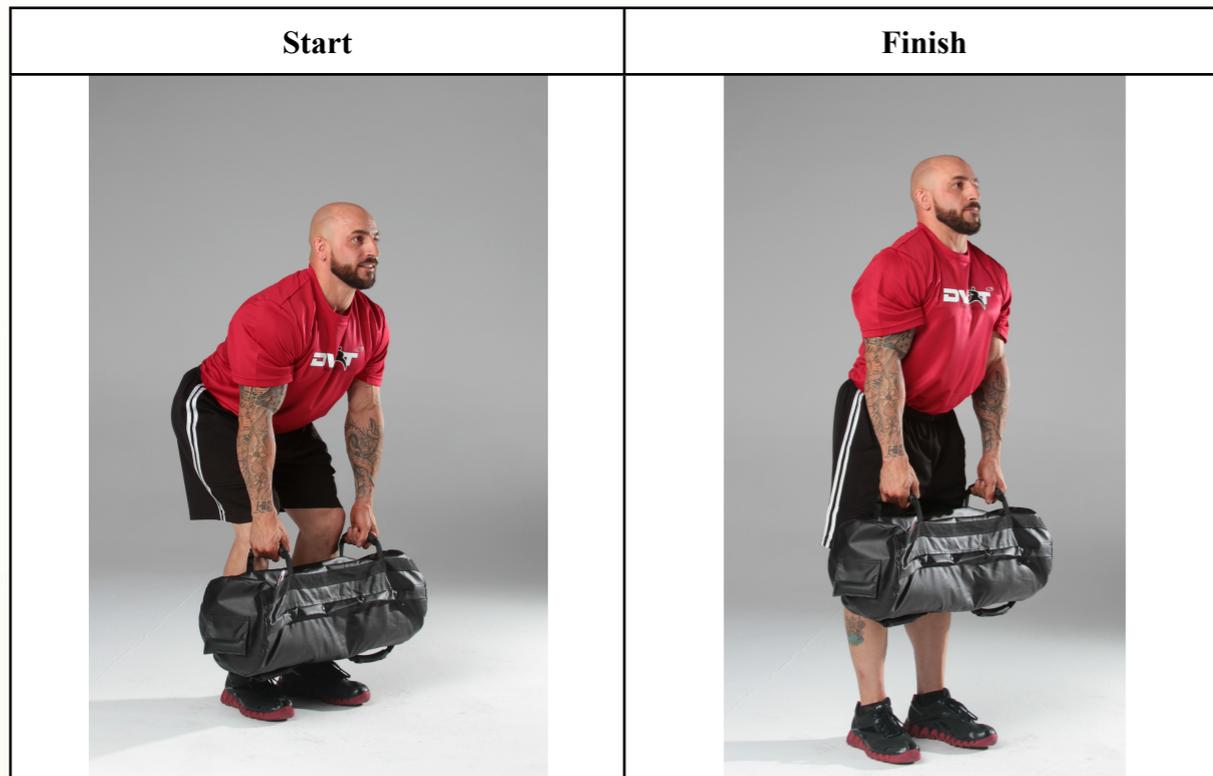


Hip Hinge Progressions

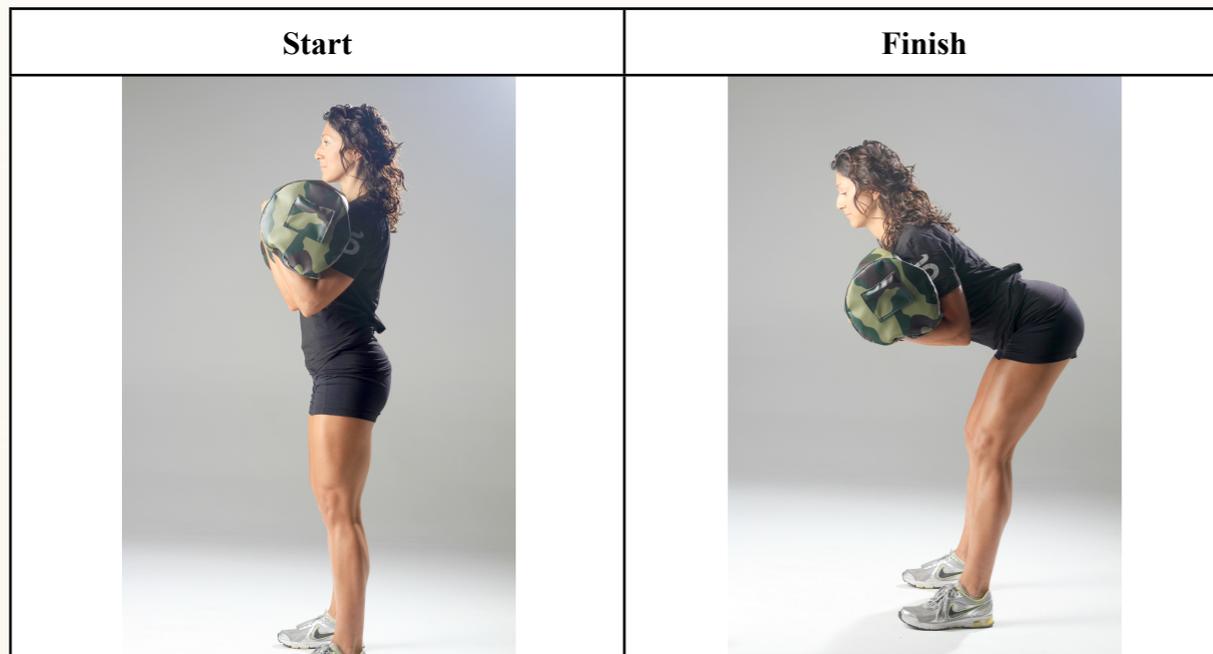
[CLICK HERE TO SEE SQUAT VS. HIP HINGE](#)

All Hip Hinge progressions that you see below start from a few similar positions. Lifting the weight from the ground requires that you get in a Hip Hinge, not a squatting position.

Basic Hip Hinge-Progression 1-Deadlift



Hip Hinge-Progression 2-Changing USB Position [Video](#)



Changing how you hold the USB will also alter how you position your body in the “pick-up”



Each progression requires the same cues:

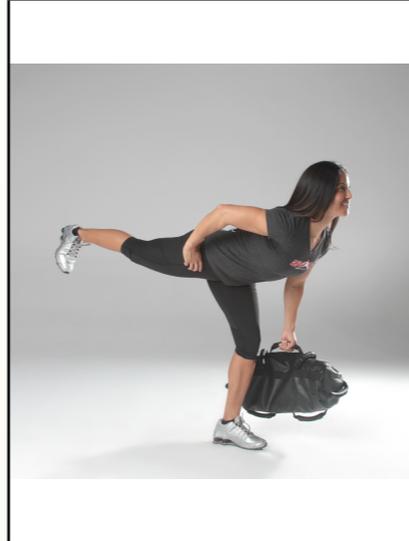
-Drive through the heels

-Stand up “tall” quickly

-Keep the shoulders “down and back”

-The weight should feel “weightless” in the arms

<p>Hip Hinge #5 Power Clean</p>	<p>Hip Hinge #6 Shouldering</p>
	
<p>Hip Hinge #7 Single Leg Deadlift</p>	<p>Hip Hinge #8 Opposite Hand Single Leg Deadlift</p>
	

<p>Hip Hinge #9 Same Hand Single Leg Deadlift</p>	<p>Hip Hinge #10 Hip Hinge Front Loaded Deadlift</p>
	

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.

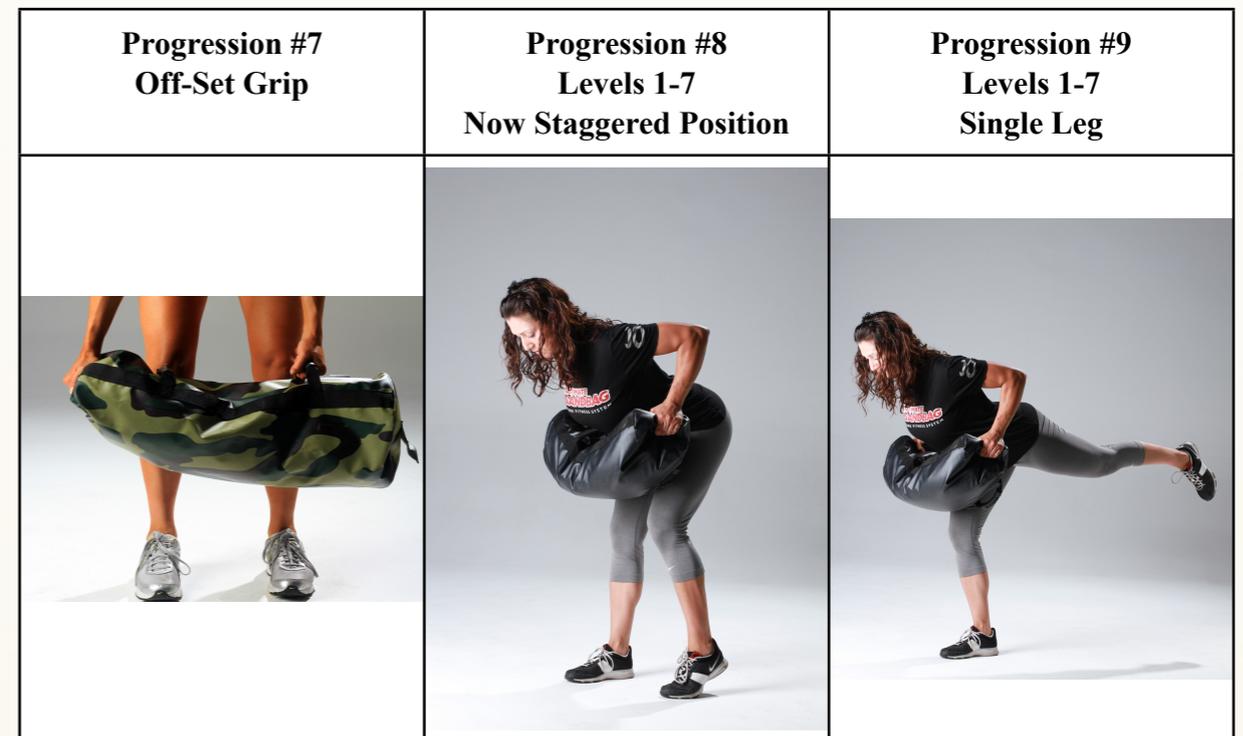
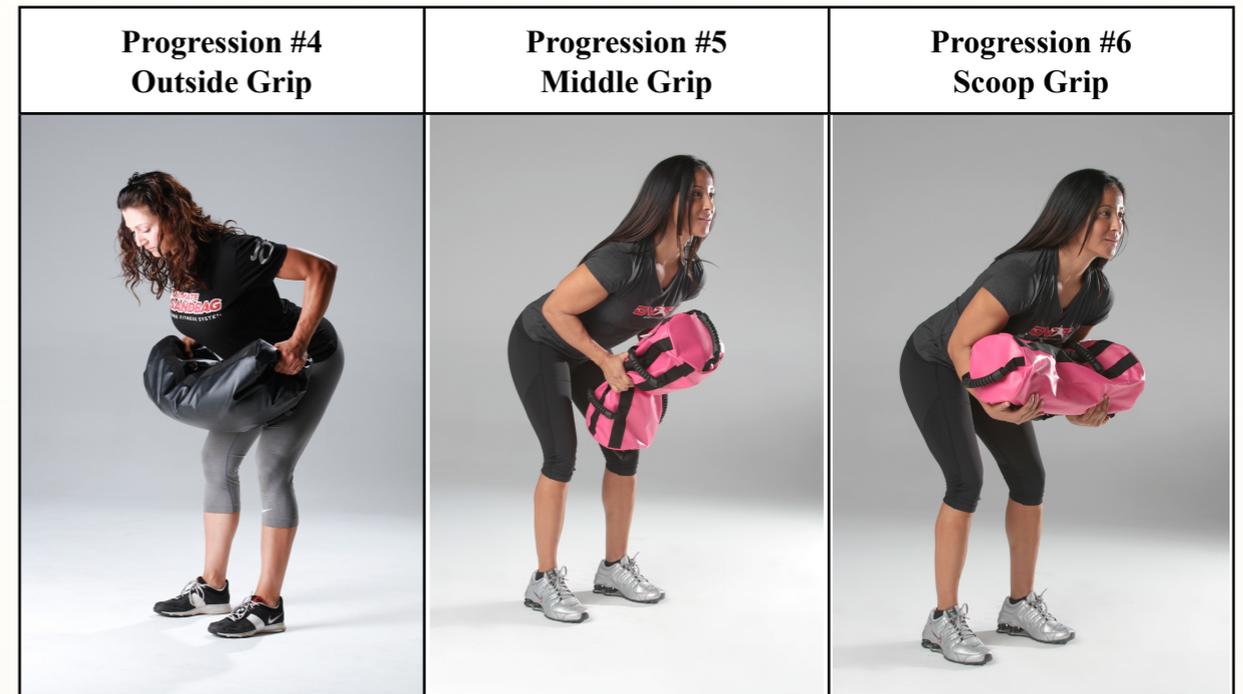
[Bent-Over Row: CLICK HERE FOR VIDEO](#)

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.

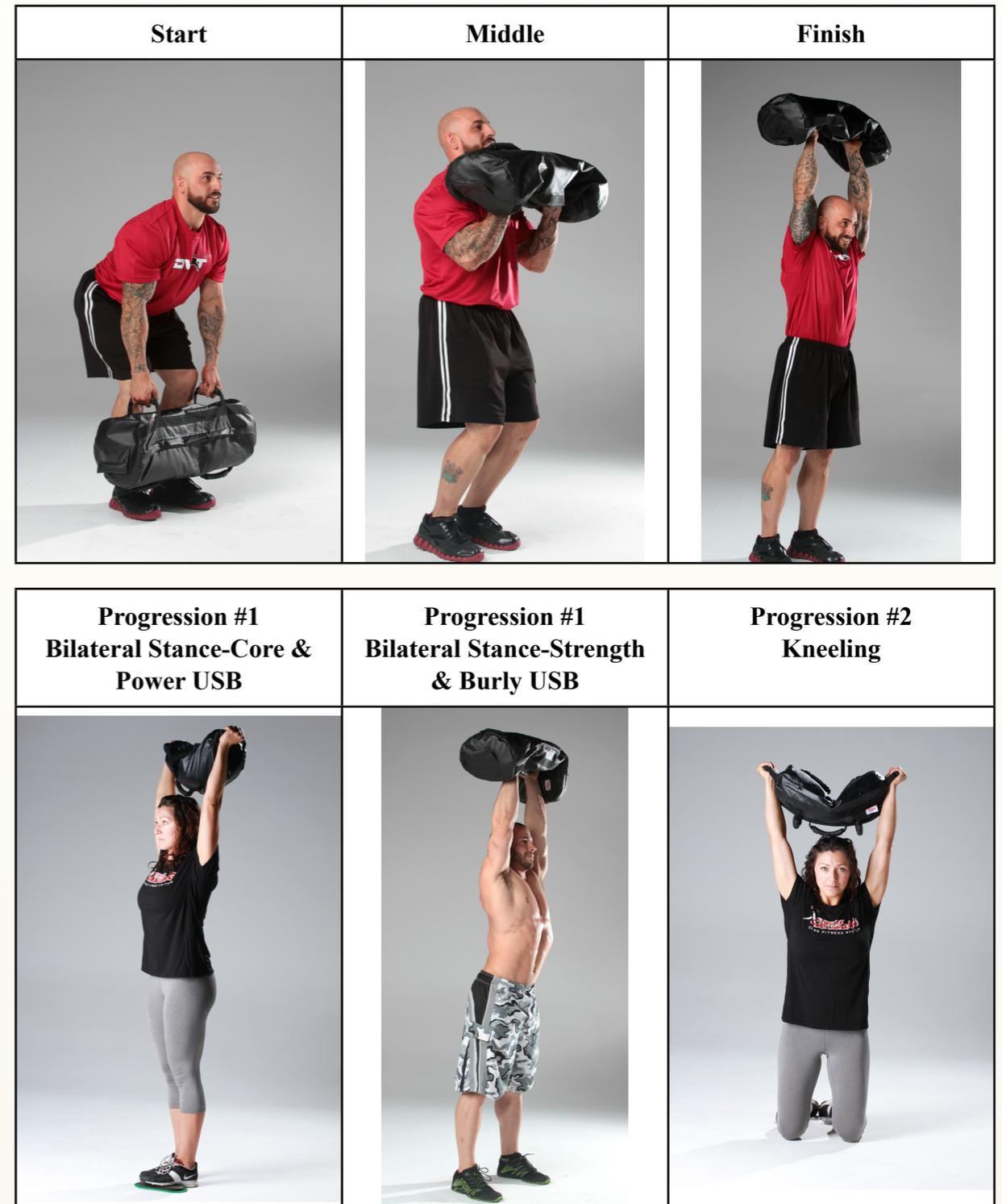


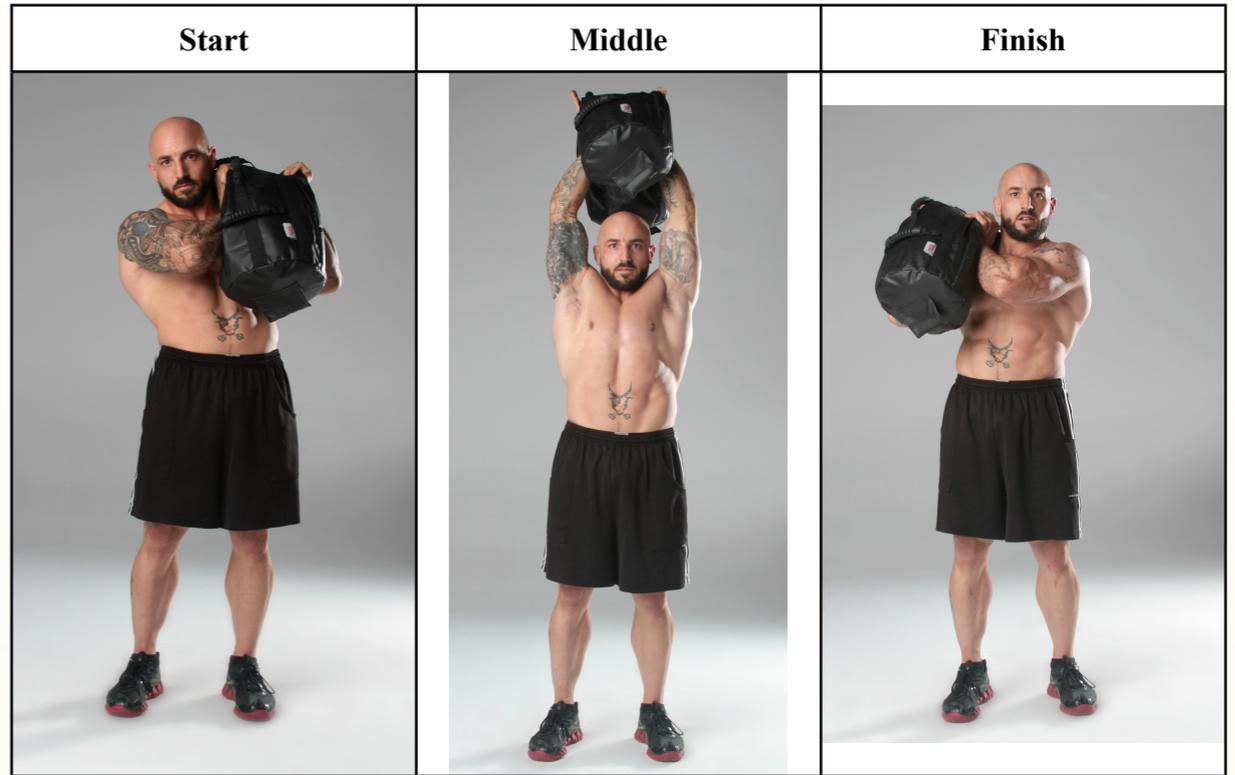
Overhead Press-[CLICK HERE FOR VIDEO](#)

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.

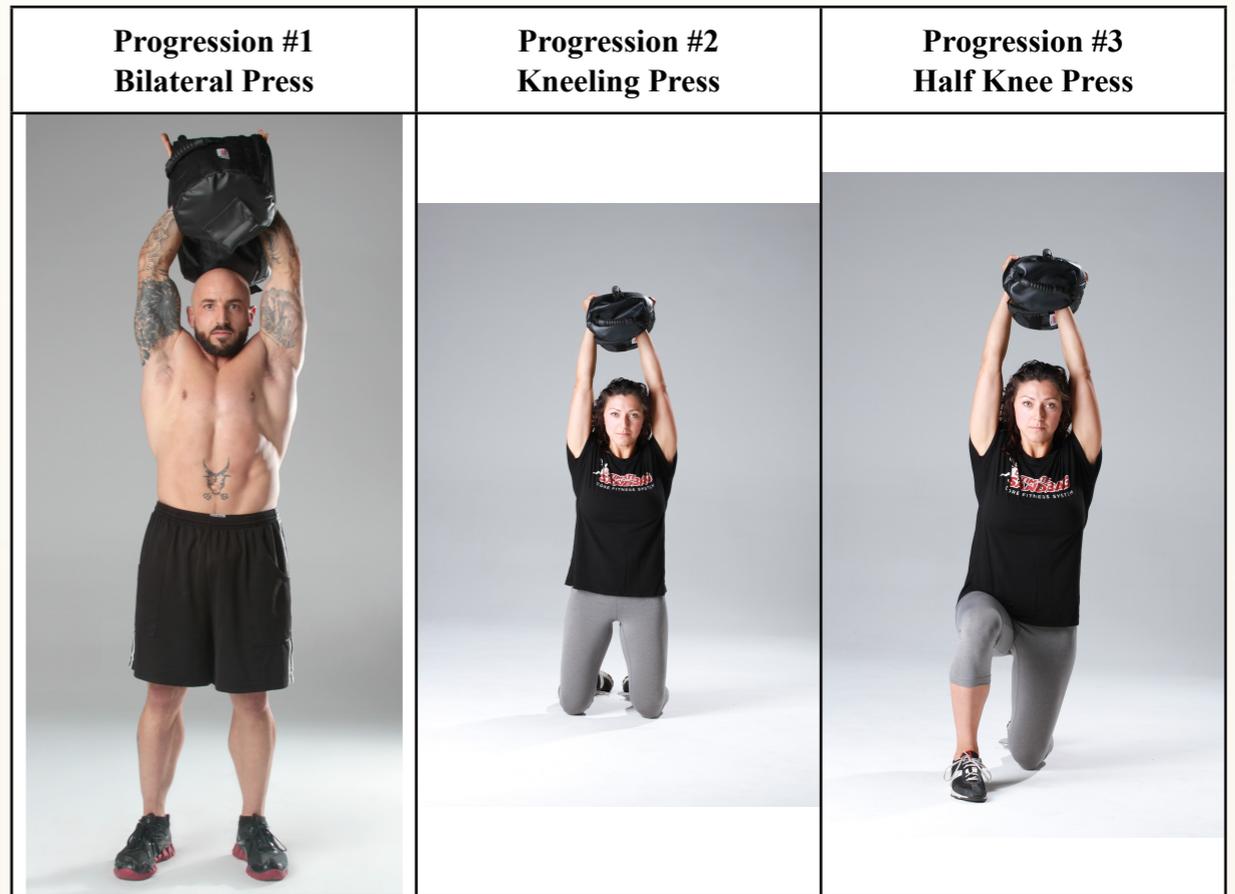
Because Ultimate Sandbags don't change by 5 or 10 pounds like we discussed, we change the perceived weight by how we stand rather than just the weight. This may be more productive for most people as by changing how you stand, we can identify weaknesses in the body before we place a lot of weight in the 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="288 260 589 294">Lateral Lunge Deadlift</p> 	3-5	As Many As Possible in 30 Seconds	30 Seconds
<p data-bbox="364 922 515 956">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
 <p>Overhead Alternating Forward Lunge</p>	3-4	60/50/40/30 Seconds Per Side	45/45/30/30 Seconds
 <p>Single Leg Row to Deadlift</p>	3-4	60/50/40/30 Seconds Per Side	45/45/30/30 Seconds

Exercise	Sets	Repetitions	Rest Interval
 <p>Power Clean</p>	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

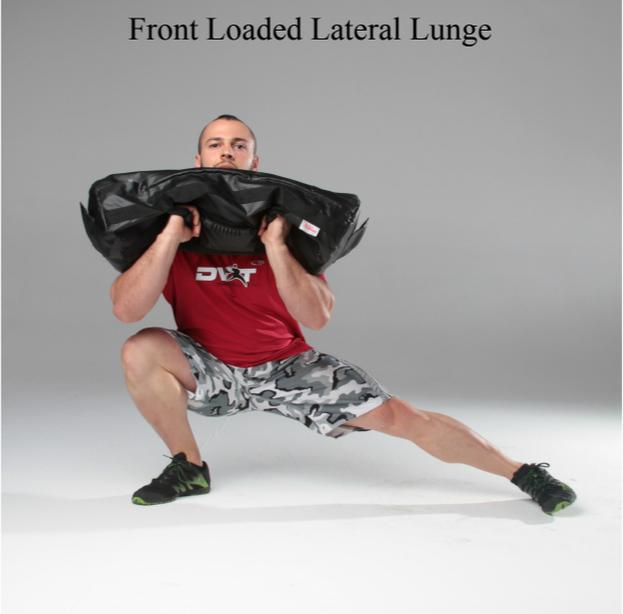
Perform All As Continual Circuit

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="241 260 642 294">Staggered Stance Power Clean</p> 	3-4	40 Seconds	20 Seconds
<p data-bbox="323 1001 559 1035">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

		Phase:	Date:					
Seq.	Wk	Exercise Selection:	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

		Phase:			Date:					
Seq.	Wk	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									
		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	

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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