



Sandbag Training Bible: Functional Workouts to Tone, Sculpt and Strengthen Your Entire Body

By Ben Hirshberg

Ulysses Press. Paperback. Book Condition: new. BRAND NEW, Sandbag Training Bible: Functional Workouts to Tone, Sculpt and Strengthen Your Entire Body, Ben Hirshberg, A HIGHLY EFFECTIVE STRENGTH-TRAINING PROGRAM USING THE SIMPLEST, MOST AFFORDABLE "UNSTABLE WEIGHTS" An ideal strength-building program for men and women alike, the sandbag training approach unleashes the power of functional training to help you reach your fitness goals. The awkward, unstable nature of sandbags forces your body to use all its muscles, including often-neglected stabilizers for a total-body workout that guarantees you'll: *Burn fat *Build muscle *Improve health *Sculpt your physique *Boost athleticism With its low cost and simple design, the humble sandbag is an amazing and smart piece of equipment. Sandbag Training Bible shows how to maximize its effectiveness with straightforward exercises, whether you're using a bulky bag for heavy resistance lifts or a lighter bag for calisthenic circuits or endurance training.



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