

IN

IDEAS

BAG

**4 WEEK
SANDBAG
TRAINING
PROGRAMME**

BAG IT UP

A SANDBAG, IN ESSENCE IS EXACTLY WHAT IT SAYS ON THE TIN-

A BAG, FULL OF SAND.

NOTHING COULD BE SIMPLER.

ALTHOUGH IT'S NOT RECOMMENDED, YOU COULD LITERALLY TAKE A BAG OF BUILDERS SAND FROM A DIY SHOP AND GET TO WORK THERE AND THEN. YOU MAY BE ASKED TO LEAVE THOUGH.

BUILDERS SAND COSTS ON AVERAGE LESS THAN £2.00 FOR A 20 KILO BAG, OR 10 PENCE PER KILO, MAKING IT ROUGHLY 20 TIMES CHEAPER THAN THE EQUIVALENT WEIGHT IN PLATES FOR A BARBELL.

HOWEVER, TO GET THE MOST OUT OF YOUR SANDBAG TRAINING, (AND CONSIDERING THE MONEY YOU'RE GOING TO SAVE ON LOADING IT), I'D RECOMMEND INVESTING IN ONE OF THE FOLLOWING BAGS.

DUFFLE STYLE

WITH HANDLES



IF I COULD ONLY HAVE ONE STYLE OF BAG, I WOULD CHOOSE THE DUFFLE STYLE, WITH HANDLES. THERE ISN'T A SINGLE BARBELL MOVEMENT THAT YOU CAN'T REPLICATE WITH THIS. YOU CAN STILL GRIP THE BAG WITHOUT THE HANDLES FOR THE 'AUTHENTICITY' BUT ON MOVEMENTS WHERE GRIP MAY BECOME YOUR LIMITING FACTOR, THE HANDLES ALLOW YOU TO PROGRESS FURTHER.

THE BULLDOG GEAR SANDBAG, MADE OF 1000 DENIER CORDURA FABRIC WITH A COMBINATION OF BLACK WEBBING AND CORDURA HANDLES.

AVAILABLE IN 2 SIZES-

MEDIUM AND LARGE

MEDIUM - 610MM X 203MM (24 X 8) - RECOMMENDED MAXIMUM WEIGHT 37.5KG

LARGE - 812MM X 254MM (32 X 10) - RECOMMENDED MAXIMUM WEIGHT 72.5KG

CLICK HERE TO CHECK OUT THE BAG I RECOMMEND.
ANYONE USING THIS PROGRAMME IS ELIGIBLE FOR A DISCOUNT USING CODE- SANDBAG5

DUFFLE STYLE WITH HANDLES



**CLICK HERE TO CHECK OUT THE BAG I RECOMMEND.
ANYONE USING THIS PROGRAMME IS ELIGIBLE FOR A
DISCOUNT USING CODE- SANDBAG5**

**NOTE- YOU CAN PURCHASE ADDITIONAL FILLER BAGS
TO MAKE LOADING AND UNLOADING EASIER, BUT IF
THIS ISN'T AN OPTION, I'VE PERSONALLY BOTH
LOADED THE BAGS 'RAW' DIRECTLY FROM THE
BEACH AND USED STILL SEALED BAGS OF SAND,
'WORKING' UP, ONE BAG AT TIME. IN THIS CASE I
RECOMMEND REGULARLY CHECKING FOR RIPS AND
TAPING THE BAG.**

STRONGMAN SANDBAG



IF YOU ALREADY HAVE SOME MORE TRADITIONAL KIT OR ARE JUST LOOKING TO DO SOME MORE ODD OBJECT STYLE TRAINING, THE STRONGMAN SANDBAG IS YOUR ANSWER. COMPARABLE TO AN ATLAS STONE OR D-BALL, BUT AGAIN- LOADABLE AT A FRACTION OF THE PRICE. YOU CAN EITHER PURCHASE A SET OF VARYING WEIGHTS AND FILL THEM, OR BUY ONE BAG ABOVE YOUR CURRENT CAPACITY AND GRADUALLY ADD WEIGHT AS YOUR STRENGTH INCREASES. YOU CAN FILL THE LARGEST BAG TO CAPACITY FOR AROUND £10.

[CLICK HERE TO CHECK OUT THE BAG I RECOMMEND.](#)
ANYONE USING THIS PROGRAMME IS ELIGIBLE FOR A DISCOUNT USING CODE- SANDBAG5

STRONGMAN SANDBAG



**CLICK HERE TO WATCH A
VIDEO COMPARISON OF-**

**SANDBAGS, ATLAS BALLS AND
ATLAS STONES.**

**CLICK HERE TO CHECK OUT THE BAG I RECOMMEND.
ANYONE USING THIS PROGRAMME IS ELIGIBLE FOR A
DISCOUNT USING CODE- SANDBAG5**

WHAT CAN BE MEASURED CAN BE MANAGED

BY WORKING WITH MORE OR LESS ONE SINGLE VARIABLE, A FIXED WEIGHT(S), IT WILL BECOME INFINITELY EASIER TO MEASURE AND INDEED AIM FOR, PROGRESS.

MOST TRAINING DAYS WILL HAVE SOME TRACKABLE METRIC (USUALLY TIME OR TOTAL REPS ACHIEVED) THAT YOU CAN MEASURE, AND USE AS A TARGET IN SUBSEQUENT ATTEMPTS.

INTERESTINGLY, IN ALMOST ALL STUDIES CONDUCTED ON THE SUBJECT, WHEN PARTICIPANTS ARE GIVEN A TARGET TO WORK TOWARDS, THEY WORK SIGNIFICANTLY HARDER THAN WHEN LEFT TO GAUGE THEIR OWN EFFORT.

WHETHER YOU RECORD YOUR EFFORTS IN A PHYSICAL NOTEBOOK, ON A WHITEBOARD/ CHALK BOARD OR ON YOUR PHONE IS NOT ENTIRELY IMPORTANT, JUST SO LONG AS YOU HAVE ACCESS TO THESE NOTES ON SUBSEQUENT ATTEMPTS.

IF YOU WANT GUARANTEED PROGRESS WITH THIS PROGRAMME, THIS IS ABSOLUTELY VITAL.

DAY ONE

15 MIN REP BLOCK

A1. PUSH-UPS

A2. INVERTED ROWS

WORK SUB-MAXIMALLY, TRY TO MAINTAIN SETS AT AROUND 50-60% OF YOUR REP MAXES. (IE IF YOU CAN DO 20 ROWS, WORK IN SETS OF 10 FOR AS LONG AS POSSIBLE, DROP TO LOWER REPS WHEN NECESSARY TO MAINTAIN FORM AND KEEP REST CONSISTENT. (IDEALLY PERFORM PUSH TO ROW REPS ON A 2:1 RATIO)

REST AS NECESSARY, BUT AIM TO STAY CONSISTENT AND KEEP MOVING.

REST 5 MINUTES.

THEN...

15 MIN SANDBAG

AMRAP-

10 X BAG OVER HEAD

15 X HIP TO SHOULDER

20 X DEADLIFT

'BAG OVERHEAD' DEFINED AS- PRESSING THE BAG FROM ONE SHOULDER TO THE OTHER, OVER YOUR HEAD, YOU DO NOT HAVE TO ACHIEVE FULL LOCKOUT OVERHEAD.

ALTERNATE SHOULDERS ON HIP CLEANS.

FOCUS ON HINGING THROUGH THE DEADLIFT, NOT SQUATTING.

REST AS NECESSARY, BUT AIM TO STAY CONSISTENT AND KEEP MOVING.

DAY TWO

**100 X
ALTERNATING BEAR HUG
FRONT LUNGE**

**100 X
ALTERNATING BEAR HUG
REVERSE LUNGE**

**100 X
BODYWEIGHT SPLIT
SQUAT JUMPS**

**ANY TIME YOU STOP
PERFORM-
5 X BURPEE OVER BAG**

**'STOP' DEFINED AS DROPPING THE BAG OR RESTING LONGER THAN 5
SECONDS AT THE TOP OR THE BOTTOM OF THE REP**

DAY THREE

REST

OR...

15 MINUTE ALT EMOM

- MOUNTAIN CLIMBERS**
- STRAIGHT ARM PLANK**
- REST**

**EMOM= EVERY MINUTE ON THE MINUTE
ALTERNATING DENOTES THAT YOU PERFORM EACH MOVEMENT IN A
SEPARATE MINUTE.**

**PERFORM MOUNTAIN CLIMBERS FOR THE ENTIRETY OF THE FIRST MIN
HOLD A PLANK THROUGHOUT THE SECOND MIN
REST FOR THE THIRD
REPEAT FOR 15 MINUTES**

DAY FOUR

15 MIN REP BLOCK

**A1. SANDBAG GTOH
A2. INVERTED ROWS**

GTOH= GROUND TO OVERHEAD

WORK SUB-MAXIMALLY, TRY TO MAINTAIN SETS AT AROUND 50-60% OF YOUR REP MAXES. (IE IF YOU CAN DO 10 GTOH, WORK IN SETS OF 5 FOR AS LONG AS POSSIBLE, DROP TO LOWER REPS WHEN NECESSARY TO MAINTAIN FORM AND KEEP REST CONSISTENT.

REST AS NECESSARY, BUT AIM TO STAY CONSISTENT AND KEEP MOVING.

3 ROUNDS

15,10,5 OF -

**BURPEES
PUSH-UPS
AIR SQUATS**

**REST 120S BETWEEN
ROUNDS**

IE PERFORM 15 REPS OF EACH MOVEMENT, THEN 10 OF EACH, THEN 5 OF EACH. REST 120S, THEN REPEAT FOR TWO TOTAL ROUNDS.

DAY FIVE

15 MIN REP BLOCK

A1. SB SQUAT

A2. SB REVERSE LUNGE

SB= SANDBAG

WORK SUB-MAXIMALLY, TRY TO MAINTAIN SETS AT AROUND 50-60% OF YOUR REP MAXES. (IE IF YOU CAN DO 10 SQUATS, WORK IN SETS OF 5 FOR AS LONG AS POSSIBLE, DROP TO LOWER REPS WHEN NECESSARY TO MAINTAIN FORM AND KEEP REST CONSISTENT.

REST AS NECESSARY, BUT AIM TO STAY CONSISTENT AND KEEP MOVING.

3 ROUNDS

15,10,5 OF -

**SPLIT SQUAT JUMPS
SANDBAG DEADLIFT
LATERAL HOP OVER BAG**

**REST 120S BETWEEN
ROUNDS**

IE PERFORM 15 REPS OF EACH MOVEMENT, THEN 10 OF EACH, THEN 5 OF EACH. REST 120S, THEN REPEAT FOR TWO TOTAL ROUNDS.

DAY SIX

REST

OR...

20 MINUTE ALT EMOM

-30 SEC HANDSTAND HOLD

-20 X SIT-UP

**EMOM= EVERY MINUTE ON THE MINUTE
ALTERNATING DENOTES THAT YOU PERFORM EACH MOVEMENT IN A
SEPARATE MINUTE.**

DAY SEVEN

8 ROUNDS FOR TIME -

10 X SB FLOOR PRESS

10 X SB TWO HAND ROW

10 X PUSH-UP

10 X BURPEE OVER BAG

SB = SANDBAG

REST AS NECESSARY, BUT AIM TO STAY CONSISTENT AND KEEP MOVING.

DAY EIGHT

8 ROUNDS FOR TIME -

10 X SB REV LUNGE

10 X SB FWD LUNGE

10 X SB SQUAT

10 X SPLIT SQUAT JUMP

SB = SANDBAG

ALTERNATE LEGS ON LUNGES (PERFORM 10 TOTAL)

PERFORM SPLIT SQUAT JUMP LATERALLY OVER BAG

REST AS NECESSARY, BUT AIM TO STAY CONSISTENT AND KEEP MOVING.

DAY NINE

REST

OR...

**20 MINUTE ALT EMOM
-STRAIGHT ARM PLANK
-10 X BURPEE**

**EMOM= EVERY MINUTE ON THE MINUTE
ALTERNATING DENOTES THAT YOU PERFORM EACH MOVEMENT IN A
SEPARATE MINUTE.**

DAY TEN

8 ROUNDS FOR TIME-

10 X SB PUSH PRESS

10 X INVERTED ROW

10 X CLOSE GRIP PUSH-UP

10 X SB TO SHOULDER

SB= SANDBAG

ALTERNATE SHOULDERS ON SANDBAG TO SHOULDER.

REST AS NECESSARY, BUT AIM TO STAY CONSISTENT AND KEEP MOVING.

DAY ELEVEN

8 ROUNDS FOR TIME -

10 X SB DEADLIFT

10 X SB SQUAT

10 X SB REV LUNGE

10 X BURPEE OVER BAG

SB = SANDBAG

ALTERNATE LEGS ON LUNGES (PERFORM 10 TOTAL)

PERFORM BURPEE LATERALLY OVER BAG

REST AS NECESSARY, BUT AIM TO STAY CONSISTENT AND KEEP MOVING.

DAY TWELVE

REST

OR...

20 MINUTE ALT EMOM
-HANDSTAND HOLD
-20 X SIT-UP

**EMOM= EVERY MINUTE ON THE MINUTE
ALTERNATING DENOTES THAT YOU PERFORM EACH MOVEMENT IN A
SEPARATE MINUTE.**

**AIM FOR MAXIMUM HANDSTAND HOLD THAT YOU CAN MAINTAIN IN
EACH MINUTE.**

DAY THIRTEEN

FOR TIME -

**100 X
BURPEE SANDBAG TO
SHOULDER**

REST AS NECESSARY, BUT AIM TO STAY CONSISTENT AND KEEP MOVING.

EMPTY THE TANK ON THIS ONE.

DAY FOURTEEN

REST

GO FOR A WALK

MEDITATE

EAT PIZZA

PHASE III

YOU VS YOU

**TAKE YOUR NOTES FROM
DAYS 1-14.**

**EACH WORKOUT FROM
HEREAFTER WILL HAVE A
REPEATED ELEMENT.**

**YOUR AIM IS TO BEAT
YOUR SCORES ACROSS
THE BOARD WHERE
APPLICABLE.**

**YOU'LL KNOW EXACTLY
WHAT YOU NEED TO DO
EACH SESSION TO
PROGRESS.**

SO GET TO IT.

DAY FIFTEEN

**BEAT YOUR SCORES FROM
DAY ONE**

15 MIN REP BLOCK

A1. PUSH-UPS

A2. INVERTED ROWS

WORK SUB-MAXIMALLY, TRY TO MAINTAIN SETS AT AROUND 50-60% OF YOUR REP MAXES. (IE IF YOU CAN DO 20 ROWS, WORK IN SETS OF 10 FOR AS LONG AS POSSIBLE, DROP TO LOWER REPS WHEN NECESSARY TO MAINTAIN FORM AND KEEP REST CONSISTENT. (IDEALLY PERFORM PUSH TO ROW REPS ON A 2:1 RATIO)

REST AS NECESSARY, BUT AIM TO STAY CONSISTENT AND KEEP MOVING.

REST 5 MINUTES.

THEN...

**15 MIN SANDBAG
AMRAP-**

**10 X BAG OVER HEAD
15 X HIP TO SHOULDER
20 X DEADLIFT**

'BAG OVERHEAD' DEFINED AS- PRESSING THE BAG FROM ONE SHOULDER TO THE OTHER, OVER YOUR HEAD, YOU DO NOT HAVE TO ACHIEVE FULL LOCKOUT OVERHEAD.

ALTERNATE SHOULDERS ON HIP CLEANS.

FOCUS ON HINGING THROUGH THE DEADLIFT, NOT SQUATTING.

REST AS NECESSARY, BUT AIM TO STAY CONSISTENT AND KEEP MOVING.

DAY SIXTEEN

**100 X
ALTERNATING BEAR HUG
FRONT LUNGE**

**100 X
ALTERNATING BEAR HUG
REVERSE LUNGE**

**100 X
BODYWEIGHT SPLIT
SQUAT JUMPS**

**ANY TIME YOU STOP
PERFORM-
5 X BURPEE OVER BAG**

REDO THIS SECTION IF YOU STOP

**'STOP' DEFINED AS DROPPING THE BAG OR RESTING LONGER THAN 5
SECONDS AT THE TOP OR THE BOTTOM OF THE REP**

**BEAT YOUR SCORES FROM
DAY TWO**

DAY SEVENTEEN

REST

OR...

15 MINUTE ALT EMOM

- MOUNTAIN CLIMBERS**
- HANDSTAND HOLD**
- REST**

**EMOM= EVERY MINUTE ON THE MINUTE
ALTERNATING DENOTES THAT YOU PERFORM EACH MOVEMENT IN A
SEPARATE MINUTE.**

**PERFORM MOUNTAIN CLIMBERS FOR THE ENTIRETY OF THE FIRST MIN
HOLD A HANDSTAND THROUGHOUT THE SECOND MIN
(IF YOU DROP BEFORE THE BUZZER, GET BACK UP)
REST FOR THE THIRD
REPEAT FOR 15 MINUTES**

DAY EIGHTEEN

**BEAT YOUR SCORES FROM
DAY FOUR**

15 MIN REP BLOCK

**A1. SANDBAG GTOH
A2. INVERTED ROWS**

GTOH= GROUND TO OVERHEAD

WORK SUB-MAXIMALLY, TRY TO MAINTAIN SETS AT AROUND 50-60% OF YOUR REP MAXES. (IE IF YOU CAN DO 10 GTOH, WORK IN SETS OF 5 FOR AS LONG AS POSSIBLE, DROP TO LOWER REPS WHEN NECESSARY TO MAINTAIN FORM AND KEEP REST CONSISTENT.

REST AS NECESSARY, BUT AIM TO STAY CONSISTENT AND KEEP MOVING.

4 ROUNDS

15,10,5 OF -

**BURPEES
PUSH-UPS
AIR SQUATS**

**REST 120S BETWEEN
ROUNDS**

IE PERFORM 15 REPS OF EACH MOVEMENT, THEN 10 OF EACH, THEN 5 OF EACH. REST 120S, THEN REPEAT FOR TWO TOTAL ROUNDS.

BEAT YOUR SCORE IN THE FIRST THREE ROUNDS AND THEN PERFROM AN ADDITIONAL ROUND AS FAST POSSIBLE

DAY NINETEEN

**BEAT YOUR SCORES FROM
DAY FIVE**

15 MIN REP BLOCK

A1. SB SQUAT

A2. SB REVERSE LUNGE

SB= SANDBAG

WORK SUB-MAXIMALLY, TRY TO MAINTAIN SETS AT AROUND 50-60% OF YOUR REP MAXES. (IE IF YOU CAN DO 10 SQUATS, WORK IN SETS OF 5 FOR AS LONG AS POSSIBLE, DROP TO LOWER REPS WHEN NECESSARY TO MAINTAIN FORM AND KEEP REST CONSISTENT.

REST AS NECESSARY, BUT AIM TO STAY CONSISTENT AND KEEP MOVING.

4 ROUNDS

15,10,5 OF -

**SPLIT SQUAT JUMPS
SANDBAG DEADLIFT
LATERAL HOP OVER BAG**

**REST 120S BETWEEN
ROUNDS**

IE PERFORM 15 REPS OF EACH MOVEMENT, THEN 10 OF EACH, THEN 5 OF EACH. REST 120S, THEN REPEAT FOR TWO TOTAL ROUNDS.

BEAT YOUR SCORE IN THE FIRST THREE ROUNDS AND THEN PERFROM AN ADDITIONAL ROUND AS FAST POSSIBLE

DAY TWENTY

REST

OR...

20 MINUTE ALT EMOM

**-MAX HANDSTAND HOLD
-20 X SIT-UP**

**EMOM= EVERY MINUTE ON THE MINUTE
ALTERNATING DENOTES THAT YOU PERFORM EACH MOVEMENT IN A
SEPARATE MINUTE.**

DAY TWENTYONE

**BEAT YOUR SCORES FROM
DAY SEVEN**

10 ROUNDS FOR TIME-

**10 X SB FLOOR PRESS
10 X SB TWO HAND ROW
10 X PUSH-UP
10 X BURPEE OVER BAG**

SB= SANDBAG

REST AS NECESSARY, BUT AIM TO STAY CONSISTENT AND KEEP MOVING.

BEAT YOUR PREVIOUS SCORE IN THE FIRST 8 ROUNDS AND THEN REST BEFORE PERFORMING AN ADDITIONAL TWO ROUNDS.

DAY TWENTYTWO

**BEAT YOUR SCORES FROM
DAY EIGHT**

10 ROUNDS FOR TIME-

10 X SB REV LUNGE

10 X SB FWD LUNGE

10 X SB SQUAT

10 X SPLIT SQUAT JUMP

SB = SANDBAG

ALTERNATE LEGS ON LUNGES (PERFORM 10 TOTAL)

PERFORM SPLIT SQUAT JUMP LATERALLY OVER BAG

REST AS NECESSARY, BUT AIM TO STAY CONSISTENT AND KEEP MOVING.

BEAT YOUR PREVIOUS SCORE IN THE FIRST 8 ROUNDS AND THEN REST BEFORE PERFORMING AN ADDITIONAL TWO ROUNDS.

DAY TWENTYTHREE

REST

OR...

**20 MINUTE ALT EMOM
-STRAIGHT ARM PLANK
-10 X BURPEE**

**EMOM= EVERY MINUTE ON THE MINUTE
ALTERNATING DENOTES THAT YOU PERFORM EACH MOVEMENT IN A
SEPARATE MINUTE.**

DAY TWENTYFOUR

**BEAT YOUR SCORES FROM
DAY TEN**

10 ROUNDS FOR TIME-

**10 X SB PUSH PRESS
10 X INVERTED ROW
10 X CLOSE GRIP PUSH-UP
10 X SB TO SHOULDER**

SB= SANDBAG

ALTERNATE SHOULDERS ON SANDBAG TO SHOULDER.

REST AS NECESSARY, BUT AIM TO STAY CONSISTENT AND KEEP MOVING.

BEAT YOUR PREVIOUS SCORE IN THE FIRST 8 ROUNDS AND THEN REST BEFORE PERFORMING AN ADDITIONAL TWO ROUNDS.

DAY TWENTY ELEVEN

**BEAT YOUR SCORES FROM
DAY ELEVEN**

10 ROUNDS FOR TIME-

10 X SB DEADLIFT

10 X SB SQUAT

10 X SB REV LUNGE

10 X BURPEE OVER BAG

SB= SANDBAG

ALTERNATE LEGS ON LUNGES (PERFORM 10 TOTAL)

PERFORM BURPEE LATERALLY OVER BAG

REST AS NECESSARY, BUT AIM TO STAY CONSISTENT AND KEEP MOVING.

BEAT YOUR PREVIOUS SCORE IN THE FIRST 8 ROUNDS AND THEN REST BEFORE PERFORMING AN ADDITIONAL TWO ROUNDS.

DAY TWENTYSIX

REST

OR...

30 MINUTE ALT EMOM

-HANDSTAND HOLD

-15 X BURPEE

-20 X SIT-UP

W

**EMOM= EVERY MINUTE ON THE MINUTE
ALTERNATING DENOTES THAT YOU PERFORM EACH MOVEMENT IN A
SEPARATE MINUTE.**

**AIM FOR MAXIMUM HANDSTAND HOLD THAT YOU CAN MAINTAIN IN
EACH MINUTE.**

DAY TWENTYSEVEN

REST

GO FOR A WALK

MEDITATE

EAT PIZZA

DAY TWENTYEIGHT

**BEAT YOUR SCORES FROM
DAY THIRTEEN**

FOR TIME -

**100 X
BURPEE SANDBAG TO
SHOULDER**

**REST AS NECESSARY, BUT AIM TO STAY CONSISTENT AND KEEP
MOVING.**

EMPTY THE TANK ON THIS ONE.

**IF YOU DON'T BEAT YOUR
SCORE, ADD AN ADDITIONAL
10 REPS AFTER 100 FOR
EVERY MINUTE YOU WENT
OVER.**

ROUND UP.