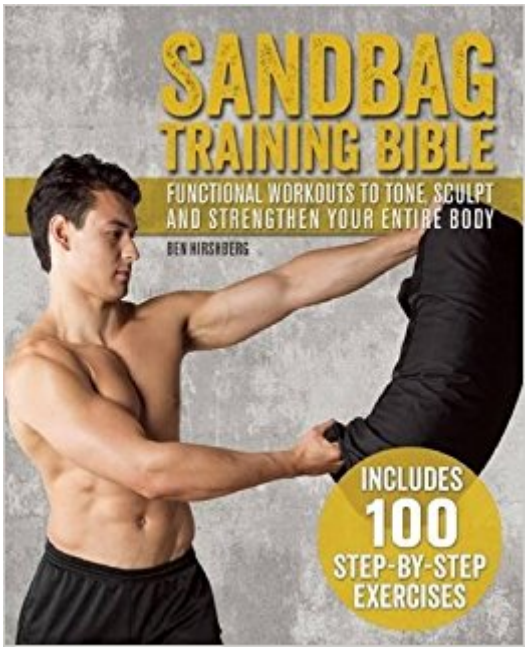
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Sandbag Training Bible: Functional Workouts To Tone, Sculpt And Strengthen Your Entire Body



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Synopsis

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 youÃ¢â ¬â„¢ll: Ã¢â ¬Â¢Burn fatÃ¢â ¬Â¢Build muscleÃ¢â ¬Â¢Improve healthÃ¢â ¬Â¢Sculpt your physiqueÃ¢â ¬Â¢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 youÃ¢â ¬â„¢re using a bulky bag for heavy resistance lifts or a lighter bag for calisthenic circuits or endurance training.

Book Information

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Customer Reviews

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Paleo Ice Cream|Ben |Hirshberg|9781612433523|14.95|Ulysses Press|08/12/2014|1300|

My doctor expressed her concern that I had the beginning of osteoporosis and needed to start some weight training. I really didnÃƒÂ¢Ã â ¬Ã â„¢t want to spend the money for a gym or buy all the weights and equipment. The sandbag training books gives you another option. The book even gives you a DIY, to make your own sand bag. Because you can add sand or remove sand you have all

the different free weight sizes. It has a variety of exercises with and without the sandbags. Photos of all the exercises for the proper positions. Descriptions and detailed workout programs to sculpt your body. An overall good book for someone who needs to weight train on the cheap.

I've been working out 5 days a week - 3 days at a gym, 2 days with a personal trainer and I was looking for something a little different [that I could also do at home] to throw into my routine. My PT suggested getting a sandbag, so I did. She gifted me with this awesome book! This book immediately scared me and made me feel comfortable all at the same time. Sandbang training was unlike anything IÃƒÂ¢Ã â ¬Ã â„¢ve ever done before and this book helped me through it! I thought a wallsit was tough without holding anything, not! Try doing a wallsit with a sandbag, it changes everything about your workout. Love this book!!! It was well written and formatted in the best way possible.

As an exerciser on a budget, I'm always looking for ways to improve my fitness without paying those exorbitant gym memberships or buying expensive home-workout equipment. Upon seeing this book my first thought was, "Great! I can afford a sandbag!" My second thought was that it would probably be a good workout (It's just lifting a heavy thing right?). Anyway, upon buying this book the author confirmed my suspicions by providing a comprehensive 'why' and 'how' to use sandbags. I really appreciate the author's focus on warming up and how not to to hurt oneself while exercising. The workouts and suggested programs are themselves quite good, well illustrated, and elegantly explained. I'm looking forward to exercising with just a sandbag and a backpack. After just a few sessions I can tell it's a hard and good workout which should serve me well for the months to come.

All about it! The Sandbag Training Bible was given to me as a gift and I didn't know why at first--I never thought I could be as hardcore as the man on the cover! But I checked it out and oh my gosh...I could not have been more wrong. It's great! There are so many simple things about training with a sandbag that really make training more difficult (in a great way) than I have ever experienced. First of all, it's cheap. That's a huge draw. I don't have to pay 100s of dollars on a gym membership--it's a one-time purchase and it's majorly affordable in and of itself. But also when you use it for training there are huge benefits. The lack of stability of a sandbag impressed me immensely. You would think that that would be the worst part of it as a workout tool, but it's flexible shape makes you and your muscles adaptable, I've found. I might not look like the man on the cover yet--but I'm a whole lot closer!!

I've seen people use sandbags in boot camp training, but I've never really thought about using them. I picked up the Sandbag Training Bible to see if it offers anything different from most training books on sees nowadays.And it doesn't. But that's a good thing!Ben Hirsberg teaches the reader how incorporate sandbags into any current training regimen. You can even make them yourself if you don't mind handling sand. So why are sandbags useful? Well besides being cost-effective, sandbags allow for muscles we don't normally use (stabilizer muscles) to get some work in. Think about lifting something like a big bag of beans. It doesn't feel like lifting a box, even if they are the same weight.Hirsberg gives the reader so much background into different exercise techniques before delving into sandbag training. I think this actually good for the average reader who has heard about circuit or HIT training, but wasn't exactly sure of what it all entailed. Hirsberg goes further by breaking down sets and reps and what is beneficial based on if exercise is for weight-loss, muscle gain, etc.There are plenty of pictures included using sandbags for every workout activity. I feel I'm bad at most of these exercises already, so adding in extra weight lifting or wearing a sandbag probably wouldn't wouldn't be were I would start my workout, but it is something to look forward to. This style of training is definitely not for everyone, but it is pretty bad-ass.

Great book packed with loads of excercises.

Nice effort to give broad overview of sandbag exercises. Gave a 4* instead of 3* because of number of pictures only. Printed on lower quality paper and could have used color instead of B/W. The price would have been justified at $19.95 in this case but the B/W found here would have been a better value at $7.95 The author is not to be faulted, just the publisher. Probably can find better value elsewhere.

If you're looking for a book that contains a ton, and I mean a ton of different exercises. This is the book for you. This book does offer a few short chapters on how to use this book and the things you need to know before you do intense workouts, like technique, form etc. Unlike most books that can have a tendency to be very heavy in the beginning with the who, what where when this book really just gets into the different movements you can do. In addition to the exercises, this book also provides workout routes that can be followed. This book is pretty handy if you're looking for a book that can provide many exercises.

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