

SANDBAGS

Sandbags can be used to add resistance to any bodyweight exercise. Below are some suggestions for training with sandbags.

1. **LUNGE** – Place the sandbag on your shoulders. Lunge forward and return to the start position. Try these laterally, to the rear, or as crossovers.



2. **PUSH UPS** – Place the sandbag between your shoulder blades.



3. **GOOD MORNING** – Begin with the bag on the shoulders. Bend at the waist and slightly at the knees until the back is parallel to the floor. Return to the start position.



4. **STAGGERED CHOP** – Start with the sandbag on one shoulder. Rotate that shoulder towards the opposite knee. Return to start position and repeat. Move bag to other shoulder and repeat.



5. **STEP UP** – With sandbag on the shoulders, step up onto a box and return. Repeat with opposite leg. Also try stepping up laterally.



6. **SPLIT SQUAT** – Start in a staggered stance with the sandbag on your shoulders. Squat until the knee touches the ground and return. Repeat to other side.

