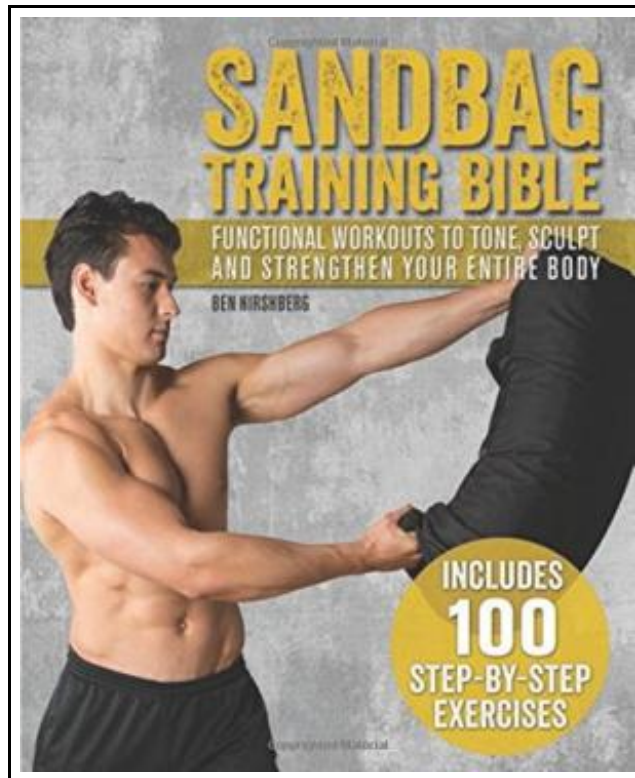


Sandbag Training Bible: Functional Workouts to Tone, Sculpt and Strengthen Your Entire Body



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This ebook might be worth a read, and superior to other. It is probably the most remarkable book i have got read. Its been designed in an remarkably straightforward way and it is merely soon after i finished reading this publication where really modified me, alter the way i really believe.
(Alex Zieme DDS)

SANDBAG TRAINING BIBLE: FUNCTIONAL WORKOUTS TO TONE, SCULPT AND STRENGTHEN YOUR ENTIRE BODY



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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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