



SUPER SANDBAG TRAINING GUIDE



Thank you for choosing SKLZ Super Sandbag. We are dedicated to providing you with the best tools and instruction possible to help you unleash your athletic potential. If there is anything else we can do to help you optimize your training, don't hesitate to drop us an email (customerservice@sklz.com) or give us a call (1-877-225-7275).

BEFORE YOU BEGIN:

- » Read all setup and usage instructions carefully.
- » Recommended for athletes over 14 years old. Athletes under 18 years of age should use only under strict adult supervision.
- » Be sure to consult your healthcare professional before beginning this or any type of exercise program.
- » Always check equipment for wear or damage before use. If any is found, do not use product. If any components are missing, please contact SKLZ toll free at 877-225-7275 x128.
- » ENSURE THERE IS PLENTY OF SPACE. NEVER THROW BAG TOWARD OTHERS.
- » Do not use more weight than you are capable of safely lifting.

REPS AND SETS: A GENERAL GUIDELINE

Reps and sets are a way to track progress with your training. This is a general guide. Programs will vary depending on your specific needs, goals, off-season or in-season, experience, etc.

AS A GENERAL GUIDELINE TO START:

- » 8-10 repetitions for 2-3 sets when training for strength (moderate to heavy weight with focus on proper form and control).
- » 12-15 repetitions for 1-2 sets when performing prehab or pillar (hip, core, shoulders) preparation exercises (light weight with emphasis on proper movement pattern and stability).

PROPER FORM

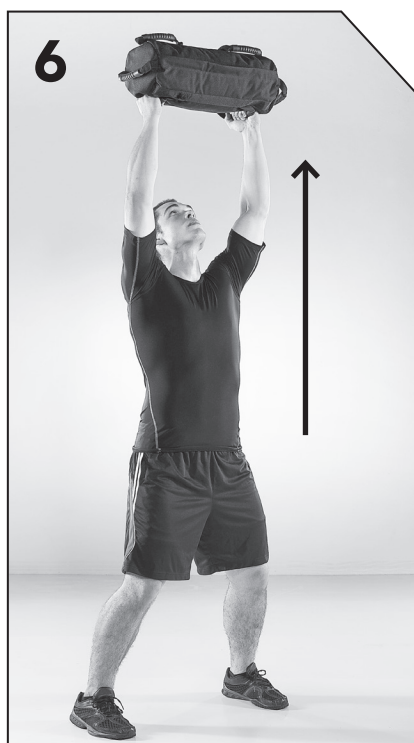
When trying movements for the first time, use a lighter weight with the goal of being able to perform all movements without breaking form. Do not push through or ignore aches and pains as you perform any movement.

PROGRESSIVE RESISTANCE

Progressive resistance is a concept that states you should be able to lift more weights or do more repetitions each time you perform an exercise. As you progress through any training phase, increase the weight when your prescribed repetitions decrease. When the prescribed repetitions increase, decrease the weight accordingly. You may also need to adjust your repetitions, sets, and resistance if you are not seeing improvements in your goals.

SET-UP INSTRUCTIONS

- » Remove Super Sandbag and yellow weight bags from box.
- » Fill yellow weight bags with desired amount of filler (sand is recommended). Ensure each weight bag is sealed.
- » Insert desired number of weight bags into the Super Sandbag and seal bag (each sand-filled bag weighs approximately 10 pounds).
- » Begin workout.



CLEAN AND PRESS

EXERCISE STEPS:

- STEP 1 – Stand with your feet shoulder width apart. Hold the Super Sandbag in front of you with a neutral grip (palms facing each other).
- STEP 2 – Initiate the movement by bending your knees slightly, pushing your hips back, and lowering the sandbag to just below your knees.
- STEP 3 – Extend your hips, knees, and ankles as quickly as possible. Immediately shrug your shoulders upward, followed by your elbows. The power generated from the movement may cause your feet to leave the ground.
- STEP 4 – When your elbows reach the maximum height and your body is fully extended, pull your body under the sandbag by rotating your elbows underneath and forward.
- STEP 5 – “Catch” the sandbag on the front of your shoulders in a quarter-squat position with your chest and elbows up, hips back, and feet on the floor.
- STEP 6 – Stand by pushing through your hips and pressing the sandbag overhead in one continuous motion.
- STEP 7 – Lower the sandbag to your shoulders to return to the starting position.
- STEP 8 – Continue for the remainder of the set.

TRAINING TIP:

Initiate the movement with your legs. That is, do not begin to pull with upper body until your hips are fully extended.

FEEL IT:

Working your entire body.



SQUAT – SINGLE FRONT LOADED

EXERCISE STEPS:

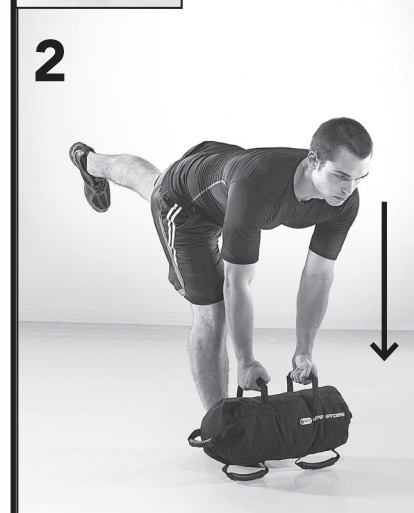
- STEP 1 – Stand with your feet slightly wider than shoulder width apart. Hold the Super Sandbag over one shoulder, supporting it with both hands.
- STEP 2 – Drop your hips back and down into a squat, ideally your thighs come parallel to the floor.
- STEP 3 – Keeping your back flat and chest up, return to the starting position.
- STEP 4 – Complete the set on one side before repeating with the sandbag on the opposite shoulder.

TRAINING TIP:

Keep your feet flat on the ground with your weight on your arches.

FEEL IT:

Working your glutes, hamstrings and quads.



ROMANIAN DEADLIFT

EXERCISE STEPS:

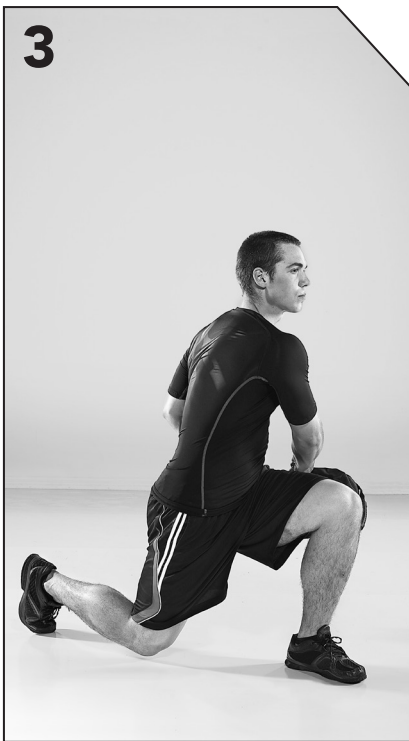
- STEP 1 – Hold the Super Sandbag in front of you with a neutral grip (palms facing each other).
- STEP 2 – Stand on one foot with your knee slightly bent. Hinge forward at the hip, lowering the sandbag as your non-supporting leg lifts behind you.
- STEP 3 – Contract your glutes and hamstrings to return to a standing position.
- STEP 4 – Complete the set on one side before repeating with the opposite leg.

TRAINING TIP:

Move your torso and leg as one unit while keeping the sandbag close to your body throughout the movement.

FEEL IT:

Working your glutes, hamstrings, and challenging your single leg balance.



FORWARD LUNGE WITH ROTATION

EXERCISE STEPS:

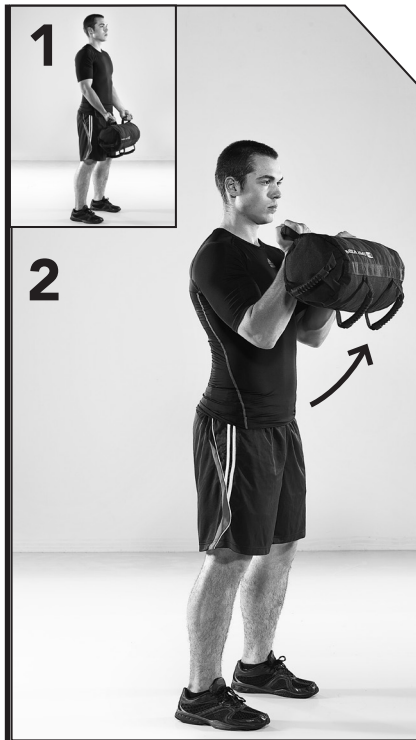
- STEP 1 – Stand with your feet shoulder width apart. Hold the Super Sandbag in front of you with each hand with a neutral grip (palms facing each other).
- STEP 2 – Keep your chest up and step forward into a lunge.
- STEP 3 – Rotate the sandbag and your torso over your front leg to one direction and then again to the opposite direction.
- STEP 4 – Bring the weight back to the front of your body and return back to a standing position by pushing through your front hip.
- STEP 5 – Repeat with the opposite leg.
- STEP 6 – Continue alternating to complete the set.

TRAINING TIP:

Do not let your front knee collapse to the inside and don't let your back knee touch the ground.

FEEL IT:

Working your glutes, hamstrings, quads and core.



BICEPS CURL

EXERCISE STEPS:

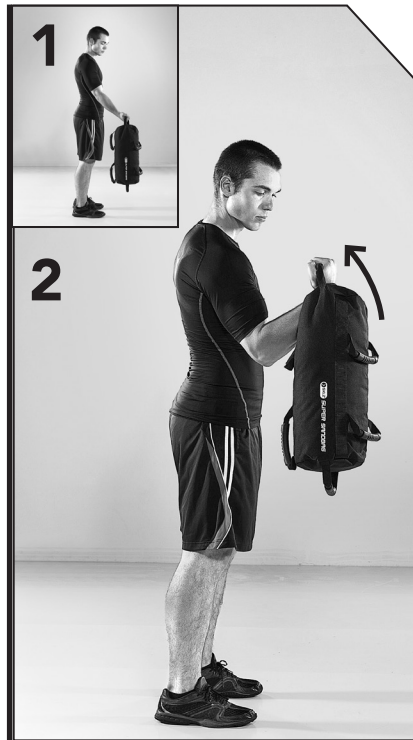
- STEP 1 – Stand with your feet shoulder width apart. Hold the Super Sandbag in front of you with each hand with a neutral grip (palms facing each other).
- STEP 2 – Keeping your elbows at your sides, curl the sandbag up to your shoulders.
- STEP 3 – Lower the sandbag back down to the starting position.
- STEP 4 – Continue for the full set.

TRAINING TIP:

Don't allow your elbows to leave your side. Avoid using momentum to help you lift the sandbag.

FEEL IT:

Working your biceps.



BICEP CURL – ONE ARM

EXERCISE STEPS:

- STEP 1 – Stand with your feet shoulder width apart. Hold the Super Sandbag at one end with an underhand grip (palm facing up) in one hand.
- STEP 2 – Keeping your elbow at your side, curl the sandbag up to your shoulder.
- STEP 3 – Lower the sandbag back down to the starting position.
- STEP 4 – Complete the set on one side before repeating on the opposite arm.

TRAINING TIP:

Don't allow your elbow to leave your side. Avoid using momentum to help you lift the sandbag.

FEEL IT:

Working your biceps.

IDEA SUBMISSION

If you have an idea for a new and innovative sports training product, visit SKLZ.com to submit your concept. Some restrictions may apply.

LIMITED WARRANTY

REGISTER YOUR PRODUCT AT SKLZ.COM TO ENSURE WARRANTY COVERAGE, GET NEW PRODUCT INFORMATION AND SPECIAL DEALS FROM SKLZ

Pro Performance Sports (PPS) / SKLZ warrants to the original consumer purchaser of any PPS/SKLZ product it manufactures that the product will be free of defects in materials or workmanship for **90 days** (unless specified in alternate warranties) from the date of purchase. If defective and purchased from a retail store, return the product along with receipt to the retail store where the product was purchased. If the item was purchased from PPS/SKLZ, return the product along with the packing slip (proof of purchase) postage prepaid to the address below for replacement consideration. Label: Attn: Returns

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