



The Complete Guide To Sandbag Training

By Mr Matthew Palfrey

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 188 pages. Dimensions: 10.6in. x 8.4in. x 0.6in. Want to improve your fitness but dont have the time or money to attend the gym Looking for a way to get the edge in sports performance Do you want a no nonsense programme that is designed to build muscle and strength, improve fitness and burn fat The Complete Guide To Sandbag Training will help you to do just that! Written by Matthew Palfrey, sandbag training expert and the creator of the Sandbag Fitness Blog, this easy to follow book provides everything you need to start making real progress now. Thousands of others are already putting sandbag training to great use - isnt it time that you tried it too The Complete Guide To Sandbag Training is focused on enabling you to develop a highly effective strength and conditioning programme at home with the minimum of equipment and investment. Includes detailed descriptions of over 40 different exercises (complete with images), how to set up your own home gym and 3 detailed sandbag training programmes: Beginner, Intermediate and Advanced. Sandbag training is perfect for MMA, Strongman, CrossFit, Strength and Conditioning, Bootcamps and Garage...



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