



## Sandbag Training

### Course Overview

Sandbag training is an excellent training method for personal trainers to use with clients for building strength and power throughout their whole body. The fun and flexibility offered by these bags means you can take this training anywhere, whether in the gym, studio or outside. An excellent way to develop power and explosiveness.

The course fee includes a Sklz Super Sandbag Heavy Duty Training Bag, which is just the thing to use with your own training and that of your clients. It comes complete with four 10-pound weight bags that fit individually or all together in a durable outer shell equipped with a zipper enclosure and Velcro reinforcement. The removable weight bags serve as soft weights to increase the intensity of any drill or exercise. You will be posted the bag prior to the course; you will need to fill the bags with sand and bring them along to the course training day.

This course has been designed to provide you with the knowledge and skills to use sandbag training with your clients and incorporate it into their current exercise regimes. You will learn how to use the sandbag for numerous exercises in a safe and effective way. You will be given a comprehensive manual to take away too.

### Course Content

- ✓ How to make your own sandbags
- ✓ The benefits of sandbag training
- ✓ Different grips and positions
- ✓ Sandbag exercises
- ✓ Progressions, regressions and variations
- ✓ Designing sandbag programmes and sessions
- ✓ Teaching individual clients and groups



*Course includes a Sandbag for you to keep*

### Profusion Range Format

½ day attendance

### Entry Requirements

Over 16 and Level 2 Fitness Instructor Qualification

There is a lot of physical training involved during the day so you will need to have a good level of fitness.

### Assessment

No assessment

### Certification

Amac Certificate in Sandbag Training



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