

SPRI

PERFORMANCE BAG

EXERCISE GUIDE

Exercise Instruction

- Warm up for 3-5 minutes before each session.
- Complete 1-3 sets of 8-12 repetitions of each exercise selected.
- Rest approximately 30-60 seconds between each exercise set.
- Perform every exercise through a full range of motion.
- When applicable, perform an equal number of exercise repetitions with each arm/leg to avoid the development of muscle imbalances.

- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets or decrease repetitions.
- OR—
- If unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets or increase repetitions.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of complete rest between each exercise session.

FRONT SQUAT



Start: Grasp side handles with bag positioned at chest height resting on forearms. Position feet shoulder-width apart with knees slightly bent, head directly over hips, back straight with core muscles activated.



Finish: Slowly bend legs with knees over feet, push hips back with low back slightly arched, chest high and eyes looking straight ahead with bag resting on forearms. Straighten legs and slowly return to start position.

OVERHEAD SQUAT PRESS



Start: Grasp side handles with bag positioned at chest height resting on forearms. Position feet shoulder-width apart, bend legs with knees over feet, push hips back with low back slightly arched, chest high and core muscles activated.

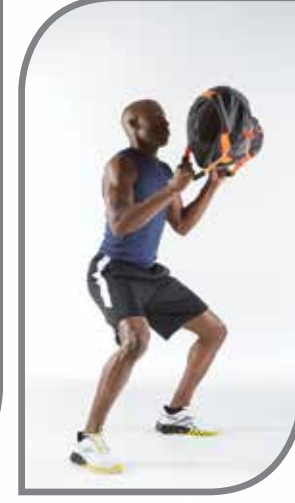


Finish: Straighten legs and push hips forward while extending arms overhead with hands directly above shoulders, back straight, and head aligned with hips and shoulders. Bend arms and legs and return to start position.

CLEAN



Start: Grasp side handles; straighten arms directly below shoulders with bag positioned between feet. Position feet shoulder-width apart, bend legs with knees over feet. Push hips back and hinge slightly forward with low back slightly arched, chest high and core muscles activated.



Finish: Quickly straighten legs and push hips forward while shrugging shoulders, bending arms and rotating hands underneath bag. Bend legs and catch bag in arms at chest height with back straight and chest high. Straighten arms and return to start position.

SIDE SWING



Start: Grasp side handles; straighten arms directly below shoulders with bag positioned slightly out in front of body. Position feet just outside shoulder-width apart, bend legs slightly, push hips back and hinge forward with low back slightly arched, and core muscles activated.



Finish: Pivot leg and rotate hips, upper body and shoulders in the same direction. Keep head stationary over shoulders and arms straight while swinging bag to the side just above shoulder-height. Pivot opposite leg and rotate body in opposite direction with a continuous down and up, side to side motion.



SQUAT FRONT TOSS



Start: Grasp side handles with bag positioned at chest height resting on forearms. Position feet shoulder-width apart, bend knees, hinge slightly forward at the hips with back straight and core muscles activated.



Finish: Quickly straighten legs, push hips forward and raise heels off floor while extending arms up and overhead slightly in front of shoulders. Release bag at its highest point, retrieve and repeat.



DRAG



Start: Grasp end handle with one hand and position bag on floor along side of body with opposite arm bent along same side of body. Position feet in a front/back starter's stance with front knee slightly bent and hinged forward at hips.



Finish: Push forward off of front leg while driving opposite knee and bent arm up and forward. Run forward as fast as possible while pulling bag across floor with arm straight. Reposition bag on opposite side of body, hold with same side hand and repeat.