



BEYOND

FUNCTIONAL

TRAINING

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1) A Critical review of current training methods and paradigms.

- a) Functional training
- b) Underground training/Spartan training
- c) Bodybuilding
- d) “Old School”

2) How to Choose the Right Tool for the Job

- a) So many options so little time
- b) Goal identification
- c) Program design considerations
- d) Biggest “bang for the buck”

3) Three tools, Powerful results

- a) Avoiding repetition of movement
- b) Qualities each implement teaches
- c) Ability to adapt tools to varying fitness levels
- d) Benefit of group and personal training classes
- e) How to introduce methods

4) Sandbag Training

- a) History
- b) Why the return
- c) Safety considerations
- d) Better than a kettlebell?
- e) The Big 5 movements
- f) Complexes
- g) Core training
- h) How to vary load in seconds
- i) Reevaluating rotation and swings
- j) Throwing

5) Suspension Training

- a) Problems with most bodyweight training
- b) Progression and challenges
- c) Stability and Power
- d) Suspension Circuit Training
- e) Core training
- f) Dynamic warm-up
- g) New spin on old exercises

6) Band Training

- a) Therapy vs. Performance training
- b) Playing with the strength curve
- c) Solving movement problems in seconds
- d) Self PNF, joint mobility training
- e) Spinal/hip decompression

- f) Muscle activation
- g) Jump training
- h) Enhancing loaded strength drills
- i) Creating new stability drills
- j) Conditioning circuits

7) Putting it Together

- a) Program considerations
- b) Power Circuits
- c) Density Training
- d) Ladders
- e) 300 Training
- f) Flow Drills
- g) Hard vs. Organized