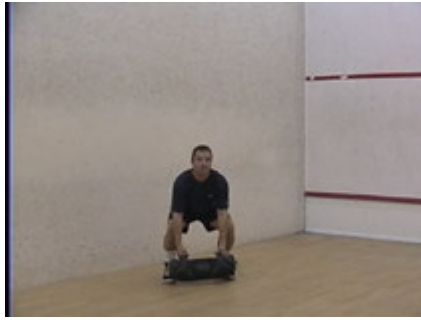


POWERBAG

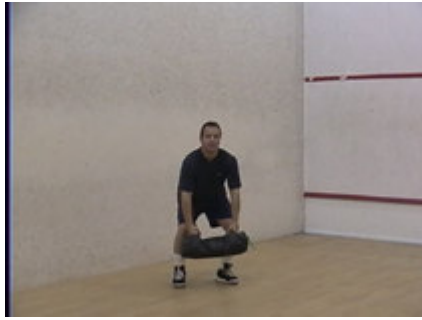
**EXERCISE
INSTRUCTION
MANUAL**



High Pull

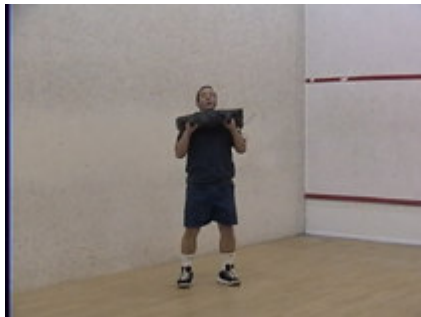
1. Begin in squat position, knees bent, arms straight, back straight and looking ahead.
2. Drive into upright position, as powerbag begins to lift upwards pull with arms and shoulders.
3. Let powerbag come up as high as it can and then control the bag dropping back down, do not make try to catch the bag.





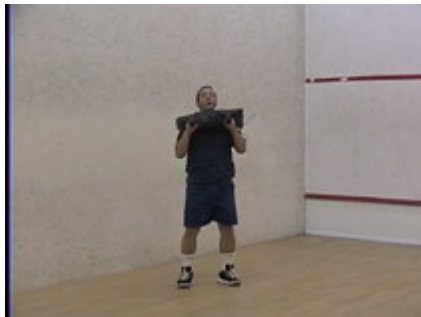
Clean

1. Begin in squat position, knees bent, arms straight, back straight and looking ahead.
2. Drive into upright position, as Powerbag begins to lift upwards pull with arms and shoulders
3. Finish with catch of Powerbag, elbows in forward and pushed upwards.



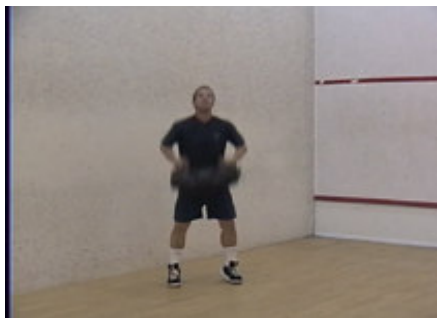
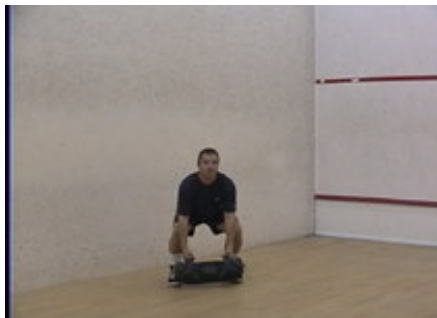
Diagonal Clean

1. Begin in squat position, knees bent, back straight, both hands on Powerbag grip and Powerbag held to the left or right of body, arms straight and looking ahead.
2. Drive into upright position, as powerbag begins to lift, high pull to the centre.
3. Finish with catch, elbows forward and pushing up.
4. Repeat to opposite side.



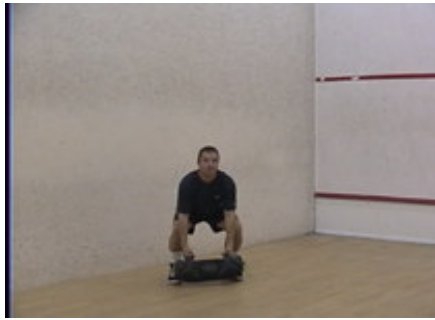
Diagonal clean to overhead press

1. Begin in squat position, knees bent, back straight, both hands on powerbag handles to the left or right of body, arms straight and looking ahead.
2. Drive into upright position, as powerbag begins to lift, high pull to the centre.
3. Drive powerbag above head using legs and shoulders.



Clean to overhead press

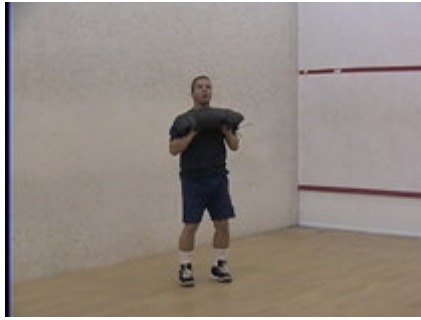
1. Begin in squat position, knees bent, arms straight with hands on handles of powerbag, back straight and looking ahead.
2. Drive into upright position, as bag begins to lift upwards, pull with arms and shoulders.
3. Let bag come up as high as it can from the pull and drive above head using legs and shoulders.



Clean to squat to overhead press

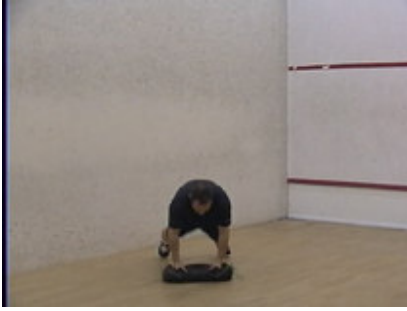
1. Begin in squat position, knees bent, arms straight, back straight and looking ahead.
2. Drive into upright position, as Powerbag begins to lift upwards pull with arms and shoulders.
3. Finish with catch, elbows in and forwards and pushing upwards.
4. Move into full squat position, back straight, bending at the ankles, knees and hips.
5. Drive up into vertical position.
6. Using legs and shoulders press Powerbag overhead.





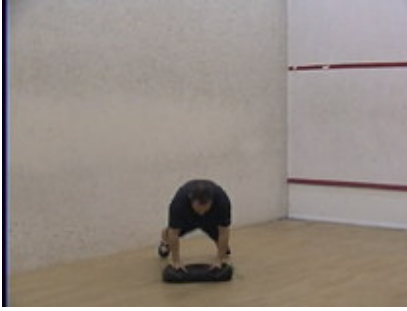
Split and Press

1. Start with Powerbag in catch position as per finish for clean.
2. Drive Powerbag upwards with leg dip and shoulders.
3. Finish in split position with Powerbag overhead.
4. Repeat from catch position with opposite leg forward.



Burpee

1. Start in squat thrust position, hands on handles of Powerbag and resting on bag, knees bent and under body.
2. Drive legs out straight with weight on arms.
3. Bring legs back and drive up to standing position, pulling Powerbag into high clean finish.
4. Return to start position.



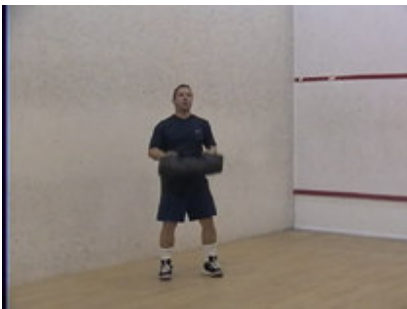
Burpee to overhead press

1. Start from squat thrust position, hands on handles of Powerbag and resting on Powerbag, knees bent and under body.
2. Drive legs out straight behind you with weight on arms.
3. Bring legs back under body then drive up to standing position, pull Powerbag upwards as for high pull and continue with jump to drive Powerbag overhead.
4. Return to start position.



Diagonal Burpee to overhead press

1. Start from squat thrust position, hands to the right or left of body, with hands on handles of Powerbag and Powerbag lying lengthways to body, knees bent and under body.
2. Drive legs out straight with weight on arms.
3. Bring legs back and drive up to standing position, pull Powerbag to centre as for high pull and continue with jump to drive Powerbag overhead.
4. Return to start position.



Sit-up to Stand-up

1. Start in sit-up position, knees bent, back flat on floor, hands on handles of Powerbag and Powerbag on floor behind the head.
2. Pull-over Powerbag to abdomen, as Powerbag comes over head, roll shoulders forward and use the momentum of the Powerbag to stand up.



Sit-up to Stand-up to overhead press

1. Start in sit-up position, knees bent, back flat on floor, hands on handles of Powerbag and Powerbag behind head on floor.
2. Pull-over Powerbag to stomach, as Powerbag comes over head, roll shoulders forward and use momentum of bag to stand up.
3. As you stand up, drive the bag above the head using legs and shoulders.





Lunge circuit

1. Begin with feet together (neutral position), hands on Powerbag handles, Powerbag on shoulders.
2. Right leg lead, lunge forward, keep back straight, bend at ankles, knees and hips, keep knee bend to no more than 90 degrees.
3. Lunge back to neutral position.
4. RL lead, lunge to 45 degrees to the right, return to neutral position.
5. RL lead, lunge to the side, keep both feet facing forward, return to neutral position.
6. RL lead, turn and lunge to 45 degrees from rear facing, return to neutral position.
7. RL lead lunge to rear, maintain frontal facing position, return to neutral position.
8. Repeat stages 2-7 with a left leg lead.





Lunge circuit with pop-press

1. As for lunge circuit, however on return to neutral position, use leg and shoulder drive to 'pop' Powerbag to overhead position.





Front squat to throw

1. Begin in front squat position, knees bent, back straight and looking ahead, hands on handles of Powerbag and Powerbag on the floor.
2. Drive upwards to jump, pull Powerbag upwards and release forwards and upwards in a throw.
3. Retrieve Powerbag and repeat (this exercise is a good one to perform with a partner).



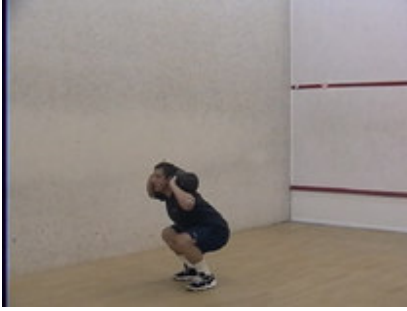
Lateral throw

1. Facing forward, feet parallel, rotate Powerbag around body to the opposite side to release, bend knees.
2. Swing Powerbag to front of body, drive with legs and hips, releasing powerbag in a throw to the opposite side (this exercise is a good one to perform with a partner).



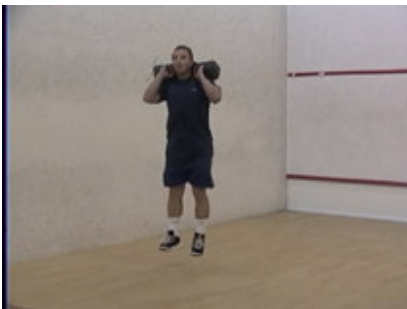
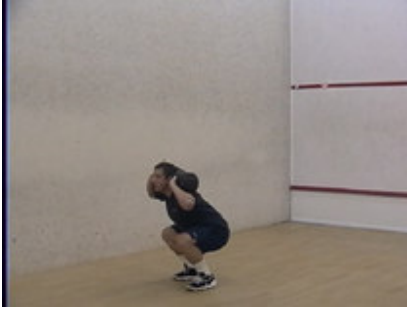
Overhead throw

1. Begin in squat position, knees bent, hands on handles of Powerbag and Powerbag on the floor.
2. Drive vertically to jump, pulling Powerbag up and overhead.
3. Release Powerbag at the top of the jump, taking care to throw Powerbag overhead and away from body.
4. Move away from landing zone.
5. This is a good exercise to perform with a partner, however be sure that you move away from the landing zone and that no damage can be caused to people or property on impact.



Squats

1. Stand in neutral position, upright, feet forward, hands on handles of Powerbag and Powerbag on shoulders.
2. Move into squat position, bending at the ankles, knees and hips.
3. Drive upward from squat position to neutral position.



Squat jump

1. Stand in neutral position, upright, feet forward, hands on handles of Powerbag and Powerbag on shoulders.
2. Move into squat position, bending at ankles, knees and hips.
3. Drive upward from squat position to jump, landing with slightly bent knees to provide cushioning.



Dead-lift

1. Start with hands on handles of Powerbag and with Powerbag on the floor, knees bent, back straight, looking ahead and keeping arms straight.
2. Drive to vertical position, hinging at the ankles, knees and hips. Keep arms straight.
3. Return to start position.



Split squats

1. Hands on handles of Powerbag, Powerbag on shoulders and in neutral position, body upright and feet in split position, one to the front of the body and one to the rear.
2. Keeping torso upright, drop body by bending both front and rear legs.
3. Drive up to return to start position.



Good mornings

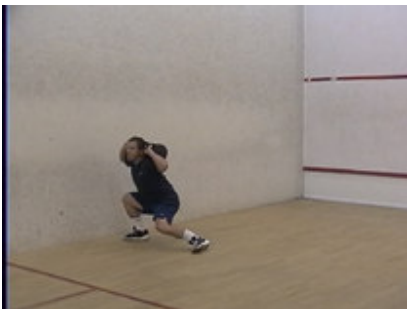
1. From neutral position, hands on handles of Powerbag and Powerbag on shoulders.
2. Bend knees slightly and bending primarily from the hips, lower torso to just above horizontal, keep back flat.
Keeping back flat, return to neutral position.



Good mornings to power-press

1. Start in neutral position, hands on handles of Powerbag and Powerbag on shoulders.
2. Bend knees slightly and bending primarily from the hips, lower torso to just above horizontal, keep back flat.
3. Using knees and movement around the hips drive upwards pushing Powerbag into overhead position. Return to neutral position.





Side Lunges

1. Start in neutral position, hands on handles of Powerbag and Powerbag on shoulders, feet facing forward and close together.
2. Lunge to one side, keep feet facing forward, bend at the ankles, knees and hips.
3. Return to upright neutral position.
4. Repeat on opposite side.



Stepping lunges forwards

1. Start in neutral upright position, hands on handles of Powerbag, Powerbag on shoulders.
2. Raise knee of right leg high, keeping toe of foot tilted back, stretch out leg and replace foot on ground in-front of you.
3. Repeat with opposite leg.

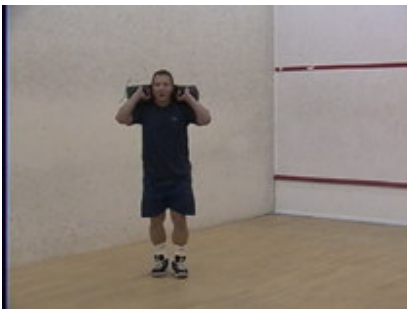




Stepping lunges backwards

1. From neutral upright position, hands on handles of Powerbag, Powerbag on shoulders.
2. Raise knee of right leg high, keeping toes tilted back, stretch out leg to the rear and replace foot to the rear.
3. Repeat with opposite leg.





Lunges

1. Start in neutral upright position, hands on handles of Powerbag, Powerbag on shoulders.
2. Raise knee of right leg high, keeping toes tilted back, stretch out leg to the front and replace foot in front of you.
3. Push back with leading leg to upright neutral position.
4. Repeat movement with opposite leg.



Mini-jumps

1. Start in neutral upright position, hands on handles of Powerbag, Powerbag on shoulders.
2. With very slight flex of knees, jump continuously on the spot, most of the jump should come from the feet and ankles rather than from the knees, try to spend as little time on the floor as possible and with each jump slightly flex toes upwards.



Mini-hops

1. Start in neutral upright position, hands on handles of Powerbag, Powerbag on shoulders, move to stand on one leg.
2. With very little flex of knees, hop continuously on the spot, most of the hop should come from the foot and ankle rather than from the knee, try to spend as little time on the floor as possible and with each hop slightly flex the toes of the hopping foot upwards.



Square-hops

1. Start in neutral upright position, hands on handles of Powerbag, Powerbag on shoulders, move to stand on one leg.
2. With little flex of the knees, hop forwards, hop to the outside, hop backwards and hop to the inside, finishing at your start point. Try to spend as little time on the floor as possible, most of the hop should come from the feet and ankle rather than from the knees, with each hop slightly flex the toes of the hopping foot upwards.
3. Repeat the four hopping movements from the opposite leg.



180 Degree jumps.

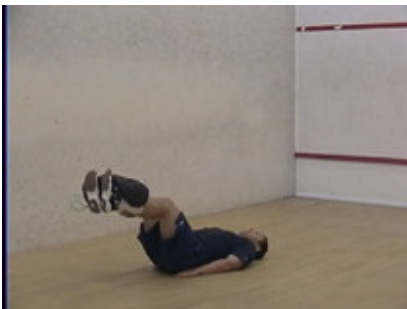
1. Start in neutral upright position, hands on handles of Powerbag, Powerbag on shoulders, jump in the air and turn to land facing 180 degrees the opposite way. Jump flexing from the ankles, knees and hips, keep back straight and face forwards.
2. Repeat jump to start position, jumping in the opposite direction.





Wall attacks

1. Stand within easy lunging distance of a wall in upright split position, hands on handles of Powerbag and Powerbag on shoulders.
2. With rear leg kick forward to land ball of foot on wall at hip height, press into foot and push back with leading leg to start position.
3. Repeat given number of repetitions then repeat exercise with opposite leg.



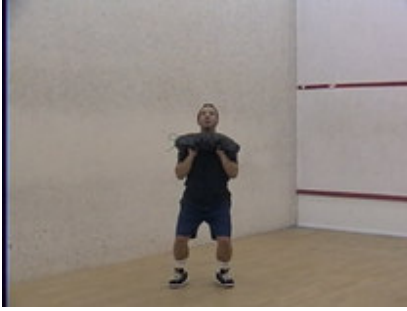
Lying leg extensions

1. Lie on floor on back with legs bent and Powerbag across ankles.
2. Keeping back pressed into floor, extend legs to straighten.
3. Return to start position; make sure that back stays flat on floor and does not hyperextend.



Overhead press

1. Stand in neutral position with hands on handles of Powerbag and Powerbag resting on the top of pectorals.
2. Press Powerbag to overhead, keeping legs straight.
3. Return to start position.



Overhead pop-press

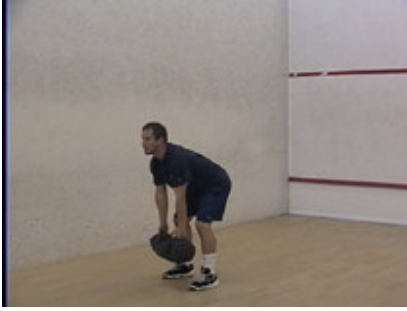
1. Stand in neutral position with hands on handles of Powerbag and Powerbag resting on the top of pectorals.
2. Bend knees slightly and straighten them to provide some momentum, at the same time pressing Powerbag to overhead.
3. Return to start position.



Kneeling overhead press

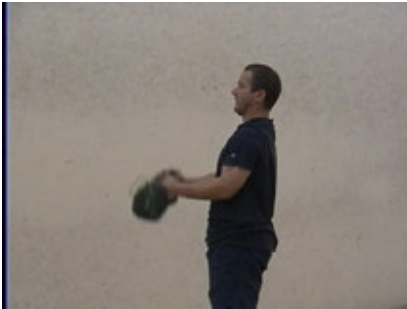
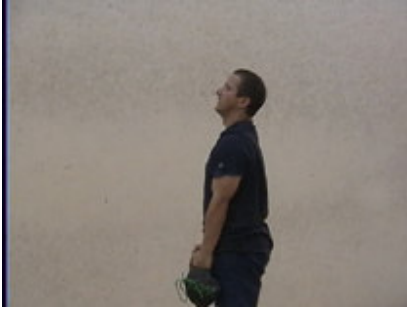
1. Kneel in an upright position with hands on handles of Powerbag and powerbag resting on the top of pectorals.
2. Press Powerbag to the overhead position, keeping back straight.
3. Return to start position.





Bent-over Rows

1. Stand with knees slightly bent, bend forward at 90 degrees from the hips, back straight and holding Powerbag by the handles.
2. Pull Powerbag up to the chest.
3. Return to start position.



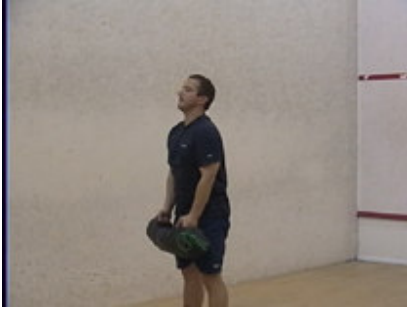
Bicep curl

1. Stand in neutral position, hands on handles of Powerbag with arms hanging straight down.
2. Curl Powerbag using arms only, so that arms are in a flexed position and the Powerbag is held under the chin.
3. Return to start position under control.



Tricep Extensions

1. Stand in neutral position, hands on handles of Powerbag and Powerbag resting on shoulders, press arms together so that forearms are parallel with each other.
2. Extend arms straight above head so that finish position is with Powerbag overhead.



Bicep curl to press

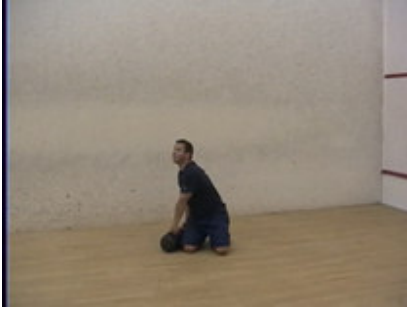
1. Stand in neutral position, hands on handles of Powerbag with arms hanging straight down.
2. Curl Powerbag using arms only to point where arms are in a fully flexed position, at this point continue the movement without pause to press Powerbag overhead.
3. Return to start position.





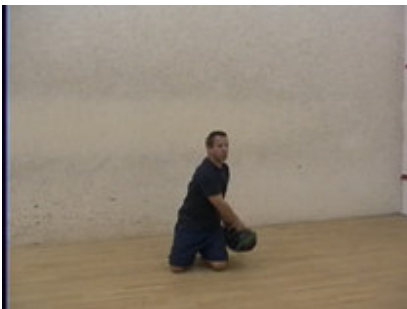
Hammer throws

1. Stand with feet at shoulder width hands on handles of Powerbag and with knees bent and back flat Powerbag should be resting on floor to one side of the body and running parallel to the feet.
2. Drive up with legs, pulling Powerbag to the front of body at chest height.
3. Continue movement of Powerbag across and upwards, finishing with Powerbag on opposite side of the body to the start position and above the head with the body turned to that side.



Kneeling Twists

1. Kneel on floor with back straight and Powerbag resting on the floor parallel to the body, hands on handles of Powerbag.
2. Bring Powerbag up and across the body and return to floor on opposite side to start point rotating upper body as part of the movement.
3. Repeat movement to the opposite side.





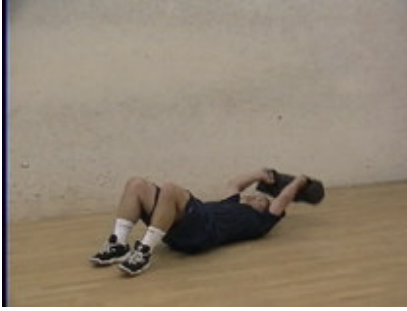
Seated Twists

1. Sit on floor with hands on handles of Powerbag and Powerbag resting on the floor parallel to the body.
2. Bring Powerbag up and across the body and return the bag to the floor on the opposite side to the start point, rotating upper body as part of the movement.
3. Repeat movement to the opposite side.



Seated Side Catch and Return

1. Have partner stand on opposite side of body to Powerbag start position. Sit on floor with back flat holding Powerbag to one side of the body with hands underneath the bag.
2. Rotate your upper-body in direction of your partner and release the bag at the end of rotation for your partner to catch.
3. Prepare to receive catch from partner, who throws bag to land flat in arms in front of you.
4. As you catch Powerbag, continue rotation movement away from your partner to start position.
5. On reaching start position, immediately repeat throwing action.
6. Repeat on each side of body for desired number of reps.



Pullover to Sit-up to Press

1. Begin in sit-up position with hands on handles of Powerbag and Powerbag resting on the floor behind the head.
2. Pull Powerbag overhead and roll shoulders forward to continue movement into sit-up position.
3. As you reach end of sit-up continue movement of Powerbag into overhead press by pushing Powerbag overhead.
4. Bring Powerbag back down and return to start position before repeating movement.



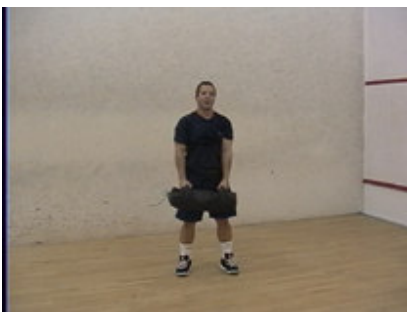
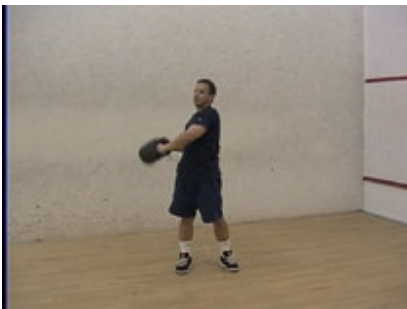
V-sit to Push Press

1. Sit on bottom, back straight but leaning back slightly, legs bent out in front of you and with your feet off the floor. Hold Powerbag by the handles with arms bent and the bag in front of your body under the chin.
2. Maintaining V-sit position, press Powerbag overhead so that arms are straight.
3. Bring Powerbag back to start position and repeat the movement.



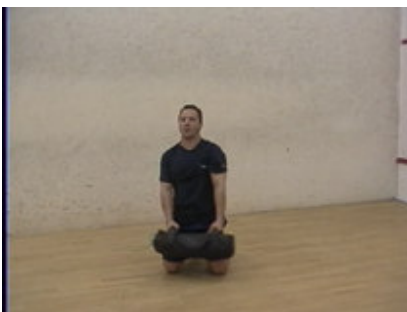
V-sit drops

1. In V-sit position (sitting on bottom, back straight but leaning back slightly, legs bent and out in front with feet off the floor), hold arms in front of you bent with palms up ready to receive catch from your partner.
2. Partner drops Powerbag into waiting hands, control Powerbag by compressing arms and push back up for partner to catch.
3. Repeat movement.



Giant Circles standing

1. Start in neutral position with back straight holding Powerbag by handles with arms straight down in front of body.
2. Circle Powerbag to one side keeping arms almost straight, arc through overhead press position and through a full circle returning to start position.
3. Repeat in opposite direction.



Giant Circles kneeling

1. Kneeling on floor with back straight holding Powerbag by handles with arms straight down in front of body.
2. Circle Powerbag to one side keeping arms almost straight, arc through overhead press position and through a full circle returning to start point.
3. Repeat in opposite direction.