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DIY: HOW TO MAKE YOUR OWN

SANDBAG



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ULTIMATE DIY SANDBAG CREATION

HIS IS A FREE MANUAL – PLEASE FEEL FREE TO SHARE IT WITH OTHERS!

This manual is being offered for education and information purposes only. There is inherent risk with any physical activity associated information mentioned in this book.

Please consult your physician before any type of exercise associated with this manual.

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Building your own sandbags

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Sandbags are by far one of the most versatile strength and conditioning tools out there to use.

Unfortunately, I found out about sandbag training AFTER I was finished with collegiate and professional sports. If I only had started training with sandbags earlier in life...

The power of sandbags is unlimited!

Here's just a few reason why you need to be training with sandbags:

1. **Sandbags are Versatile** – Sandbags can be used anytime and anywhere which makes them very useful. On top of that, they are cheap!



The amount of different movements you can perform with sandbags is unreal! You can use them for power, strength, and conditioning.

2. **Sandbags Build Rugged Strength and Mental Toughness** – Training with bags isn't easy. The bags move and shift which makes training with bags a bigger challenge than training with a normal barbell, set of kettlebells or even dumbbells.

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As the bag moves when you train with it, you have to battle through certain lifts and movements. It forces you to stay more focused on the movement.

Since the sandbags move and shift, you work different muscles you normally don't work with balanced movements. This adds the "rugged" strength.

3. **Sandbags Build a Vice Like Grip** – Want hands of steel? Train with heavy sandbags! Another beauty with training with sandbags is the fact that you have to actually grip and dig into the bag when you lift it. There are many different types of variations but for the most part, you must grip and squeeze the bags to rip it off the floor.



Over time, this will greatly aid in helping to build up strength in the forearms and wrists to help overall grip.

4. **Sandbags build a STRONG Trunk** – Sandbag training in itself is a "core training" movement. Again, since the contents in a sandbag shift and move, you

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constantly have to stay tight throughout your core when you're performing a lift. Try a normal press with a bag and then go to a barbell... You'll feel the difference!

5. **Sandbags Can Be Used For ALL Types of Training Purposes** – Want to train for strength, use a HEAVY bag with your main lifts such as squats, overhead presses, lunges, ect

Want to train for power, use a heavy to moderate weighted bag with a variety of different power moves such as cleans, tosses and throws, squat and lunge jumps, ect.

If you want to train for conditioning, use a lighter, smaller bag using circuits, complexes, and intervals.

Sandbag training has so many different uses it's insane!

This is why, if you don't have one yet, you need to get one or make your own and below, I'm about to show you how!

So, as you can see, when training with sandbags, you have a ton of different options.



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Now, let's talk about how you get your own sandbag! You have some options...

1. **Professionally Made Sandbag** - You can buy a professionally made bag which is easier but not always affordable for some people. If you have the available funds, I recommend grabbing [The Brute Force Sandbag](#).



2. **Buy/ Make a Hybrid Sandbag** – This option is a good one and is the option I choose personally. For this you basically purchase a professionally made outer shell. Then you make your own homemade filler's which is a much cheaper option.

So the reason it's a "hybrid sandbag" is because it's half homemade and half professionally made.

This is a great option is you want a nice outer shell.

3. **Make your own homemade sandbag** – This is the cheapest and most common option. I started out this way and it worked for a long time. Over time by bags got beat up and they started to get messy. Not good if you're training inside!



Homemade sandbag made from an old helmet bag

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For this bag, you'll make the fillers as well as get your own outer shell of the bag.

I go over how to do all of this below!

Overall, you need to have a sandbag if you're serious about getting stronger and into better condition overall!

Now, let's go over how to construct your own sandbag.

1. Gather Supplies

Easiest place to grab supplies would be your local hardware store. Most hardware stores carry all the essentials you need!

You'll need:

- Heavy duty contractor bags
- Gorilla or duct tape
- Sandbag Fill – best options are – regular play sand, pea gravel, rubber mulch, or whatever you're comfortable filling your bag up with.

I recommend regular old play sand. It's cheapest and works just fine!



The Essentials

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2. You'll need an outer shell.

As sated above, you can buy a professionally made shell [HERE](#) or read through the options below for cheaper varieties.

Where to find cheaper, useable outer shells:

- Old army surplus stores – these stores usually carry old army duffels, helmet bags, and other interesting army bags. The owners are usually pretty bad ass too!
- Garage sales – you can find some smokin' deals at garage sales!
- Goodwill – some man's trash is another man's gold!
- Local sporting goods store – you can never go wrong looking at you local sporting goods stores as well. Usually they have bags on sale around when school gets out in the spring time!

3. Construct the Fillers

Create the Inner Fillers – these will be the inner pouches of the bag.

- You want to create small 20-30 lbs fillers to put in your main bag.
 - You do not want to have HUGE fillers in case you want to exchange weight.
 - Having smaller fillers works better to make your sandbag more versatile.
1. Fill up you contractor bag with sand or whatever filler you got.



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2. Make sure all of the contents go to the bottom of the bag.
3. For contractor bags, I like the filler to be shorter instead of long, so fold part of the bag over to make the filler bag smaller. (see below)

FOLDED OVER =====>



4. Fold the bag all the way up until it's nice and tight.



***Leave just a tiny bit of play within the bag so the sand can move and shift around a bit. If the bag is too tightly wrapped, you can break the bags easier.

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5. Tape It Up! More tape the better! Go length wise and width wise.



6. Fill your shell with your filler bags



7. Repeat for desired weight and size of bag!

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THEN YOU HAVE THE FINAL PRODUCT!



Not much to it!

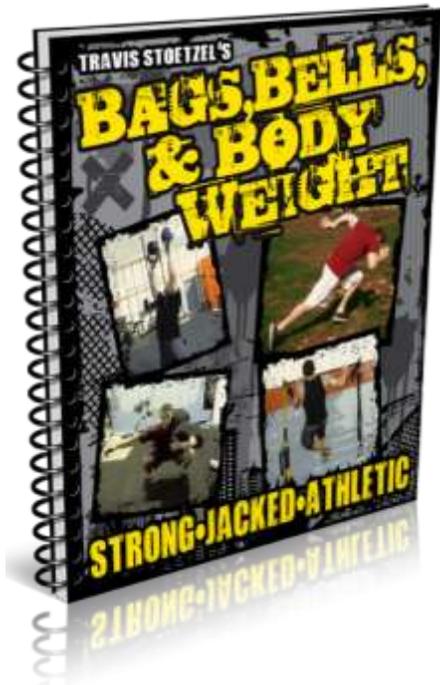
Now you can start tearing into some SERIOUS sandbag workouts! **Here's a great resource with many different types of sandbag workouts you can try with your newly made bag!**

The Aggressive Strength Training Guide:



Travis Stoetzel is a hardcore and aggressive strength coach located in Omaha, NE where he owns and operates The Forged Athlete Gym, which caters to highly dedicated athletes and serious lifters. Below you can gain knowledge insight on the various tools and resources he uses to help turn his clients and athletes into strong, jacked, and athletic soldiers. The section below showcases the other various strength and conditioning programs and products he has created and uses to help people all across the world get results

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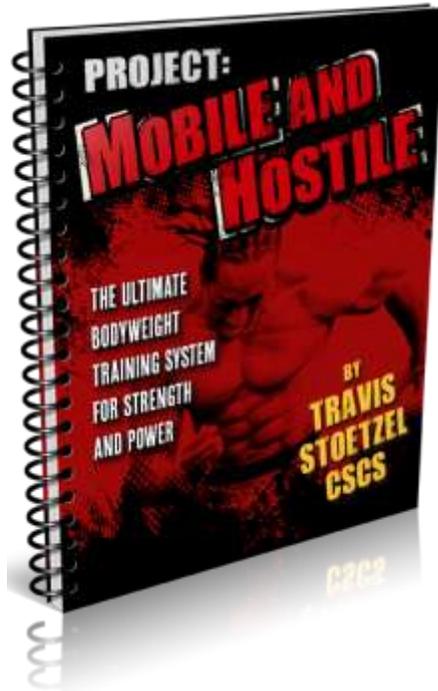


[The Bags, Bells, and Bodyweight Training System](#)

The “System” Travis created built upon years of in-the-trenches work with his clients and himself. This is for SERIOUS trainees that combine the use of kettlebells, bodyweight, and sandbags to help construct serious gains in muscle, strength, power, and athleticism. If you love to train hard and want a serious challenge, this is it!

This program spans over 40 total weeks and will put anyone to the test. If you’re serious about getting lean while building strength and power all at the same time, this is the perfect blend of kettlebells, sandbags, and bodyweight training. Exceptionally great for MMA fighters, wrestlers and other combat athletes including fire, military, a law enforcement personnel.

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PROJECT: Mobile and Hostile Bodyweight Training System: If you're low on resources as far as weight training equipment goes, this is your NO EXCUSES problem solver! I originally created this program for a Brazilian Professional Football team and when I went down south to train them, we had ZERO equipment to work with. The results... A Brazilian Football National Championship! Whoever chooses to go through this whole system will become stronger, faster, highly conditioned, and more explosive. This is a great program for people on the go with limited options for equipment. This is ideally made for MMA fighters, wrestlers, football players, and other power / combat athletes. All serious lifters welcome!

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The Power Wheel is by far one of the most versatile and complete bodyweight training tools available. You can easily take your ab training movements to the next level with various amounts of different roll outs as well as hand walking variations. You can work on both your lower body and upper body strength virtually anywhere at any time. The Power Wheel is the perfect tool to have for the gym, road, or at home. A must have for all serious trainees.

[CLICK HERE FOR MORE INFO ON THE POWER WHEEL](#)

PowerWheelStrength.com



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The Jungle Gym is your all around NO EXCUSES Bodyweight Strength gym in a bag! Perform 100's of different variations of lower, upper, and core bodyweight movements. These suspension straps will help increase your bodyweight training results in no time and best of all, can be used pretty much anywhere at any time!

[Check Out More Info On The Jungle Gym XT HERE](#)



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Sandbags are truly one of my favorite strength and conditioning training tools. There's really nothing quite like ripping a heavy bag off the floor carrying it around, pressing it, rowing it, squatting it, or even throwing it. I've tried many different types of bags over the years and have even made a half dozen of my own. After a long search through trial and error with different bags, I have found the best and highest quality training sandbag there is in Brute Force Sandbags. These are truly made to last and are build just right for the serious strength enthusiast. Just like all the tools I like to use, these are a mobile gym – take them anywhere – the field, playground, your backyard, the gym... anywhere!



[CLICK HERE For More Info ON Brute Sandbags](http://www.BruteForceSandbags.com)

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[Performax Bands](#) will take your normal bodyweight exercises and turn them into complete full body reactive athletic movements. Bands offer a great way to increase any and all bodyweight exercises, plus you can take them anywhere you go to get strong!



[CHECK OUT More Info On Performax Bands HERE!](#)

ForgedBandTraining.com

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Kettlebells are by far one of the most effective yet brutal tools available to help increase power, strength, muscle, and fat loss. This ancient tool has been around for years and now has come back into the forefront. Your options are limitless with the amount of variations and movements that can be completed essentially anywhere at any time with Kettlebells. When away from the gym, I have a pair in my Jeep at all times in case I'm ever in need! Another NO EXCUSES tool that will greatly improve your results!



[CLICK HERE TO Find Out More About The BEST Kettlebells on The Market!](#)

TheForgedKettlebell.com

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[Prograde/Protein](#) – For you Hardcore Protein Supplement needs, **Pro/Grade** is about **PURE** quality! One of the very best high quality proteins around that is in carbs and sugar while high in quality rich protein.



The Main reasons I recommend Pro/Grade:

- They are a certified GMP “A” rated manufacturer). What’s this mean?? Well, GMP stands for “Good Manufacturing Practices” and with this rating, you know for certain that you’re getting exactly what the label says—and nothing it doesn’t—every single time.
- The products they do create are quality. They’re not out producing all these special concoctions of creatine and protein all blended together , magical berry drinks, or miracle cure pills. They produce the basics needed for great results.
- Both my clients and myself have seen the results their products help produce.

[CLICK HERE TO FIND OUT MORE ABOUT PRO/GRADE](#)

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[Athletic Greens](#) is your “ultimate vitamin and mineral insurance policy”. Now, I know for a fact not everyone out there gets in enough greens, including myself! That’s why I take Athletic Greens, which is your personal guarantee to help make sure you get in all the vitamins and minerals you would get if you were actually eating all the veggies you’re supposed to. This is a quick drink you can mix and take with you on the go to ensure you get what you need so you can train hard!



Check out LeanandMeanGreens.com for more info!

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Want To Learn More On How To Have Me As Your Coach?

I have an ELITE Coaching Program where I have the ability to train anyone at anytime, no matter where they live. All you need is access to the internet and a strong work ethic and dedication to get better. No lazy, undedicated people allowed!

This is the next best thing to having me as your personal strength and conditioning coach in person! My ELITE coaching group is usually FULL and has a waiting list but, if you are truly interested and would like to find out more information, click the link below and get in contact with me and I'll take you through the initial interview process to see if you are a good fit for my program.

CLICK HERE

**FIND OUT MORE ABOUT
THE *ELITE HARDCORE*
COACHING PROGRAM!**

**It's Time To Take your RESULTS to the
next level! Become one of *The ELITE!***

EliteHardcoreCoachingProgram.com