



The Complete Sandbag Training Course

Brian Jones

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Simple, economical, effective and with some added safety benefits, it's no wonder that sandbag training has caused some people to all but desert their barbells for at least some of their workouts. Brian Jones has taken things beyond the basic lifts and carries in this book, so if you want to know how to train from head to toe with a sandbag, grab a copy of this book.

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