

Sandbag Training Manual

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5 week sandbag workout program: week 5 - breaking

The following is a guest post by Matt Palfrey of Sandbag Fitness: Welcome to the fifth and final part of my series on sandbag training. I really hope you've enjoyed

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The Complete Guide To Sandbag Training 1, Written by Matthew Palfrey, sandbag training expert and the This manual is a great read with some awesome images

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He is also the author of High Octane Sandbag Training manual and DVD. For more info and to purchase the best sandbags on the market, click here.

How to use sandbag training for mma and combat

How to Use Sandbag Training For MMA and Combat Sports. Matt Palfrey. Guest Contributor. The following is a guest post by Matt Palfrey of Sandbag Fitness:

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