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# DVRT Redefining Functional Fitness

Josh Henkin,  
CSCS



## **Disclaimer**

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## **Josh Henkin, CSCS**

Josh Henkin, Certified Strength and Conditioning Specialist, has been actively not only coaching, but contributing to the fitness and performance industry for over 20 years. In that time Josh has established himself as an industry leader by writing over 100 articles for various publications including Men's Health, Muscle & Fitness, Shape, T-Nation, and over 13 fitness publications.

Teaching has been a great passion of Josh's as he has lectured at some of the top fitness conferences in the US. He has been a speaker at such highly regarded industry conferences such as the National Strength & Conditioning Association, National Academy of Sports Medicine, NSCA

Tactical Strength & Conditioning Conference, and Perform Better Summits. His work has been recognized not just in the US, but all over the world as well. He has presented in over 11 countries worldwide and is highly sought after for his innovative functional training concepts.

In 2005 Josh gained much of his inspiration as he launched his now renown, Dynamic Variable Resistance Training (DVRT™) program as an innovative way to look at functional training. Since the inception, DVRT has been taught to top training facilities, personal training businesses, and military units all over the world. In fact, in 2008 Josh was commissioned by the US Army to create an entire fitness program inspired by DVRT for the US Army Special Forces Recruiting Battalion. He has also gone on to work with the U.S. Marines and top sports programs.

DVRT also saw the creation of the Ultimate Sandbag™. A specifically designed variable resistance sandbag that met the demands of a highly detailed fitness and performance program. The Ultimate Sandbag completely changed how people perform their fitness and performance programs due to the incredible versatility and effectiveness of both the Ultimate Sandbag and DVRT system. Now the DVRT system and Ultimate Sandbag have grown in such popularity that organizations such as Under Armor are using them to promote fitness in Rio at the 2016 Olympics.

It can be the hardest part of DVRT Ultimate Sandbag Training....knowing where to start! What makes such a simple thing so difficult is the fact that the Ultimate Sandbag is a unique tool and the DVRT system is unlike anything else in fitness. While neither the system nor equipment is overly complicated, because we are asking people to think differently it can seem that way at first. However, the whole goal of DVRT Ultimate Sandbag Training is to make getting awesome real world results easy. So, this manual is designed to help break down some of the more common issues and questions while giving you great jump start with your training.

## Which Ultimate Sandbag is Right For Me?

Why use these strange names—Power, Strength, and Burly?! Why not just call them 20, 40, 80, or 120-pound Ultimate Sandbags™?

The most obvious answer is that the weight of an Ultimate Sandbag can be changed. Just like a barbell that can be made heavier or lighter, an Ultimate Sandbag's weight can also be adjusted. But unlike a barbell, the Ultimate Sandbag has a very big difference—variable dimension.

People often believe that a sandbag's instability only comes from the sand shifting in the bag—but that is just one part of the story. The changing dimensions of the Ultimate Sandbag allow us to alter the load and shift between different levels of instability. Unlike any other training tool, the Ultimate Sandbag can be graduated by weight, level of instability, and by size.



By using dimension as a programmable variable, we can see that it is a VERY important consideration in training. The particular dimensions (sizes) of the Ultimate Sandbags allow us to focus on various elements of fitness. They can cause significantly different outcomes for specific exercises.

To help you understand this new world of functional strength and athleticism, I will break down the role of each Ultimate Sandbag by size. With a minimal number of Ultimate Sandbags, you can have the equivalent of a HUGE gym's versatility and purposeful variety.



The Ultimate Sandbag works on its own set of rules! See why pro athletes, military units, and the top fitness professionals from around the world are making the Ultimate Sandbag the cornerstone of their fitness and performance programs!

### **The Core Ultimate Sandbag™**

The Core Ultimate Sandbag was designed for really two purposes in mind. For one, to unlock the potential that DVRT in developing an innovative corrective exercise program. Much of our DVRT Restoration program is based around using the Core Ultimate Sandbag because, with “sandbag training” we have not only a load, but dimensional factor to consider. Having a smaller size and lighter loads allows us to do things that just would not be possible with larger Ultimate Sandbags.



Hitting different angles, positions, and vectors of movement becomes increasingly more difficult when Ultimate Sandbags become both larger and heavier which brings us to our second reason. As fitness has moved to more of a group dynamic, we wanted to make coaching and the experience of DVRT more successful for both coaches and clients alike. Having a more stable Ultimate Sandbag makes it easier to coach group and team settings and building their familiarity and proficiency in our training system.

Many of our DVRT Master instructors actually recommend beginning with one Core and one Strength Ultimate Sandbag. The amount you can do and how easily DVRT allows you to make subtle changes to create a huge impact, allows us to say how these two Ultimate Sandbags can take you a VERY long ways!

Recommended weights for the Core Ultimate Sandbag:

- **Beginning women: 10 pounds**
- **Advanced women: 15 pounds**
- **Beginning men: 15 pounds**
- **Advanced men: 20 pounds**



## **The Power Ultimate Sandbag™**

Sure, it would have been easy to just call the Power Ultimate Sandbag the “somewhat small”, but that could be misleading. When people think of a light or small weight they usually assume it is for beginners in entry-level training. But, nothing could be further from the truth with the Power Ultimate Sandbag.

The Power Ultimate Sandbag allows us to really explore movement-based strength training. With the smaller size, users can hit different planes of motion which will train their bodies to be strong while moving through athletic positions. Life and sports involve so many more movement possibilities than just up and down with the feet planted firmly on the ground.



Use the Power Ultimate Sandbag to explore a whole new world of functional strength. With a heavy emphasis on rotational and anti-rotational drills, the Power Ultimate Sandbag helps people develop the incredible strength of athletes like martial artists and wrestlers. Power Ultimate Sandbag users will soon understand how these athletes can move so well and yet produce amazing levels of strength and power.

When you understand the true potential of the Power Ultimate Sandbag, you will start to see everything differently—including kettlebells! Do you love kettlebell swings? We do too! But, when you learn rotational lunges or shoveling, you will begin to see the kettlebell swing in a whole new light!

Does this mean that the Power Ultimate Sandbag isn't right for beginners? No! With smaller dimensions and lighter loading capabilities, the Power Ultimate Sandbag is also perfect for beginners looking to establish strong foundational fitness. The Power Ultimate Sandbag can be easier to control for more complex patterns, but it can also be used as part of a great introduction to the basic movements in the Dynamic Variable Resistance Training system.

Want to solve squatting problems in seconds? Done! Want to improve hamstring flexibility in a matter of moments? Done! Want to develop a reactive core? Nothing does it better than the Power Ultimate Sandbag!



### Recommended weights for the Power Ultimate Sandbag:

- **Beginning women: 20 pounds**
- **Advanced women: 30 pounds**
- **Beginning men: 30 pounds**
- **Advanced men: 40 pounds**

### The Force Ultimate Sandbag



We hope that one of the most exciting parts of DVRT is the fact we are always innovating and creating new solutions. That is why in 2016 we came out with our Force Ultimate Sandbag. Why?

We were getting a lot of feedback that the jump from our Power to our Strength Ultimate Sandbag was incredibly challenging. Even though the loads wouldn't seem that different, the change in dimension definitely threw a lot of people off. Many fitness professionals and enthusiasts alike wished there was a way to utilize the dimensional component of larger Ultimate Sandbags, but not have the dramatic changes in size.

That inspired our Force Ultimate Sandbag! Additionally, the Force is a great compliment to Core Ultimate Sandbags for those looking to add a nice balance of instability, load, and challenge to



their group training. The smaller dimension (compared to our Strength Ultimate Sandbags) allows a bit more control, but still take advantage of the instability of sandbags.

Like our Core Ultimate Sandbag, the Force comes with one of our Filler Bags. While that may sound like not enough to change weight, you will find in our DVRT system that we have far better ways to increase the challenge of your training than just going heavier and lighter. One of the reasons so many fitness professionals are turning to DVRT is because it is helping them progress people faster due to the fact we give them better solutions to building real world strength.

#### **Recommended weights for the Force Ultimate Sandbag:**

- **Beginning women: 30 pounds**
- **Advanced women: 40 pounds**
- **Beginning men: 40 pounds**
- **Advanced men: 50 pounds**



### **The Strength Ultimate Sandbag**

The term "strength" means something very different to us in the Dynamic Variable Resistance Training (DVRT™) system. While most people define strength as the heaviest weight they can lift, we think that definition is short sighted.

The DVRT™ System considers what we can lift and what we can resist. Athletic and functional strength requires resisting unwanted movements as well as producing great amounts of force. The Strength Ultimate Sandbag helps us develop both of these crucial elements of strength.



Since the Strength Ultimate Sandbag can be made heavier and is larger than the Power Ultimate Sandbag, it can also be made more challenging with increased instability. Most people will notice that the Strength Ultimate Sandbag training begins with very modest loads, but the additional size and instability will really transform the training once again.

The Strength Ultimate Sandbag allows us to re-examine the limits of our functional strength training. Classic exercises such as rows, cleans, presses, snatches, and many others are radically altered by the Strength Ultimate Sandbag. Transforming these classic exercises into something more challenging is one of the most exciting aspects of the DVRT program.

You will finally learn what it means to possess "athletic strength".

It's impossible to outgrow the Strength Ultimate Sandbag, or ANY of our Ultimate Sandbags. Just when you think you have an exercise nailed down, you can add another layer of difficulty to the movement—and take your fitness to a whole new level.

You will no longer see strength as restrictive or sterile, the Strength Ultimate Sandbag will help you unleash your own dynamic functional strength—and never look back!

Recommended weights for the Strength Ultimate Sandbag:

- **Beginning women: 40 pounds**
- **Advanced women: 60 pounds**
- **Beginning men: 50 pounds**
- **Advanced men: 70 pounds**





## The Burly Ultimate Sandbag™



There isn't a better way to describe this Ultimate Sandbag, it's truly BURLY!

Designed to challenge the most hardcore strength and fitness enthusiasts, the Burly Ultimate Sandbag will humble the strongest individuals. An incredible combination of weight and size makes the Burly Ultimate Sandbag the ultimate challenge of strength, coordination, and endurance!

With the Burly Ultimate Sandbag, every repetition is so dramatically different that you will need to be on top of your strength game to tame it! If you thought this challenge was just about a very unstable sandbag, you will be sorely mistaken. The game changes when a Burly Ultimate Sandbag is loaded with at least 100 pounds.

Working with the Burly Ultimate Sandbag goes beyond just testing your fitness—your will, mental fortitude, and toughness are directly challenged! Are you up for it?

The design of the Burly Ultimate Sandbag makes EVERYTHING different. The distance of the handles from the load in the Burly Ultimate Sandbag can make even basic lifts incredibly difficult. Do you think 100 pounds sounds easy to clean? Now it's not! It's awesome if you can deadlift 400 pounds, but let's see you try a front-loaded good morning with a 120-pound Burly Ultimate Sandbag. Or simply try to shoulder it for just five repetitions. It's not the same game!

Does the Burly Ultimate Sandbag still allow us to be dynamic? Absolutely! If you want to really be strong, try performing rotational high-pulls, staggered-stance front loaded squats, or arc presses with the Burly Ultimate Sandbag. The options are nearly infinite as long as YOU are up to the amazing challenge of the Burly Ultimate Sandbag.

And if you really want to know true fitness, experience our Clean and Press Challenge, it will make you realize what being strong and "in shape" is all about!

The Burly Ultimate Sandbag has a deep history. In his 1974 book, *Wrestling Physical Conditioning Encyclopedia*, legendary strength coach John Jesse wrote that nothing beats large sandbags for developing a core to meet the unusual demands of wrestling. Too bad Mr. Jesse wasn't able to experience what a Burly Ultimate Sandbag could provide!

The Burly Ultimate Sandbag will challenge you and make your strength smarter! You will find your weak links, and it will MAKE you improve them. The resulting strength will simply improve every aspect of your athleticism!

**Recommended Burly Weights:**

- **Intermediate women: 60 pounds**
- **Advanced women: 80 pounds**
- **Intermediate men: 100 pounds**
- **Advanced men: 120 pounds**

**Kick Start Ultimate Sandbag™**

In 2016 we also introduced our new Kick Start Ultimate Sandbag. We realize that there were people that just weren't sure if DVRT Ultimate Sandbag Training was for them yet. Even with a 30-day money back guarantee there are those that just couldn't believe such a simple idea could yield such powerful results.



We believe in earning your trust so we wanted to develop an easy entry point into DVRT. The Kick Start Ultimate Sandbag represents this idea as we have simplified the design of our Ultimate Sandbag so that people could experience how our unique designs and systems could provide answers to their training needs.

The Kick Start was modeled after our Power Ultimate Sandbag as we believe that size of Ultimate Sandbag offers so much versatility whether you are beginning a fitness program or a veteran of training. Even though the shell and fillers are not made of our typical iron clad materials, we didn't want to skimp on anything we give you.

That means the Kick Start does have a fabric but this isn't typical canvas. Super strong and relatively easy on your skin, the Kick Start doesn't sacrifice quality when you use it. Still with our great rubber handles that make training so much more comfortable and offers so much versatility, the Kick Start only does not have the suitcase or snatch grip handles. This allows for much of our DVRT program to be performed and help you see why we believe so much in our innovative system.



#### **Recommended weights for the Kick Start Ultimate Sandbag:**

- **Beginning women: 20 pounds**
- **Advanced women: 30 pounds**
- **Beginning men: 30 pounds**
- **Advanced men: 40 pounds**

## **Getting My Ultimate Sandbag Set-up Right!**

Once you choose the right Ultimate Sandbag for you, the next part is making sure that you set-up the Ultimate Sandbag properly. This can be another new experience for most people because many will try to compare our Ultimate Sandbag to a barbell. Maybe that is because both require you to add load to them, but they are quite different. Understanding these differences makes optimizing your Ultimate Sandbag so much better.

In order to address the most common issues, we will pose these as quick questions and answers.

*Q: What do I fill my Ultimate Sandbag with? Will it be messy?*

A: Before you might read this question and think it is silly, I will tell you that there have been times where we recommend people use things like dry rice or rubber mulch. However, that becomes complicated quickly and really unnecessary for most situations.

Yes, we do have a sand and water Ultimate Sandbag system (they do have different internal systems) but we do recommend people beginning with sand (unless they are traveling quite a bit). With that we recommend plaster or mason sand. If you are unfamiliar with either you can go to your local hardware store (Lowe's and Home Depot typically have either) and ask a staff member to point you in the right direction.

A 50 pound bag of such sand should cost you around 3-4 dollars. This usually causes a few more questions to arise. Such as, “why don't you send them filled?” Well, as shipping rates across the globe constantly change, having objects that both have substantial weight and dimension can make shipping costs extremely high. Our major motivation in NOT offering pre-filled Ultimate Sandbags was to cut down on the cost to you in shipping. It also allows you the flexibility to set-up your Ultimate Sandbag the best way for you and your goals.



The reason is we recommend this type of sand is that there is no dust associated with it. Some people don't like the dusting as they fill their Filler Bags and others will find over long term use of your Ultimate Sandbag you may have to clean out your Filler Bags upon occasion. This does NOT mean your Ultimate Sandbag is leaking, but just time to do a casual clean which requires a simple wipe down of your Ultimate Sandbag and Filler Bags. However, if you are able to use the recommended sand you will find this not to be the case.

*Q: Why don't your filler bags go by 5 pound increments?*

A: What we found early on in our design of the Ultimate Sandbag back in 2005 was that small incremental changes of five pounds or so weren't practical. Why not? Small Filler Bags of such load caused an internal “flopping” of the weight that both caused the exercise and the feel of the exercise to be hurt by such an awkward movement of the load. Yes, Ultimate Sandbags are suppose to be unstable, but there is a difference between instability and harsh flopping and slamming of weight into the body.

That is why we designed our Filler Bags to run the length of Ultimate Sandbag you have. You can still load the Filler Bags to what is appropriate for you, but the feel is so much better and allows for greater use of your Ultimate Sandbag.

*Q: How do I fill my Ultimate Sandbag Filler Bags?*

A: We could tell you, but nothing beats this video explanation you can watch [HERE](#)



## Starting Your DVRT Workout Program

The REAL point of this e-book was to give you a good starting point for your DVRT workouts. After all, because DVRT is different and provides so many options it can feel overwhelming. We wanted to remove that feeling and show you how accessible DVRT can be to anyone's fitness level so these 12 workouts are designed to get you going in the right direction with your training.

We also realize that you might be more or less fit, but we still recommend people begin with these workouts to get a feel of how DVRT Ultimate Sandbag Training is different and you can always aim to more challenging workouts, or see some other of our programs that focus on corrective exercise and yoga [HERE](#).



Lastly, you will see different sizes of Ultimate Sandbags used throughout these workouts. Of course we tell people if they can have at least two Ultimate Sandbags they will be well on their way of doing SO much of DVRT. Yet, if you do have one please understand how some of these exercises are influenced by not just the weight, but size of Ultimate Sandbag. If you need a substitution please feel free to ask [HERE](#).

### Workout 1

Exercise	Sets	Repetitions	Rest Interval
<u>A1. Bird Dog</u>	2-4	5-6 per side	30 seconds
<u>A2. Deadlift</u>	2-4	10-15	30 seconds
<u>A3. Half Kneeling Arc Press</u>	2-4	3-5 per side	30 seconds
<u>A4. Press Out Squats</u>	2-4	10-12	30 seconds



### Workout 2

Exercise	Sets	Repetitions	Rest Interval
<u>A1. Dead Bug</u>	2-4	10-12 per side	30 seconds
<u>A2. Front Loaded Good Morning</u>	2-4	8-12	30 seconds
<u>A3. Bent Row</u>	2-4	8-12	30 seconds
<u>A4. Bucket Squat</u>	2-4	10-12	30 seconds

### Workout 3

Exercise	Sets	Repetitions	Rest Interval
<u>A1. Kneeling Around the Worlds</u>	2-4	4-6 per side	30 seconds
<u>A2. Up Downs</u>	2-4	10-15	30 seconds
<u>A3. Clean and Press</u>  <u>Clean and Press for Force/Strength/ Burly USBs</u>	2-4	3-5 per side	30 seconds
<u>A4. Lateral Drag</u>	2-4	3-5 per side	30 seconds

### Workout 4

Exercise	Sets	Repetitions	Rest Interval
<u>A1. Kneeling Press Out</u>	2-4	6-8	30 seconds
<u>A2. Lateral Deadlift</u>	2-4	8-10 per side	30 seconds
<u>A3. MAX Lunge</u>	2-4	10-12 per side	30 seconds
<u>A4. Around the Worlds</u>	2-4	10-15 per side	30 seconds

### Workout 5

Exercise	Sets	Repetitions	Rest Interval
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<u>A1. Half Kneeling Lift/Chop</u>	2-4	6-8 per side	30 seconds
<u>A2. Front Loaded Squat</u>	2-4	8-10	30 seconds
<u>A3. Off Set Rows</u>	2-4	5-7 per side	30 seconds
A4. Rotational Press outs	2-4	8-10 per side	30 seconds

#### Workout 6

Exercise	Sets	Repetitions	Rest Interval
<u>A1. Bird Dog</u>	2-4	5-6 per side	30 seconds
<u>A2. High Pull</u>	2-4	8-10	30 seconds
<u>A3. Thruster</u>	2-4	6-8	30 seconds
<u>A4. Bent Rows</u>	2-4	10-12	30 seconds

#### Workout 7

Exercise	Sets	Repetitions	Rest Interval
<u>A1. Press Out Squat</u>	2-4	8-10	30 seconds
<u>A2. Rear Step Deadlift</u>	2-4	8-12 per side	30 seconds
<u>A3. MAX Lunges</u>	2-4	10-12 per side	30 seconds
<u>A4. Shouldering</u>	2-4	6-8	30 seconds

#### Workout 8

Exercise	Sets	Repetitions	Rest Interval
<u>A1. Dead Bug</u>	2-4	10-12 per side	30 seconds

<u>A2. Bear Hug Squat</u>	2-4	8-12	30 seconds
<u>A3. Overhead Press</u>	2-4	8-10	30 seconds
<u>A4. Cleans</u>  <u>Cleans for Force,</u> <u>Strength, Burly USBs</u>	2-4	10-12	30 seconds

#### Workout 9

Exercise	Sets	Repetitions	Rest Interval
<u>A1. Kneeling Around the Worlds</u>	2-4	4-6 per side	30 seconds
<u>A2. Bear Hug Cleans</u>	2-4	8-10	30 seconds
<u>A3. Off Set Rows</u>	2-4	6-8 per side	30 seconds
<u>A4. Bucket Squats</u>	2-4	10-15	30 seconds

#### Workout 10

Exercise	Sets	Repetitions	Rest Interval
<u>A1. Lateral Drag</u>	2-4	4-6 per side	30 seconds
<u>A2. Front Loaded Good Morning</u>	2-4	8-10	30 seconds
<u>A3. Up Down</u>	2-4	6-8 per side	30 seconds
<u>A4. Shoveling</u>	2-4	10-12	30 seconds

#### Workout 11

Exercise	Sets	Repetitions	Rest Interval
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<u>A1. Lift/Chop</u>	2-4	5-7 per side	30 seconds
<u>A2. Clean to Fists</u>	2-4	6-8	30 seconds
<u>A3. Front Load Squat</u>	2-4	8-10	30 seconds
<u>A4. Half Kneeling Press</u>	2-4	4-6 per side	30 seconds

## Workout 12

Exercise	Sets	Repetitions	Rest Interval
<u>A1. Press Outs</u>	2-4	6-8 with 2 second pause	30 seconds
<u>A2. Deadlift</u>	2-4	15-20	30 seconds
<u>A3. Bear Hug Squats</u>	2-4	8-10	30 seconds
<u>A4. Bent Rows</u>	2-4	10-12	30 seconds

This is simply a taste of what is possible with DVRT Ultimate Sandbag Training. There are LITERALLY hundreds of exercises and progressions to our program. That is why with everything possible we only tell you to not do three things with the Ultimate Sandbag. We ask you not to use your Ultimate Sandbag as a slam ball or throw as a medicine ball. While the Ultimate Sandbag is the STRONGEST fitness sandbag on the market, such actions will shorten the lifespan. Lastly, please be aware of dragging the Ultimate Sandbag on abrasive surfaces like gravel. If you have any questions please contact us below.

**Email: [info@ultimateasndbagtraining.com](mailto:info@ultimateasndbagtraining.com)**

**Phone: 1-888-698-2556**