



INCREASE

BUILD

SUPPORT

SPEED STRENGTH RECOVERY

MANUAL GUIDE

 2XSR

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SAND TRAINING BAG

INSTRUCTIONS FOR THE SAND TRAINING BAG

1. Fill up the sand filler half way for 10LBS or all the way up for 20LBS
2. Double fold each sand filler
3. Use all three straps to secure each sand filler
4. Zip up and fold over the Velcro over the zipper
5. Attach the bottom flaps

A full body workout for isolation or compound exercises.

Isolation: focusing on one specific muscle group to isolate joint / muscle such as overhead tricep extension. People prefer isolation exercises for muscle mass and/or rehabilitation purposes.

Compound: exercise utilizes multiple muscle groups and joints such as deadlifts and squats. Also, during compound exercises, you engage your core throughout the entire set.

For more advanced users, release all sand fillers from the inside straps, allowing the sand fillers to move freely, forcing you to engage your core.

Exercise	Set	Reps	Weight
Single arm chest press	3	8, 6, 6	40 LBS (2 full sand fillers on the first and forth strap)
Overhead tricep extension	3	8, 6, 6	30 LBS (3 sand fillers at 10 LBS on every other strap)
Overhead carry	2 / arm	10 yards	20 LBS (2 sand fillers at 10 LBS on the first and forth strap)
Lunge with twist	3	10, 10, 10	40 LBS (2 sand fillers at 20LBS on the first and forth strap)
Deadlift	3	8, 8, 6	80 LBS (4 sand fillers full and strapped)
Bulgarian split squat	3	8, 8, 8	40 LBS (4 sand fillers strapped at 10 LBS)
Cleans with slams	3	5, 5, 5	80 LBS (4 sand fillers strapped)



Single arm chest press



Overhead tricep extension



Overhead carry



Lunge with twist



Deadlift



Bulgarian split squat



Cleans with slams

SLED

TRANSITION SAND TRAINING BAG - SLED

1. Put on the upper body harness
2. Adjust the working strap and buckle to your appropriate body size
3. Attach the 3 hooks on the connecting strap to the 3 D - rings on the Sand Training Bag
4. Attach one hook on to one of the three D - rings on the harness

Benefits: Resistance sprints include recruitment of more muscle fibers, increasing the load on the hip flexor muscles and increasing neural activation. Using a sled will drive your heart rate through the roof, set your lungs on fire, rev your metabolism, and tax your entire body. The greatest advantage of sled training is its ability to improve strength, athleticism, and work capacity without the negative impact of lifting on strength and muscle gain. It is recommended to attach all three sand filler straps for each sand filler to prevent any swivel and raising when pulling.

It is recommended to drag on grass, turf or gym floor. Other surfaces such as pavement will cause damage. 2XSRTM is not responsible and will not be covered under warranty. Benefits: Lower body pull exercises are often considered hip and hamstring dominate exercises, and they use the glutes and hamstring as primary movers.

Exercise	Set	Reps	Weight
Linear sprint	4	40, 30, 20, 10 yards	80 LBS (4 sand fillers at 20LBS)
Reverse lunge	3	10,10,10	40 LBS (4 sand filler at 10 LBS each, one on each strap or 2 sand fillers at 20LBS, first and forth strap)
Lateral cross over	2 / side	10, 10 yards	60 LBS (3 sand fillers at 20 LBS each on every other strap)
Bear crawls	2	10, 10 yards	60 LBS (3 sand fillers at 20 LBS each on every other strap)
Lateral bear crawls	2 / side	5 yards	80 LBS (4 sand fillers full and strapped)



Linear sprint



Reverse lunge



Lateral cross over



Bear crawls



Lateral bear crawls

Benefits: Lower body pull exercises are often considered hip and hamstring dominate exercises, and they use the glutes and hamstring as primary movers.

HARNESSES & CONNECTING STRAP

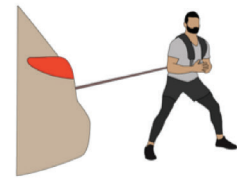
Exercise	Set	Reps	Weight
Linear pulls	1 - 2	10, 20 yards	Heavy object
Reverse pulls	1 - 2	10, 5 yards	Heavy object
Lateral pulls / cross overs	2 / side	5, 5 yards	Heavy object



Linear pulls



Reverse pulls



Lateral pulls

Benefits: Lower-body pull exercises are often considered hip - and hamstring - dominant exercises, and they use the glutes and hamstrings as the primary movers.

SAND FILLERS

Exercise	Set	Reps	Weight
Bicep curls	3	10, 10, 8	10 - 20 LBS
Shoulder press	3	10, 8, 8	10 - 20 LBS
Turkish get ups	2 / side	2 / side	5 - 10 LBS or 15 - 20 LBS (letting sand move freely to focus on core / shoulder stability)



Bicep curls



Shoulder press



Turkish get ups

Benefits: The instability of the sand shifting back and forth forces you to control and stabilize the specific working muscle group.

SLING

Exercise	Set	Reps
Linear sprints	3	10, 20 yards
Reverse shuffles	1 – 2	10, 5 yards
Lateral shuffles & cross overs	2 / side	5, 5 yards



Linear sprints



Reverse shuffles



Lateral shuffles & cross overs

Benefits: Having a partner pulling during conditioning and speed and agility exercises forces you to move forward or laterally at a slower rate. When your partner releases one handle while holding the other, your fast twitch muscle fibers are activated and ready for take off.



Our products are military grade fabric, plastic free, built for you, and built to last.
This manual guide is made of recycled paper.
All fabrics can be recycled at your nearest textile location.
Your products will be delivered with the least amount of fossil fuel, causing low impact to the environment and a faster shipping duration.





TERMS OF USE

Please consult with a physician before starting such physical activities or exercise programs. Remember that participation in these activities or program is at your own risk. Serious injuries or death may occur if not used properly. 2XSR™ is not liable for any injuries in any manner. The workout guide is a “recommendation” and not mandatory to use for any person. If you do not agree with any of the provisions found in these Terms of Use, then you should not use our products.

INTELLECTUAL PROPERTY

2XSR™ products such as the Sand Training Bag devices are protected by multiple Canada, U.S. and International Patents Pending, Design, Utility Patents, and Pending Patent Applications. You agree not to modify, copy, translate, broadcast, perform, distribute, frame, reproduce, republish 2XSR™ products.

WARRANTY

Thank you for your interest in the products and services of 2XSR™ This Limited Warranty applies to physical goods, and only for physical goods, purchased from 2XSR™ (the "Physical Goods").

What does this limited warranty cover?

This Limited Warranty covers any defects in material or workmanship under normal use during the Warranty Period. During the Warranty Period, 2XSR™ will repair or replace, at no charge, products or parts of a product that proves defective because of improper material or workmanship, under normal use and maintenance.

What will we do to correct problems?

2XSR™ will either repair the product at no charge, using new or refurbished replacement parts. How long does the coverage last? The Warranty Period for Physical Goods purchased from 2XSR™ is 30 days from the date of purchase. A replacement physical good or part assumes the remaining warranty of the original physical good or 30 days from the date of replacement or repair, whichever is longer.

What does this limited warranty not cover?

This Limited Warranty does not cover any problem that is caused by:

- Conditions, malfunctions or damage not resulting from defects in material or workmanship.

What do you have to do?

To obtain warranty service, you must first contact us to determine the problem, send pictures of the defect and the most appropriate solution for you. If the product falls under the warranty listed above, we will send you a shipping label to send to our warehouse in Canada.

