

Pulling exercises



**Deadlift**

Stand at least shoulder width apart with slightly bent knees. Grab the blackPack either wide or in a parallel grip while keeping your back straight. Straighten your legs and hip to a full extension.



**Biceps curl**

Stand hip width apart. Hold the blackPack with extended arms in front of your thighs. Your palms of your hands point upwards. Bent your arms to the max. Keep your back straight.



**Bent over rowing**

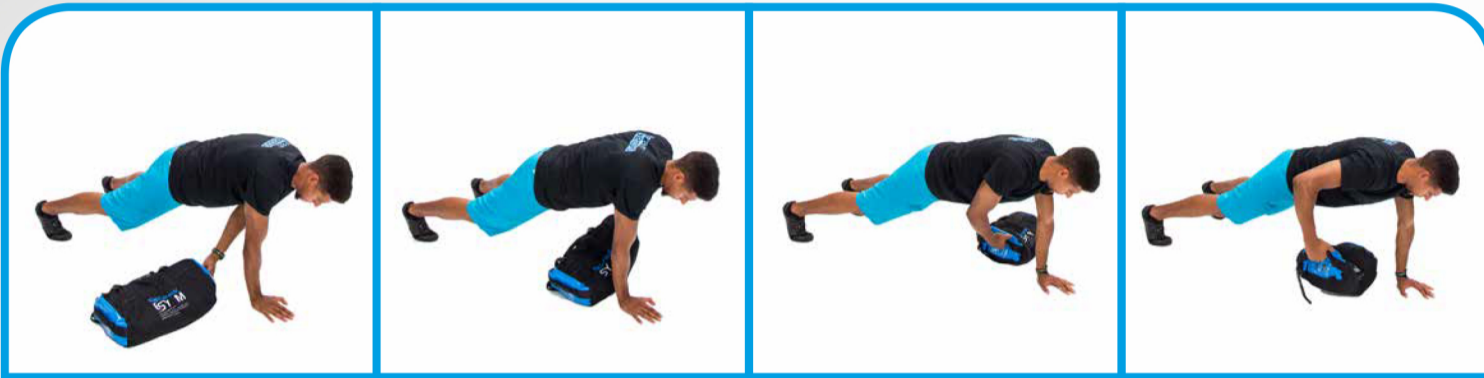
Stand shoulder width apart with slightly bent knees. Bent over with a straight back and hold the blackPack with extended arms either in a parallel or horizontal grip. Pull the blackPack towards your chest.



**Shouldering**

Stand shoulder width apart. The blackPack lies in front of you between your legs. Squat down and grab the blackPack with both hands. Get up explosively with a straight back till full leg extension. Move the blackPack close to your body and put it on your shoulder.

Pulling exercises



**Plank with outside pull**

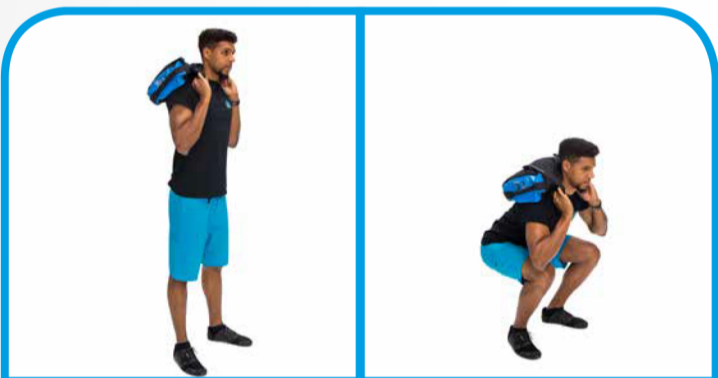
Start in a plank position while the blackPack lies beside you. Grab the blackPack with the distant hand at its side grip and pull it underneath your body to the other side as far as possible. Please note, that your hip and shoulders stay parallel to the ground without any rotation.



**Clean (advanced)**

Stand shoulder width apart with slightly outwardly rotated feet. Your knees are slightly bent. Grab the blackPack in the wide horizontal grip. Bring the blackPack upwards performing a dynamic vertical pull movement close to your body. At the highest position flip the blackPack inwards so that you can catch it with your upper arms. At the same time, perform a slight squat to get under the weight. Then extend your knees.

Pushing exercises



**Back Squat**

Stand shoulder width apart with the blackPack on your upper back. Squat with your buttocks being directed backwards and downwards in a controlled movement. The biggest part of the weight is on your heels.



**Overhead triceps press**

Stand hip width apart or go in a slight split stance position (easier). Hold the blackPack with bent arms behind your head. Extend your arms while keeping your elbows close to your head. Avoid an excessive lumbar lordosis.



**Shoulder to shoulder press**

Stand shoulder width apart or go in a slight split stance position. Take the blackPack on one shoulder and grab it with both hands at its long side. Push the blackPack upwards until your arms are extended, then bring it to the other shoulder. Pay attention to a permanent body tension and avoid an excessive lumbar lordosis.

Rotational exercises



**Rotational lunge**

Stand shoulder width apart and hold the blackPack in a parallel grip with extended arms. Perform a lunge backwards while bringing the blackPack outwards over the front leg. Please note to keep your arms extended permanently. Your back should be kept straight and hip's rotation should be minimised.



**Around the world (advanced)**

Stand shoulder width apart and grab the blackPack at its flexible baton grips. Your core and your arms create an angular momentum that will bring the blackPack backwards around your body. Activate your abdominal muscles and maintain a controlled core tension. Change the direction of the rotation.

Strength Bag Training.

 **Basic exercises**

**blackPack**<sup>®</sup>  
ultimate strength bags