

# Fitness for **ALL** Bodies

# ultra **FIT**

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## Build a Great Body

## START NOW!

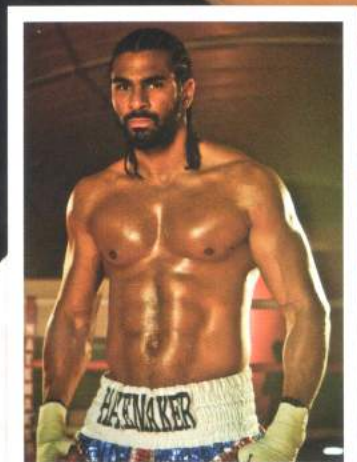
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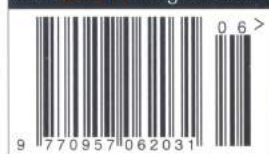
## FAT BUSTING KETTLE EXERCISE P54

Looking  
Good in and  
out of the ring  
**DAVID HAYE**  
P14



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[www.ultra-FITmagazine.co.uk](http://www.ultra-FITmagazine.co.uk)



## ultra-FIT - your 24/7 personal trainer





Last issue 21-5 (June) ran with part 1 of our Powerbag feature, we now provide another action packed Powerbag workout that further shows just what you can do with these highly versatile pieces of kit.

Model: **Chiraz Hasnaoui**

Personal Trainer: **Gym Box**

Photography: **Simon Howard:**  
**SNHfoto.co.uk**

Hair: **Sergio Giannasso**  
**(Covent Garden)**  
**www.sergiogiannasso.com**

Venue: **Gymbox Covent Garden**  
**www.gymbox.co.uk**

# POWERBAG WORKOUT

## Part 2: Bags of Power

**L**ike last issue's workout, this one will test your all-body strength in a very functional way. It's a great workout for anyone looking to develop all-over body power and would therefore suit a field sports player, racket sports player, boxer or athlete or anyone

looking for enhanced explosive ability.

Warm up with some light CV work and perform functional movements for all body parts, such as marching on the spot and arm swings.

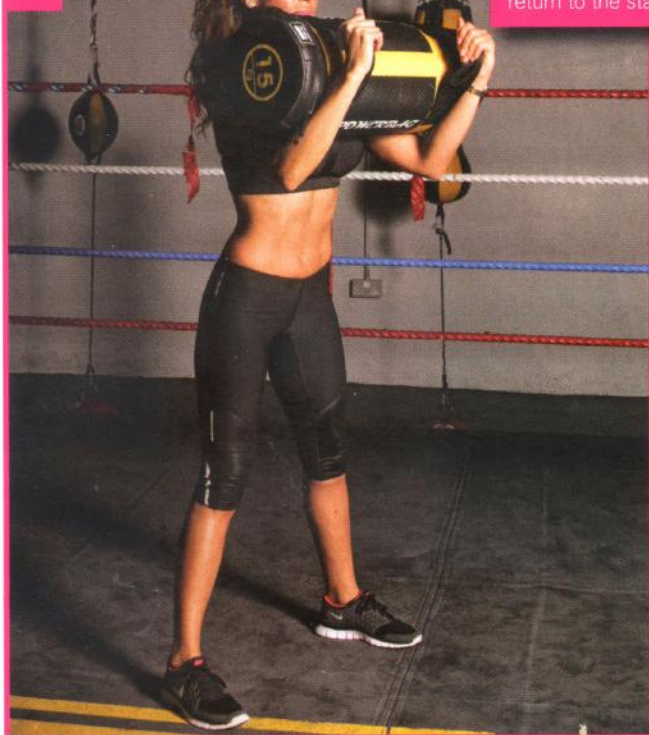
Perform 4 sets of 8-10 reps of each exercise, using a Powerbag of sufficient weight that allows you to perform the exercise with good form,

whilst feeling slight fatigue on the final reps.

Take 30-60sec between sets depending on your level of fitness. Note: you must perform the exercises with speed (but control), if you begin to feel fatigue then take a longer recovery or even pause mid set – quality of lifting is key to this workout.



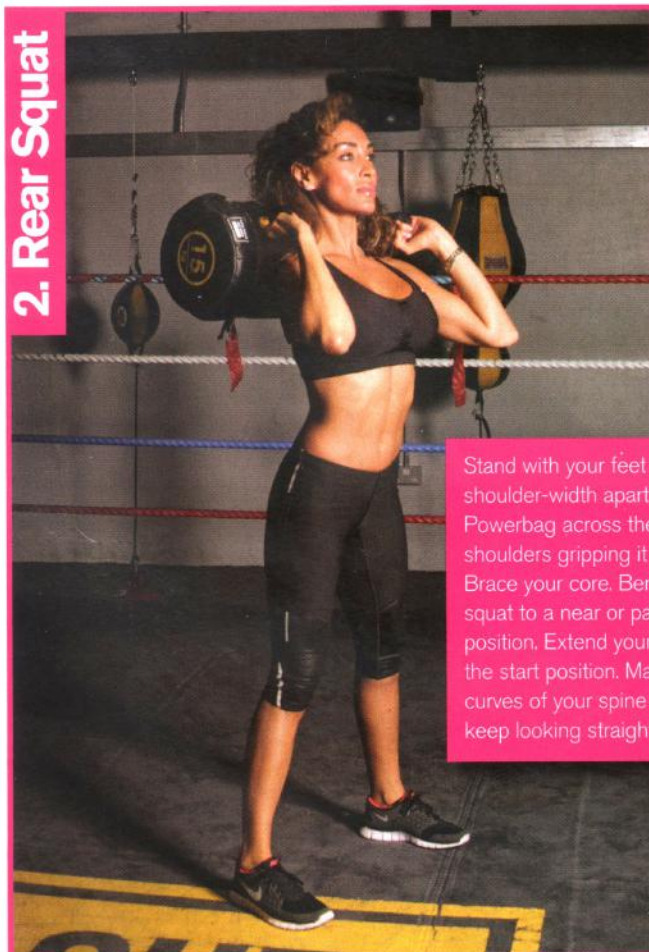
## 1. Lunge



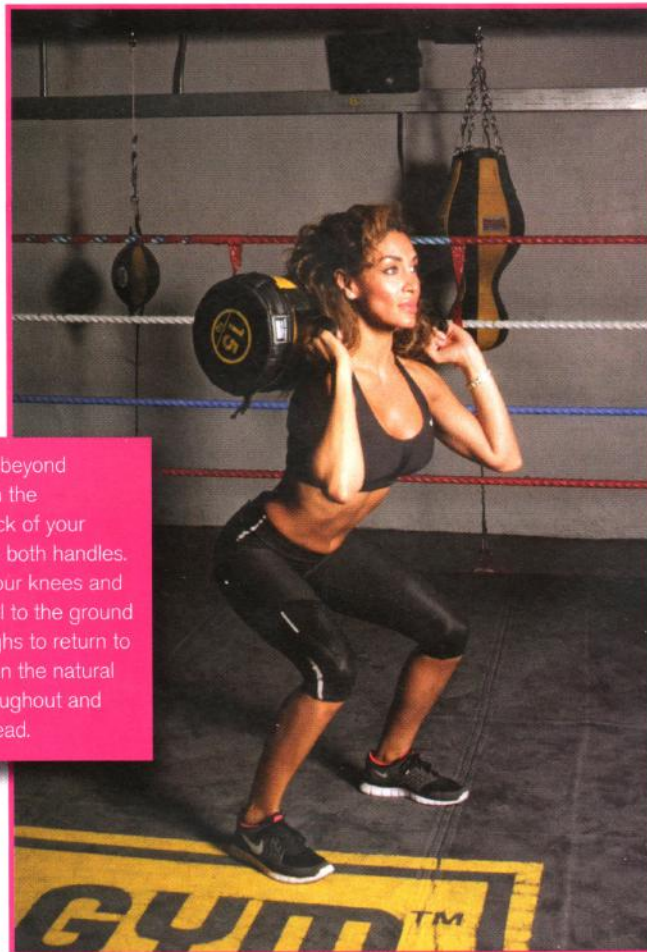
Position the Powerbag on the front of your shoulders/chest gripping it with the straps. Fix your core during the entire movement. Take a large step forward and place your foot flat on the ground whilst keeping your trunk upright. Ensure that both feet remain pointing forwards throughout the movement and that your leading knee does not project forwards of your ankle. Bend your front leg to lower your torso - both legs should be bent to 90-degrees. Extend your front leg and push through the heel to return to the start position. Repeat the movement with the opposite leg.



## 2. Rear Squat

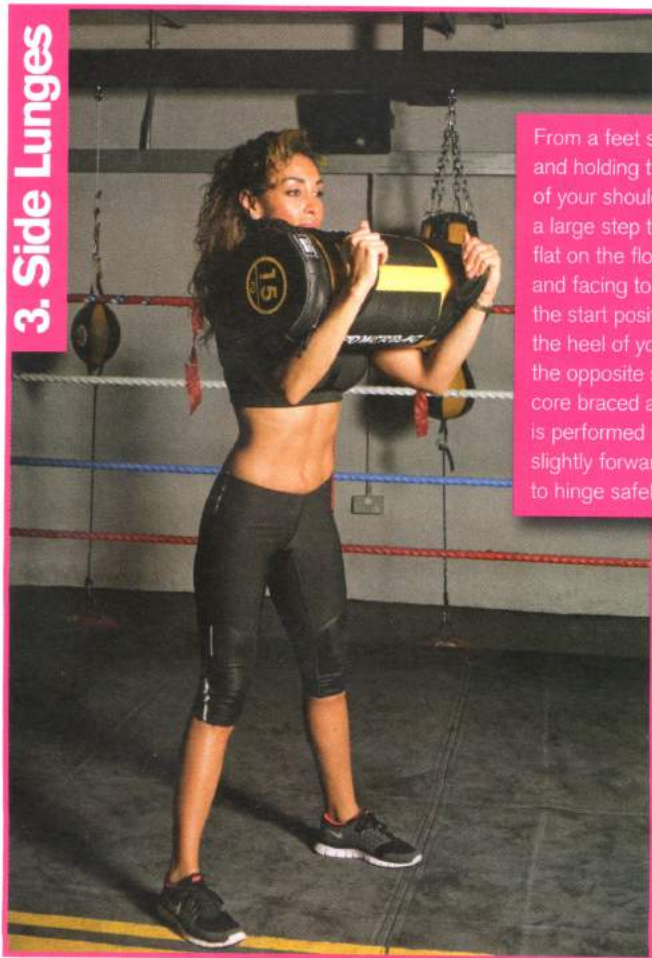


Stand with your feet just beyond shoulder-width apart with the Powerbag across the back of your shoulders gripping it with both handles. Brace your core. Bend your knees and squat to a near or parallel to the ground position. Extend your thighs to return to the start position. Maintain the natural curves of your spine throughout and keep looking straight ahead.

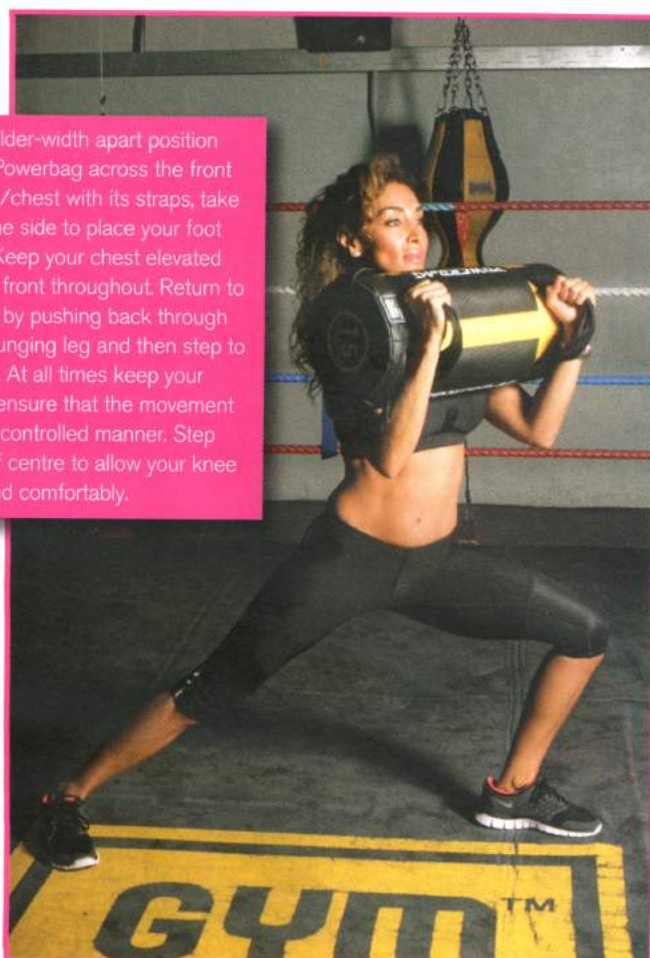




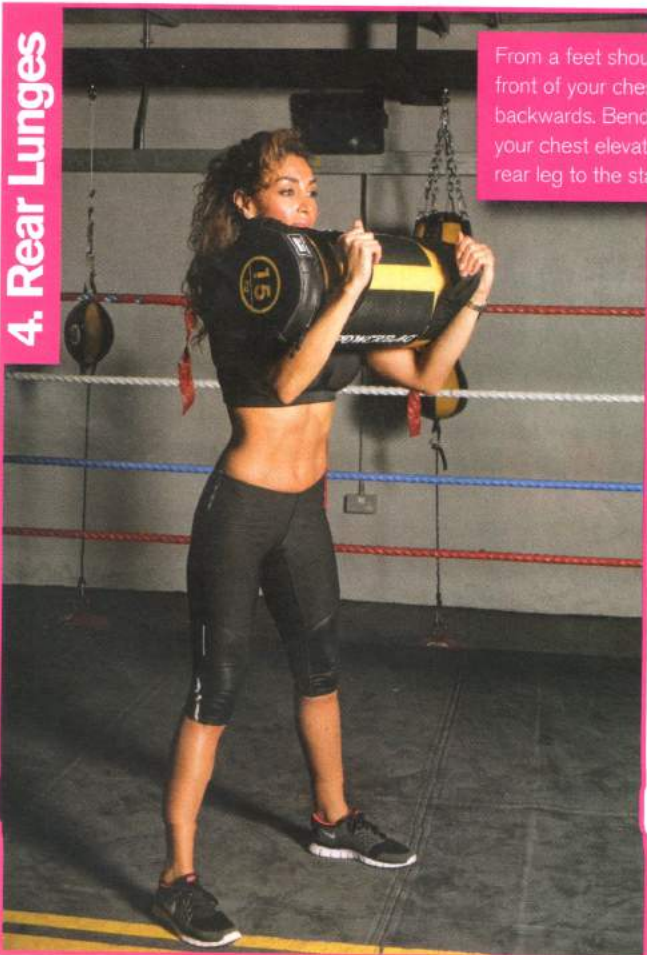
### 3. Side Lunges



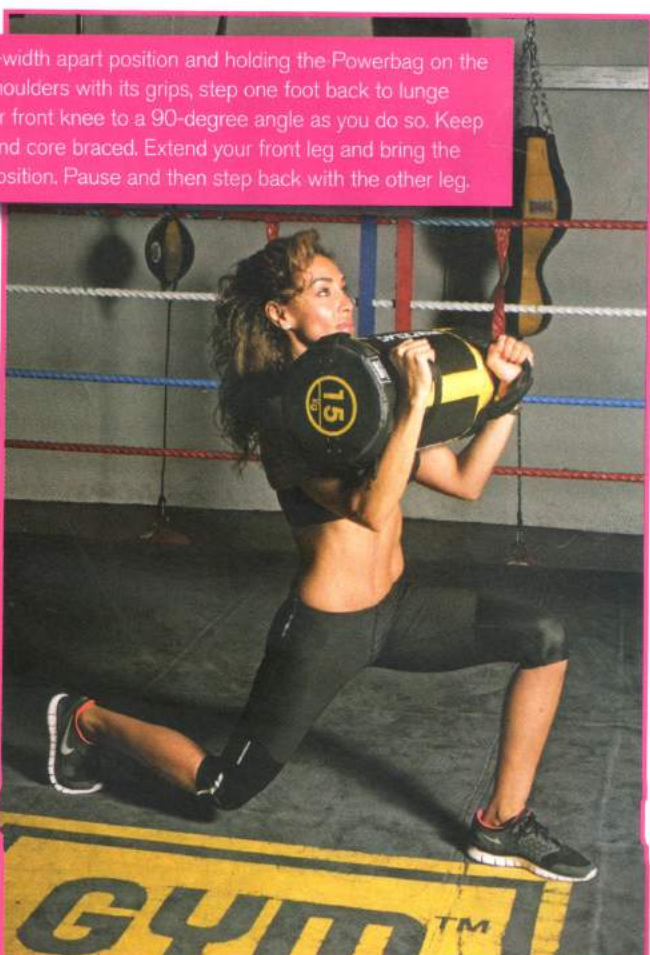
From a feet shoulder-width apart position and holding the Powerbag across the front of your shoulders/chest with its straps, take a large step to one side to place your foot flat on the floor. Keep your chest elevated and facing to the front throughout. Return to the start position, by pushing back through the heel of your lunging leg and then step to the opposite side. At all times keep your core braced and ensure that the movement is performed in a controlled manner. Step slightly forward of centre to allow your knee to hinge safely and comfortably.



### 4. Rear Lunges



From a feet shoulder-width apart position and holding the Powerbag on the front of your chest/shoulders with its grips, step one foot back to lunge backwards. Bend your front knee to a 90-degree angle as you do so. Keep your chest elevated and core braced. Extend your front leg and bring the rear leg to the start position. Pause and then step back with the other leg.





## 5. Powerbag Clean



Grip the Powerbag by the handles and hold it at arms' length in a heels-on-the-ground squatting position. Keeping most of your weight on the heels, extend your legs to pull the Powerbag from the floor. As the Powerbag reaches waist-height, drive up onto your toes and at the same time pull with your arms, then as the bag reaches upper chest level, dip under it and catch it on the upper chest and shoulders. Ensure that you catch the Powerbag in a good athletic position with a slight bend at the hips, knees and ankles to absorb the impact. Lower the Powerbag to the floor under control and repeat.



POWERBAG  
WORKOUT

## 6. Overhead Squat



Position the Powerbag on the front of your chest and shoulders. Ensure that your core and shoulders are braced. Extend your arms dynamically to press the Powerbag overhead. With arms extended, squat down (keeping your heels on the floor) whilst maintaining a strong posture. Complete your reps and lower the Powerbag back to the start position.



### Overhead grip position (Lock Grip)

The Lock Grip is important to reduce risk of injury

Gripping the Powerbag as shown will ensure that it locks out overhead, it also ensures that the weight of the Powerbag does not sit directly on the wrists. When you grip the Powerbag also ensure that fingers and thumbs are not left exposed as the bag moves.



Go to: [www.powerbag.com](http://www.powerbag.com)

Powerbags are available in 3kg – 50kg weights and have been used by elite sportsmen and sportswomen and sports teams (including England's victorious Rugby World Cup winning side of 2003) and are available in many gyms up and down the country and for home purchase. Leisure Lines Ltd and Jordan Leisure share the rights to the brand. Powerbags were developed by Dr Mark Bellamy – a sports psychologist and training expert - who has worked with numerous elite performers.



next issue

# Power club workout

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