

- BULGARIAN BAG TRAINING -



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NEXT LEVEL SPORTS: Founder & Head Trainer , PRO MMA FIGHTER, N.E.S.T.A. Sports Yoga & Pilates Instructor

TAKE YOUR TRAINING TO THE NEXT LEVEL WITH THE BULGARIAN BAG

Being both versatile and innovative, the Bulgarian Bag is a new tool that offers competitive athletes countless ways to increase peak performance, strength and conditioning.

Power, Explosiveness, Stamina and Adaptability are just few of the benefits of Bulgarian Bag Training.

As a Professional Trainer and Athlete, I am always looking for new ways to challenge and advance myself along with the athletes and clients I work with. By trying to keep up with the latest tips, techniques and tools of the trade I came upon a unique piece of gear known as the Bulgarian Bag. I was introduced to it by my friend STEPHEN NAVE, while in San Diego for a Shaolin Kung Fu & Qigong Seminar. Stephen is High Level Trainer & founder of Competitive Performance Strategies with 23 Years Experience as NAVY SEAL He was excited to share about the amazing benefits one could experience by using the bag both for themselves and for clients. Months later Stephen came to Colorado to teach his system of bag training to a select group of Competitive Athletes and Martial Artists. I attended both seminars and trained 8 hours over the next two days with the Bulgarian bag under Mr. Nave's instruction. Needless to say it was brutal and the seemingly light 26 Pound bag began to take its toll on my grip and core while fatiguing major and minor muscle groups in simple yet very productive ways. My core muscles were specifically targeted and pushed.

The Bulgarian Bag was created by Ivan Ivanov (U.S.A. Olympic Greco-Roman Wrestling Coach) and has been used privately for years but only recently patented for production. Being a champion wrestler most of his life, he knew that he needed a tool that allowed the athlete to push, pull, twist, swing, bend, rotate, squat, lunge and throw. The technique variations can be tailored for 15-60 minute workouts with just the bag or it can easily be added to sports specific training regimens for athletes. The bag is designed with quality and durability in mind and the many hand grips and straps make the strategically situated sand weight easy to maneuver and lift. The bag can be used for simple to dynamic movements and can also be added to body weight to push the user on such exercises as jump squats, push-ups, pull-ups and power crunches.

PHYSICAL TRAINING BENEFITS:

- * Increases Muscular Stamina, Strength, Flexibility & Balance
- * Trains both Aerobic & Anaerobic Energy Systems
- * Stimulate and Challenge Variable Angular Resistance (VAR)
- * Drastically Increase Fat Metabolism & Basal Metabolic Rate)
- * Break Stagnant Plateaus and Make Gains in Periodization
- * Enhance Current Workouts by Adding Bag Training

Buy Bulgarian Bags At: www.StephenNave.com



Weight System in Pounds: 11, 17, 26, 37, 50
Experience Level: Beginning to Advanced
Colors: Classic Brown (Leather) and Camouflage

BURN 1000 CALORIES IN 1 HOUR!

For More Info on Next Level Sports & Brian Seraiah Wood Please Visit: www.nextleveltrainingstudio.com & www.seraiah.com