

METROFLEX GYM PRESENTS:

A QUICK AND FUN WAY TO IMPROVE YOUR TRAINING

“Sled Pulling (aka “Sled Dragging”)

**By: Bullpen Marketing LLC
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Disclaimer

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Metroflex Gym Contact And Training Information

Metroflex Gym is located at 2921 South Cooper Street in Arlington, Texas. To get more information on Metroflex Gym go to:

Website/URL: <http://www.metroflexgym.com>

Phone: (817) 465-9331

If you wish to learn more about how to train according to the Metroflex Gym way, including the use of sled dragging, please visit either:

<http://www.metroflexgymtraining.com>

<http://www.fitintoyourjeans.com>

Credits And Where To Buy A Sled

All photos taken of the sled, sled attachments, sled dragging techniques, and people featured are the property of Total Performance Sports in Everett, MA (just outside of Boston, MA). Voted one of the Top 20 Gyms In America by Men's Health magazine, Total Performance Sports offers a variety of training programs from Strength & Conditioning, Sports Specific Training, Power/Olympic Lifting, to Strongman, Personal Training, Kickboxing and more.

Their website is: <http://www.totalperformancesports.com/>

Their phone # is: (617) 387-5998

Their address is: 305 Broadway
Everett, MA

You are welcome to contact them for purchasing a dragging sled, additional dragging sled video instruction, or other strength & conditioning equipment.

Basic Definitions:

Here is a picture of the dragging sled (aka “pulling sled”) without weight plates on it:



Here is a picture of the dragging sled (aka “pulling sled”) and its chain attachments:



And here is a close-up picture of the chain/carabineer attachment:



Here is a close-up picture of the strap attachment to a weight lifting belt:



Here is a close-up picture of the strap attached to a harness (instead of a weight lifting belt):



To do the exercises recommended you will need:

- A heavy gauge chain approximately 8 feet long and 2 carabineers to attach the chain to the sled, and the sled strap to the chain
- A sled strap
- Several weight plates, totaling 100-300 pounds (more weight for advanced lifters and athletes)
- A sturdy weight lifting belt
- A sled dragging harness (not necessary for basic exercises, but very useful)
- A flat surface on which you can pull/drag the sled
 - Preferably at least 50 feet

Introduction

Sled dragging (pulling) is a terrific way to accomplish the task of improving physical conditioning, injury rehabilitation, and cardio training! A metal dragging sled, with incremental weight increases and a few basic straps, can transform your physique and increase your capacity to tolerate hardcore training.

This metal sled has a small post allowing you to add weight plates. It can be attached to your lifting belt, various ropes, or even a small harness -- and the benefits of using the sled are phenomenal!

While sled dragging has become popular in the powerlifting, strongman, and combat sport areas, many people are completely unfamiliar with sled dragging and the benefits it offers. It is one of the most versatile pieces of sports equipment you can purchase - or even create!

Why Sled Dragging Works

Sled dragging works because it requires the body to adapt to new ways of exercise. Like the barbell, it can be used for light repetition work or even heavy intensity work. If done properly, sled dragging will give you:

- Increased work capacity
- More strength for the weakest links in your physical chain
- More fun and variety to your workout
- Quicker recovery and healing from injury
- A new and productive way to work the entire body in a short period of time

Most advanced sled dragging workouts rarely last more than fifteen to twenty minutes. They can actually accomplish an amazing amount of productive work in even less time than that! The variety of exercises which you can use with sled dragging can also help increase the amount you can lift in major exercises such as:

- Squats
- Deadlifts
- Bench press
- Leg press
- Rowing movements
- Abdominal exercises

Potential “Drawbacks” To Sled Dragging

The only drawbacks to sled dragging are:

- It requires a lengthy surface on which you can drag the sled up to 50 yards or more
- Bad weather may hinder your sled dragging program if the surface is not covered or is not indoors
- If your gym does not allow taking weight plates outside you may have to buy your own

The benefits of using the sled far outweigh any drawbacks! The biggest concern most people have is that they will receive strange looks from fellow gym members and friends. The best ways to overcome this concern (if you even have the concern in the first place!) are the following:

- Educate those people and have them join you
- Show them how much fun you're having while using the sled, especially with some of the different types of exercises, such as the various “animal walks” (see the section on “Sled Dragging Exercises”)
- Prove to them that your weight poundages are increasing in your big lifts. When they ask how you're doing it, you can tell them that sled dragging is responsible for a big percentage of your improvement

If you also participate on any sports team, this is a great way to make dramatic improvements in your conditioning and increase the camaraderie that the team has during practice. If you get excited about conditioning work, you have a strong argument for your coach to encourage you!

Sled Dragging Exercises Without “Sled Strap”

Each exercise listed here can be started with just the sled itself or with small weights. For best results, start with the sled by itself in order to adjust your body to the new form of workout which you will be doing. Then add weight in very small increments so your body can increase its conditioning while not taxing your energy reserves. These energy reserves (or recovery ability) are used for recovery from intense hardcore training and any sports practice.

Competitive bodybuilders will also find the sled to be useful in helping bring out definition by exercising the muscles in new intense, yet safe, ways. Please consult your trainer(s) for the proper use of sled dragging during a “pre-contest diet phase” (which is what competitive bodybuilders call the weeks of dieting leading to a show).

Here are some of the exercises where you can use the sled:

With your lifting belt:

- Attach the rope or strap to your lifting belt (or harness) and walk forward dragging the sled behind you



(With Belt)



(With Harness)



(With Strap)

- Attach the rope or strap to your lifting belt and walk backward dragging the sled, with the sled in front of you



- Attach the rope or strap to your lifting belt and walk sideways dragging the sled sideways (each way)



- Attach the rope or strap to your ankles and walk sideways, crossing your feet, dragging the sled to your side (first to the left then to the right):



- You also can do modified "animal walks" with the sled such as the "alligator crawl":



- Here is the “duck walk”:



Please use a light weight and increase the weight very slowly, if you decide to do these, until your body adapts to this new type of exercise. You must use discipline to use light weight in small increments. Remember that light weight and good form - with an **emphasis on safety** - will produce much greater (and quicker!) results than trying to do the exercises with too much weight, improper form, or too quickly. Remember that the sled is designed to help you increase work capacity **without taxing your recovery abilities**; and it is also meant to help you rehabilitate from injury.... not contribute to it!

Sled Dragging Exercises With Strap

If you have a rope which splits in the shape of a “Y” (called the split rope) you can then do many upper body and lower body movements. Here are some suggestions:

- A walking chest press



- Walking backward and pulling the sled like a seated/standing row



- Pull-throughs which work your hamstrings, glutes, and lower back



- Walking front raises



- A walking triceps extension (please use very light weight or just the sled at first)



- Putting the ends of the split rope around your ankles and walking forward (please use very light weight or just the sled at first)



- Putting the ends of the split rope around your ankles and walking backward



For More Information

For more information on how to buy a sled and its attachments go to:

<http://www.totalperformancesports.com>

And to get more information about incorporating sled dragging into your overall workout you can visit Metroflex Gym's training website at:

<http://www.metroflexgymtraining.com>

Sled Dragging Schedule (For Novice Users)

For first-time sled users, consider the following schedule:

- No more than twice a week
- Choose **only** 2 or 3 exercises
- No more than seven to eight minutes of sled dragging work **FOR ALL EXERCISES**.
 - Again, this is done to achieve the delicate balance between increasing your conditioning and work capacity against taxing your recovery ability which you will need – especially if you are weight lifting intensely
- Use very light weight, or preferably start with just the sled itself. That is necessary for those exercises that target small body parts such as the triceps.
 - If you decide to attempt any of the animal walks, such as the bear crawl, start with just the sled and then you can add weight from there.

Once your body becomes adapted to the sled and you notice an increase in your weight training performance, you can then consider an increase in your sled dragging schedule. The first increase would be with very small increments in weight:

- 2-1/2 pounds for lighter-bodyweight lifters, beginners, or those who have weaker than average work capacity, or if you are recovering from injury
- Up to 10 pounds if you are an advanced lifter who is free from injury and has at least average work capacity.

Remember that you must stay disciplined and increase very slowly in order to preserve that delicate balance. Very small weight increases on the sled can even be used by advanced, larger lifters, since their recovery abilities can be taxed significantly by hardcore training! Keeping a long-term perspective in all aspects of weight training will go a long way in preserving your safety and keeping you free from injury. **Safety comes first!**

If you have increased your weight on the sled from between 2-1/2 pounds (to 10 pounds) stay at that weight for **at least two weeks**. If you stay consistent and notice that your conditioning and weight training performance have improved, then you can choose from **one** of the following:

- Increase your sled workout for an extra minute every two weeks.
- Make another small increase in weight

- Add another sled exercise
- Add an addition 5 to 10 feet per exercise

Be **smart and conservative** when making incremental changes. These very small and barely noticeable increases will allow your body to adapt properly and supplement your weight training (and any sports training) so that you may continue to excel in all areas of your physical goals!

Please see the disclaimer and make sure that your health care provider approves any and all intense weight training and sled dragging exercises.

Sled Dragging For Advanced Lifters

If you are an advanced lifter who has significant strength, you may want to try a more hardcore sled dragging routine. This routine will require the dragging of much heavier weight, and it should be done with the sled dragging movements targeting the larger muscles, not those exercises targeting smaller muscles, like triceps extensions. Take your 5-rep best squat weight and then take 40% of that weight to use for 6 to 10 sled drags of 35-50 yards. If your body responds and adapts well to this routine, you can increase **ONE** variable every 1-2 weeks.

Here are the variables you can change:

- Amount of weight used on the sled (go up by 10% of your 5-rep best squat weight)
- Increase the number of “drags” or “pulls” by 1 or 2
- Increase the length of each “drag” or “pull” – add an additional 5 to 10 yards
- Increase the frequency of sled dragging sessions per week by 1 session
 - Do not do too many sled dragging sessions per week. Unless you receive permission by a qualified exercise professional and your health provider, keep the number of sled dragging sessions per week to no more than three (3) sessions.

Here is an example of how you would start your “advanced” routine:

- If your best 5-rep squat weight is 300 pounds, take 40% of that which is 120 pounds
- Each “drag” will be 35 yards (or roughly 100 feet)
- You will do 6 “drags” per session
- Start with 1 or 2 sessions per week

After two weeks, if you have noticed increased recovery and strength (assuming you are eating and resting properly), you can then choose **ONE** of the following:

- Add 10% of your original 5-rep best squat weight. In this example you would add 30 pounds
- Stay at 120 pounds, and increase each “drag” or “pull” to 50 yards
- Increase the number of “drags” or “pulls” from 6 to 7

- Increase the number of sled dragging sessions from one to two sessions (or from two to three sessions).

As stated earlier, be smart and conservative with your sled dragging. **Safety and your health come first!**

Once again, please see the disclaimer and make sure that your health care provider approves any and all intense weight training and sled dragging exercises.

Concerns

PLEASE NOTE: After a while, there comes a point of “diminishing returns” where continual increases may actually be counterproductive and lead to overtraining. If you **EVER** reach a point where the sled dragging becomes too taxing on your recovery ability, immediately rest **at least** one week before resuming the sled dragging the following week. Be sure that you are healthy, even if that means receiving clearance from your health care provider. Resume sled dragging only if you commit to **REDUCING ALL VARIABLES SIGNIFICANTLY!** This means you should reduce:

- The number of sled exercises
- The amount of time you use the sled
- The length of each drag/pull
- The number of sessions per week

Your safety and health are the primary concerns. You can always attempt to build back up to previous levels if it is appropriate for your training style at that time.

If you are consistent with this routine, you will be able to drag 200 pounds for 50 yards for 10 “lengths” within a matter of a few months... **AND** you will still be maintaining the delicate balance between strength training and cardio/fat loss and recovery ability. Remember that while your strength may skyrocket, your recovery ability will not increase nearly at the same rate. This is the case even if you are eating and resting perfectly every day!

Enjoy this supplemental routine, and let us know about the results you get from your sled dragging routine!

You may contact us at:

testimonials@metroflexgymtraining.com