



# The Next Best Thing to Dragging Your Butt Out of Bed

By Derek Shore | Ottawa Personal Trainer | 2009

---


In previous posts I've mentioned sled dragging and to the uninitiated, sled dragging is the equivalent of spending a day with your ex or having someone drag their fingernails along a chalkboard. Before you start running in the other direction thinking you want nothing to do with sled dragging, check out the benefits.

## The “Benefits”

---

- Strengthens the posterior chain (a series of muscles – hamstrings, low back and glutes) which contributes significantly to the development of the following attribute...speed.
- Sled dragging, particularly forward sled dragging will improve speed quickly.
- Sled dragging will ramp up your metabolism and make you sweat like you were in a Turkish bath or part of a C & C Music Factory video.
- Variety. Instead of hanging out in a dungeon of a gym (not that it's a bad thing), sled dragging is generally performed outdoors, and that says it all. There are a ton of exercises you can do with a sled. (Jedd from Diesel Crew has a great e-book you should check out titled “[The Ultimate Sled Dragging E-Book](#)” that provides a diverse series of exercises anyone can perform with a sled).
- Great for driving up your squat and deadlift numbers!
- It can be used to challenge athletes individually or in team settings. Athletes by nature are competitive and sled dragging competitions always seem to bring out the best in them.

This is obviously not an exhaustive list, but you can see that it's worth looking into. If you're already performing sled dragging, trying different exercises with the training implement will keep you from getting bored.





# The Exercises

---

The beauty of sled dragging is it's relative simplicity. You can walk or run with it and it naturally places you in the ideal sprint position. If it becomes too easy, simply add weight or increase your distance or time.

## Forward Sled Dragging



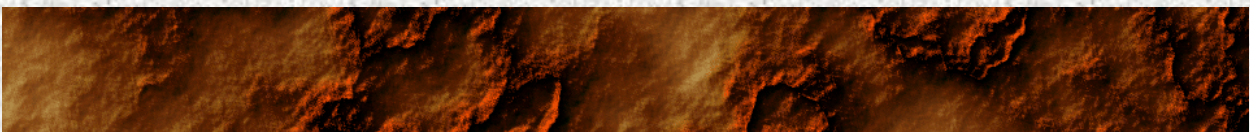
## Backward Sled Dragging




## Rowing with Sled

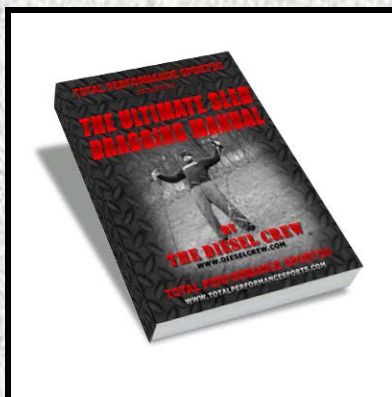


## Rear Delt Flyes with Sled





I've had many athletes and non-athlete clients use this training tool with great success. Whether it's fat-burning or increasing overall strength, sled dragging is a fun and effective way to get in shape or improve upon your conditioning.



So if you're looking to find out what else you can do to add variety to your workouts, click on [“The Ultimate Sled Dragging E-Book”](#) to check out possibly one of the most comprehensive books about the topic out there.