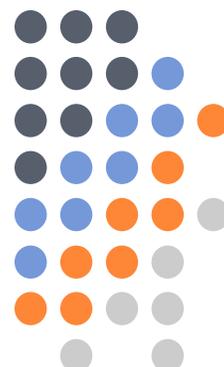
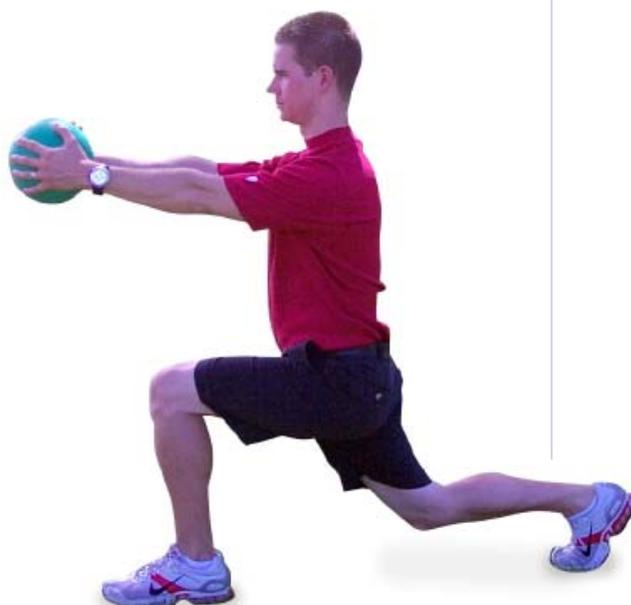


MEDICINE BALL

WORKOUT



Medicine balls are a great tool to achieve almost any fitness goal. Athletes use them for strength training and circuit training. Whether you are looking to burn calories, build power or increase strength, a medicine ball can help you achieve it! Here are a few of the many exercises that can be done with



SQUAT TO PRESS

1. Start with your feet shoulder width apart and toes slightly facing out. Hold the ball in front of your chest.
2. Bend the knees to a squat until your thighs are parallel to the floor. Keep your back straight and abs tight.
3. Return to the standing position and to lift your arms above your head and squeezing them next to your ears. Repeat.



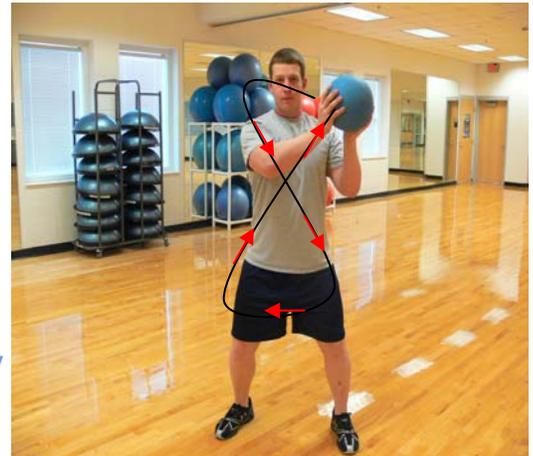
WOOD CHOPS

1. Start with you feet shoulder width apart and the toes slightly facing out and knees bent at a 45° angle. Keep the back straight and the abs tight. Hold the ball at the chest.
2. Bring the ball straight up and above the head and then bring it down to mimicking throwing the ball backward between your legs. Repeat this motion moving the ball at a steady pace.



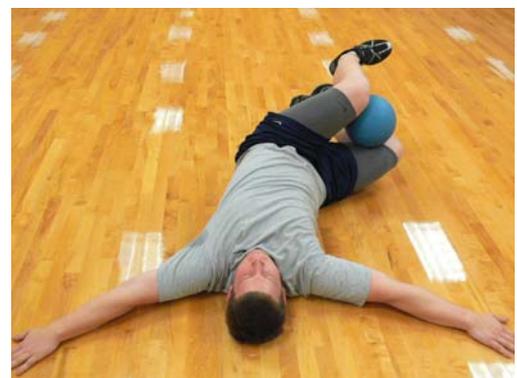
FIGURE EIGHTS

1. Start by hold the medicine ball with extended arms to the right above your head.
2. In one continuous motions, move the ball down across the body and toward the left thigh slightly bending the knees.
3. Stand back up bringing the ball up extending the arms toward the left side of the head.
4. Move the ball down across the body and toward the right thigh, again, slightly bending the knees.
5. Completing a figure eight, bring the ball back to the starting position. Repeat.



MEDICINE BALL OBLIQUES

1. Lying on your back, bend your knees and place the medicine ball between them, squeezing it to keep it in place. Place your arms out on the ground.
2. Using your arms as support, rotate your knees side to side maintaining a tight core.



SINGLE LEG V-UPS

1. Lying on your back, keep one knee bent and the other extended. Start by hold a medicine ball on the ground behind your head.
2. Contracting your abs, pick the ball up and curl raising your shoulders off of the ground. At the same time, raise the extended leg up toward the ceiling and bring the ball as close to the extended foot as possible.
3. Return back to the beginning making sure that you maintain space between your chin and chest and controlling your abs until your back is lying



the



on
floor

SLAMS

1. Begin standing with your feet shoulder width apart and the knees slightly bent.
2. Put the medicine ball back behind the head and forcefully throw the ball down towards the ground as hard as possible.
3. Catch the ball from the ground and repeat.



CHEST PASS

1. This requires a partner. Begin with the knees slightly bent and feet shoulder width apart.
2. Holding the ball at the chest with the arms bent, push the ball upward and pass to a partner.



LUNGE WITH TWIST

1. Stand upright while holding the medicine ball at the chest. Your elbows should not be locked but extended.
2. Step forward with one leg, lowering your body to a lunge until the thigh is parallel to the floor.
3. While moving into the lunge, rotate the torso to the same side as the front leg. (Right leg forward, twist to the right) Keep your arms extended the whole time and moving the head in the same direction as the twist.
4. Push back to an upright position with your forward leg and bring arms back to the center of your body.



BIG CIRCLES

1. Stand with your feet shoulder width apart, knees slightly bent, and arms above the head with the medicine ball.
2. Without bending your elbows, rotate counterclockwise with the medicine ball, drawing a big circle. Making sure the legs reach a lunge in the bottom phase of the circle.
3. Repeat clockwise.

