

MEDICINE BALL WORKOUTS

GUIDELINES

- *Warm up thoroughly before starting a medicine ball routine.*
- *Ensure you have plenty of space and a competent training partner when performing these drills.*
- *Medicine ball exercises, as with other forms of power training, should be completed when you are fresh before heavy aerobic or anaerobic training if completed in the same day.*
- *Focus on speed of movement, but not at the sacrifice of technique.*
- *Do not choose a ball that is so heavy it slows the movement of the exercise down.*
- *Complete 1-3 sets of 8-10 repetitions for each exercise. (This can vary however depending on the session).*
- *When standing and throwing from behind the head, be careful not to hyperextend the spine too far.*

EXAMPLES:

Kneel to Push Ups

1. Start Position: Your body will be in an upright position sitting on your knees.
2. Hold medicine ball at chest level. Keeping your torso erect fall forward and chest press the medicine ball to a partner or a wall.
3. Upon releasing the ball drop your hands to the floor and immediately complete a push-up.
4. Advanced athletes: To make this more challenging have a partner throw the ball back to you. You will have to explode up with the push-up so that you are back in the seated upright position on your knees. Your partner will throw the ball back to you and then repeat the exercise until the desired repetitions are met.



Medicine Ball Lunges

1. Begin by standing with the medicine ball held at your waist (approximately at belly button height).
2. Take a step forward with one leg, lowering yourself until the top of your leg is parallel to the floor. Make sure that your knee does not extend past your toes to avoid injury.
3. Either return to the starting position and repeat the movement with the opposite leg, or perform a "walking" lunge by continuing forward by alternating legs and "walking" across the floor.



Diagonal Chop

1. Start by standing upright with the medicine ball above and behind your ear.
2. Make a chopping motion by moving the ball from the starting position across your body diagonally, ending near the opposite knee.
3. Finish the repetition by returning the ball to the starting position by reversing the motion.
4. After completing several reps, repeat the exercise on the opposite side.



Slams

1. Stand with feet parallel and knees slightly bent.
2. Pull medicine ball back behind head and forcefully throw ball down on the ground as hard as possible.
3. Catch the ball on the bounce from the ground and repeat.



Single Leg Chops

1. Starting Position: Stand on right leg and your arms are extended holding the medicine ball up and to your right.
2. Bring medicine ball down in a wood chopping motion towards your left foot.
3. During this place motion switch feet so your left foot is now on the ground and your right foot is in the air. Repeat this motion for the desired repetitions and then repeat in the opposite direction.

Single Leg V-Ups

1. Start position: Lie back onto floor or bench with knees bent, both hands behind head. Keep elbow back and out of sight. Head should be in a neutral position with a space between chin and chest.
2. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench. Extend arms and also raise one leg up toward ceiling.
3. Return to start position.
4. Remember to keep head and back in a neutral position. Hyperextension or flexion may cause injury. To increase resistance, hold medicine ball in hands. To decrease resistance, position hand closer towards body

Reverse Curls

1. Start position: Lie with back on floor or bench with hips flexed at 90 degrees and feet in air holding onto a medicine ball. Position arms at sides with palms down on floor.
2. Leading with the heels towards the ceiling, raise glutes (butt) off floor or bench.
3. Return to start position.
4. Remember keep legs from swinging to prevent momentum throughout the exercise.

Lateral Flexion w/ Stability Ball

1. Starting Position: Lie on your side over the stability ball and spread your legs for balance.
2. Hold a medicine ball over your head and curl up towards the ceiling. Lay back down across the ball and repeat the movement.
3. Repeat with the other side.

Woodchopper

1. Stand with your feet just beyond shoulder-width apart. With your arms nearly straight, hold a medicine ball above your head.
2. Now bend forward at your waist and mimic throwing the ball backward between your legs -- but hold onto the ball the entire time.
3. Quickly reverse the movement with the same intensity, and return to the starting position. *That's 1 repetition*

Medicine-Ball Situp

1. Grab the medicine ball with both hands and lie on your back on the floor. Bend your knees 90 degrees, place your feet flat on the floor, and hold the medicine ball against your chest.
2. Now perform a regular situp by raising your torso into a sitting position.
3. Lower it back to the start. *That's 1 repetition*



Russian Twist

1. Grab the medicine ball and sit on the floor. Lean back at a 45-degree angle, raise your legs and feet off the floor, and hold the ball with both hands in front of your chest, your arms straight.
2. Keeping your legs and arms off the floor, rotate the ball and your torso as far as you can to the right.
2. Then reverse direction, rotating all the way to the left. *That's 1 repetition*

Sit-Up Pass *(a partner is recommended for this medicine ball exercise)*

1. Begin by sitting on the ground facing your partner. You should be between 4 and 6 feet apart.
2. The person holding the ball should lie down while holding the ball overhead.
3. Perform a sit-up, keeping the ball above your head and throwing it to you partner as you contract your abdominals at the top of your sit-up. You should aim for slightly above your partner's head on the throw.
4. Your partner should catch the ball, and repeat steps 2 and 3.

Variation: If you do not have a partner, you can perform this medicine ball exercise by throwing the ball against a wall, catching it, and repeating the movement.



Medicine Ball Obliques

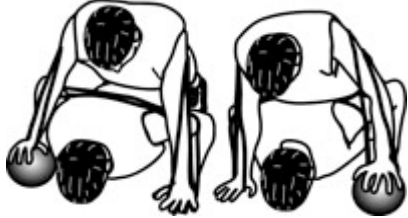
1. Starting Position: Lie on your back and raise your legs with your knees bent.
2. Holding a medicine ball between your knees rotate your legs to the side and then return to the starting position. Repeat to the other side.

Squat to Press

1. Stand holding a medicine ball close to your chest with both hands, your feet just beyond shoulder-width apart.
2. Push your hips back, bend your knees, and lower your body until the tops of your thighs are at least parallel to the floor.
3. Then simultaneously drive your heels into the floor and push your body back to the starting position as you press the ball over your head.
4. Lower the ball back to the start.

Push-Ups

1. Start in the push up position with the medicine beneath one hand and the other hand on the floor.
 2. Perform a push up.
- Advanced: As you become more powerful, attempt to create enough force on the push up to move the ball between hands during the push up.*



Bus Driver

1. Start with feet a little wider than shoulder width apart, holding the Medicine ball out in front of the body (keeping arms straight).
2. Get down into a squat position (legs 90 degrees)
3. Hold this position, while you rotate the ball back and forth, mimicking that of driving a vehicle.

This is generally a timed exercise (25-45sec / 2-4reps)