

Medicine Ball Guide



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Balancing Burpee

Targeted Muscles:

Full body (Chest, Quads, Hamstrings, abdominal.)

How to Perform:

- 1) Start standing with the medicine ball in your hands and your feet shoulder width apart.
- 2) Drop down to the floor with the medicine ball on the ground. With a focus on maintain a neutral spine (slight arch in the back).
- 3) Perform a push-up on top of the medicine ball.
- 4) Get back up on your feet and jump with the medicine ball overhead of you.



Ball Push-Up

Targeted Muscles:

Anterior Deltoid, Pectoralis Major, Upper Back

How to Perform:

- 1) Start with the medicine on the ground.
- 2) Put your hands on the medicine ball and perform a push up while staying on the medicine ball
- 3) Throughout the exercise make sure you focus on maintain a neutral spine.



Calf Raise

Targeted Muscles:

(Calf Muscles) Gastrocnemius, Tibialis Posterior and Soleus

How to Perform:

- 1) Start with the medicine ball in your hands while you are standing with your feet apart.
- 2) Lift yourself onto your tippy toes
- 3) Return to your starting position.



Chest Press

Targeted Muscles:

Pectoralis Major, Pectoralis Minor.

How to Perform:

- 1) Start by laying down on the floor
- 2) Push the ball up as high as possible.
- 3) Focus on keeping your elbows pointed out ward.



Chest Pass

Targeted Muscles:

Pectoralis Major, Pectoralis minor.

How to Perform:

- 1) Stand approximately 10 feet away from your partner.
- 2) Chest pass the medicine ball to your partner.
- 3) Focus on keeping your elbows pointed out ward.



Front Raise

Targeted Muscles:

Pectoralis, Triceps, Anterior Shoulder.

How to Perform:

- 1) Start standing with your feet shoulder width apart.
- 2) Roll your shoulders back and engage your core so that your back is neutral.
- 3) Hold the medicine ball in both of your hands, lift to the front.



Goblet Squat

Targeted Muscles:

Quadriceps, Hamstrings, Gluteus

How to Perform:

- 1) Stand with the medicine ball in your hands holding it in front of your chest.
- 2) Keeping an neutral spine by pushing your shoulders back and chest out



Leg Raise

Targeted Muscles:

Transverse Abdominis, Internal Oblique, Rectus Abdominis.

How to Perform:

- 3) Lay on the floor with hands to your sides.
- 4) Place the medicine ball in between yours feet.
- 5) Contract your abdominal muscles and lift your feet up.



Overhead Press

Targeted Muscles:

Deltoid, Rhomboid Minor, Rhomboid Major,

How to Perform:

- 1) Stand with your feet shoulder width apart and hold the medicine ball in your hands in front of your chest.
- 2) With a focus on keeping your spine neutral, push the medicine ball over head of you.
- 3) Return to the original position.



Overhead Squat

Targeted Muscles:

Quadriceps, Hamstrings, Gluteus, Deltoid

How to Perform:

- 1) Stand with your feet shoulder width apart and hold the medicine ball above your head.
- 2) Lower yourself down into the low squat position
- 3) Focus on keeping a neutral spine
- 4) Come back up.



Reverse Slam

Targeted Muscles:

Deltoid, Bicep, Lower back

How to Perform:

- 1) Stand tall with the medicine ball in your hands in front of you.
- 2) Throw the medicine ball over your head and down to the ground as fast as you can.



RDL

Targeted Muscles:

Gluteus Maximums, Gluteus Minimis.

How to Perform:

- 1) Begin with the medicine ball in your arms, dangled down in a relaxed position.
- 2) Push your hips back as you lower the medicine ball down.
- 3) Lower yourself to a position where you feel that your back start to arch and/or a stretch in your hamstring.
- 4) Make sure you maintain a neutral spine through this exercise.



Russian Twist

Targeted Muscles:

Rectus Abdominis, Transverse Abdominis, Internal Oblique

How to Perform:

- 1) Begin in a seated position with the medicine ball in your hands.
- 2) Turn your body side to side and let the ball touch the ground to your left and right.



Side Raise

Targeted Muscles:

Deltoid, Triceps, Trapezius

How to Perform:

- 1) Start standing with your feet shoulder width apart.
- 2) Roll your shoulders back and engage your core so that your back is neutral.
- 3) Lift the medicine ball in both of your hands in front of you.



Single Arm Plank Roll-Out

Targeted Muscles:

Pectorals, Deltoids, Triceps, Abdominals, Serratus Anterior

How to Perform:

- 1) Place the medicine ball on the ground under one hand as you assume a push up position.
- 2) Roll one arm out on top of the medicine ball as you perform a push up.
- 3) Roll the ball back in once you come back up.
- 4) It is important to keep your core engaged throughout the exercise.



Skip Knees

Targeted Muscles:

Pectorals, Deltoids, Triceps, Abdominals, Serratus Anterior, Trapezius, Rhomboids, Erector Spinae, Biceps Brachii.

How to Perform:

- 1) Put both your hands on top of the medicine ball.
- 2) Keeping your back neutral by bringing your shoulder blades back, bring your legs in and out while keeping your whole-body stable.
- 3) Do not allow anything else to move except for your knees.
- 4) Strike each knee as hard as you can while keeping your core engaged.



Slam

Targeted Muscles:

Glutes, Hamstrings, Latissimus Dorsi, Erector Spinae

How to Perform:

- 1) Stand feet shoulder width apart with the medicine ball in your hands.
- 2) Bring the ball over your head and behind your hand.
- 3) Throw the ball to the ground as hard as you can while dropping yourself down in a squat.
- 4) When you perform this, ensure that you focus on maintaining a neutral spine throughout the exercise.



Squat Press

Targeted Muscles:

Quadriceps, Hamstrings, Gluteus, Deltoid

How to Perform:

- 1) Perform a squat with the medicine ball in your hand.
- 2) At the top of your squat, perform an overhead press.



Squats

Targeted Muscles:

Quadriceps, Hamstrings, Gluteus,

How to Perform:

- 1) Start with your feet shoulder width apart and medicine ball in your hand.
- 2) Perform a squat by lowering yourself keeping your back neutral and knees pointed out.
- 3) You should focus on driving through your heels.
- 4) Lower yourself to a point where you can feel your tail bone does not “round-out” at the bottom or to a depth that your flexibility allows.



Wall Ball

Targeted Muscles:

Trapezius, Deltoids, Gluteus Maximus, Hamstrings, Quadriceps

How to Perform:

- 1) Start against a wall and hold the medicine ball in your hand.
- 2) Drop down and perform a squat and as you come up throw the ball up as high as possible or to a point on the wall.
- 3) Catch the ball on the way down as you drop down into another squat.
- 4) It is very important that you focus on performing proper squats. This exercise is a dynamic movement, so proper form is critical to injury prevention.



Wall Throws

Targeted Muscles:

Back (Rhomboid, Latissimus Dorsi, Erector Spinae, Oblique's).

How to Perform:

- 1) Stand about 7 feet away from a wall.
- 2) Take the medicine ball and throw it against the wall as hard as possible by turning your body.
- 3) Repeat.



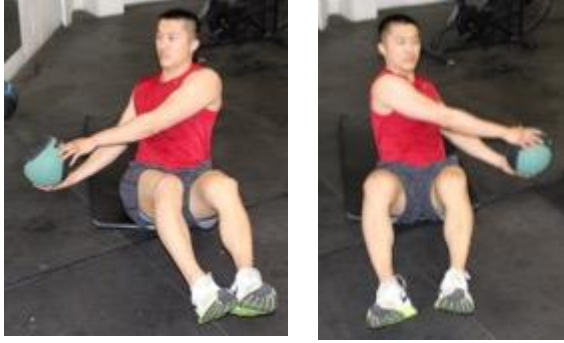
Wind-Mills

Targeted Muscles:

Abdominals

How to Perform:

- 1) Start on the ground with the medicine ball in your arms straight in front of you.
- 2) Turn your arms to the sides while keeping the medicine ball as straight as possible.
- 3) It is important to engage your squeeze your entire upper trunk to maintain your spine neutral spine.
- 4) Focus on trying to turn your rotating your elbows in so that your lats become engaged.



Woodchopper

Targeted Muscles:

Glutes, Hamstrings, Latissimus Dorsi, Erector Spinae

How to Perform:

- 1) Hold the medicine ball in your hands over your head.
- 2) Pretend you are chopping an ax by bringing the ball down.
- 3) When coming down, keep your back neutral and use the hinging motion of your hips to bring the ball down.

