

WARM UP AND STRETCH



Scissor Ball Roll

Set on the floor with your legs scissored out in front of you. Roll the medicine ball out as far as possible, and return to the starting position.



Hip Circle

Stand with your feet together. Hold the medicine ball in one hand and pass it around your body switching hands behind your back.



Ski Bend

Stand with both your feet together and your knees slightly bent. Hold the medicine ball at your waist. Slowly bend at the waist, moving the ball to the side of one knee and then to the other.



Total Body Stretch

Stand with your feet hip width apart. Start by holding the medicine ball down with your arms straight. Slowly lift your arms by raising the ball over your head. Gently release the ball, and quickly lower your arms to catch it.

CORE



Crunches

Lie on your back with your knees bent and your feet on the floor. Holding the medicine ball at your chest, slowly lift your shoulders off the ground while curling your torso up as you contract your abdominal muscles. Hold and slowly return to the starting position.



Curl-Up

Lie on your back with your feet on the floor and knees bent at 90 degrees. Place the medicine ball on your arms. Slowly lift your shoulders and upper back off the ground as you reach towards the ball. Hold and return to the starting position. Be sure to keep your lower back on the floor throughout the exercise.



Oblique Twist

Stand with your feet hip width apart. Hold the medicine ball with both hands against your chest. Slowly twist your torso about 45 degrees, keeping your hips forward. Return to the starting position and repeat on your other side.



V-Sit

Get into your knees bent and your feet on the floor. Holding the medicine ball in both hands with your arms extended out in front of your torso, slightly lean back. Slowly twist from side to side, keeping your abdominals contracted. **Progression:** Lift your feet off the ground, keeping your knees bent to perform the exercise.



Plank

Place both your hands on the medicine ball with your legs extended behind you with your feet shoulder width apart. Be sure to tighten your abdominals, but also rest with your back. Hold this position for 30 seconds. **Progression:** Begin in the same position. Slowly lift one arm up and behind you. Hold this position for 10 seconds. Return to the starting position and lift your other arm.

UPPER BODY



Front Raise

Stand with your feet hip width apart. Hold the medicine ball with both your hands and arms fully extended towards the ground. Slowly raise the ball to your shoulder height, keeping your arms fully extended. Hold and slowly lower to the starting position.



Shoulder Press and Catch

Stand with your feet hip width apart. Hold the medicine ball at your chest. To start, then slowly press your hands up over your head as you gently lean the ball up and catch it. Lower the arms back to the chest and repeat.



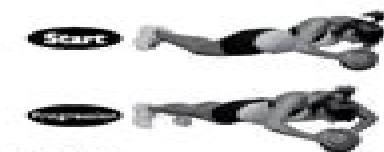
Bicep Curl

Stand with your feet hip width apart. Hold the medicine ball with both hands and arms fully extended down. Keeping your elbows at your sides, slowly bend your arms, drawing the ball upwards your chest. Slowly lower your arms to return to the starting position.



Tricep Extension

Stand with your feet hip width apart. Hold the medicine ball in both hands with your arms bent and elbows forward. Slowly extend your elbows to raise the ball above your head. Slowly bend your elbows to lower them to the starting position.



Push-Up

Start on your knees with your arms extended in front of you and both hands on the medicine ball. Be sure to keep your buttocks down and back straight. Slowly bend at your elbows, lowering your chest towards the ball. Hold and slowly press back up to the starting position. **Progression:** Place both hands on the medicine ball with legs extended behind you and back straight. Slowly bend your elbows by lowering your chest towards the ball. Hold and press back up to the starting position.

LOWER BODY



Wall Sit

Stand with your back against a wall. Your feet should be hip width apart and extended out about one foot in front of you. Hold the medicine ball at shoulder height with your arms extended out in front of you. Slowly slide down the wall until your knees are bent to approximately 90 degrees, making sure that your knees do not go past your toes. Hold and return to the starting position.



Walking Lunge

Start with both your feet together, holding the medicine ball at your waist. Take a large step forward with one foot, keeping the other in the starting position. Jump forward, keeping your front knee behind your toe. Twist your torso by moving the medicine ball to your side. Return to the starting position and repeat on your other side.



Squat

Stand with your feet hip width apart. Hold the medicine ball at your waist, keeping your arms extended. Slowly bend your knees, pushing your buttocks back and keeping your chest upright. Be sure to keep your weight on your heels and do not allow your knees to go past your toes.



Progression:

Single Leg Squat - Stand on one leg with the other leg at your knee and your feet behind your heels. Hold the medicine ball at your hips with arms fully extended. Slowly bend the knee that you are standing on about 45 degrees, keeping your knee behind your toe. Return to the starting position and repeat on your other side.

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Medicine Ball Exercise Guide

Hussin A.Rothana

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