



Medicine Ball

Perform this routine at the end all the end of your regular workout or as a stand-alone workout, 3 days a week. (Use a 6-8-or 10 pound medicine ball) Do 20 repetitions of each exercise in the order shown. Complete the routine as a circuit, doing 1 set of each movement in succession and without rest. Too easy? Rest 60 to 90 seconds and do the Circuit again.

- 1) **Big Circles** standing with your feet shoulder-width apart and knees slightly bent, hold A medicine ball with your arms extended directly above your head (A). Without bending your elbows, rotate your arms counterclockwise (B) using the ball to draw large Imaginary circles in front your body. (C, D) Do 10 circles, and then reverse direction to Clockwise and do 10 more.
- 2) **Woodchopper Stand** with your feet just beyond shoulder-width apart. With your arms Nearly straight, hold a medicine ball above your head (A). Now bend forward at your Waist and mimic throwing the ball backward between your legs—but hold onto the Ball the entire time (B). Quickly reverse the movement with the same intensity, and Return to the standing position. That's 1 repetition
- 3) **Standing Russian Twist Hold** a medicine ball with both hands in front of your chest And your arms straight (A) without dropping your arms, pivot on your right foot and Rotate the ball and your torso as far as you can to the left (B) Then reverse direction: Pivot on your left foot and rotate all the way to the right. That's 1 repetition.
- 4) **Squat to Press** Stand holding a medicine ball close to your chest with both hands, Your feet just beyond shoulder-with apart (A). Push your hips back, bend your knees And lower your body until the tops of your thighs is a least parallel to the floor (B) 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 (C) Lower the ball back to the Start Tart's 1 repetition.
- 5) **Medicine-Ball Sit up** Grab a medicine ball with both hands and lie on your back on The floor. Bend your knees 90 degrees' place your flat on the floor, and hold the Medicine ball against your chest (A). Now perform a classic sit up by raising your Torso onto a sitting position (B) Lower it back to the start. That's 1 repetition

- 6) Rocky Solo Sit on the floor with your legs straight, and hold a medicine ball with both hands just above your lap (A). Twist your torso to the right and place the ball Behind you (B) then twist all the way to your left and pick the ball up and bring it Back to the starting position (C). That's 1 repetition. Do 10 repetitions. Immediately Do another 10 repetition, but this time start by twisting with the ball to your left?
- 7) Toe Touch Grab a medicine ball lie on your back. And raise your legs so they're Straight and perpendicular to the floor . Hold the ball above the top of your head with your arms straight (A) .Without moving your legs or bending your elbows, simultaneously lift your arms and torso until the ball touches your toes (B). Lower yourself back to the starting position . That's 1 repetition
- 8) 45-Degree Twist grab a 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 (A). Without dropping your legs or arms, rotate the ball and your torso as far as you can to the right (B). Then reverse direction rotation all the way to the left. That's 1 repetition.