

Full Body (medicine ball) Saggital Front Reach



Exercise Description:

Saggital Front Reach

Classification:

Full Body (medicine ball)

Instructions:

- 1) Start position: Stand with feet hip width apart. Hold medicine ball or dumbbell at waist.
- 2) Step forward 2-3 feet with the heel striking first and lean torso forward. With both hands, reach down towards the front foot so that finger tips touch the floor. DO NOT allow front knee to extend past the big toe - may cause injury.
- 3) Pushing off front foot, return to start position. Continue with same leg or alternate as prescribed.
- 4) Remember to keep head and back in a neutral position. Reaching forward should be performed at the hips and not the low back. Shoulders and hips should remain squared at all times.
- 5) Watch for proper knee alignment - do not let front knee extend past big toe or deviate laterally or medially. Back knee should not come in contact with floor.

Transverse Reach



Exercise Description:

Transverse Reach

Classification:

Full Body (medicine ball)

Instructions:

- 1) Start position: Stand with feet hip width apart. Hold medicine ball at waist.
- 2) Take right foot and step 2-3 feet out to the right side (or the 3 o'clock position). Lean torso forward and sit the right glute back. Reach ball down towards the right foot so that finger tips touch the floor. DO NOT allow lunging knee to extend past the big toe - may cause injury.
- 3) Pushing off lunging foot, return to start position. Continue with same leg or alternate as prescribed.
- 4) Remember to keep head and back in a neutral position. Reaching forward should be performed primarily at the hips and not the low back.
- 5) Watch for proper knee alignment - do not let lunging knee extend past big toe or deviate laterally or medially. Opposite leg should remain straight during lunging phase as shown.

Single Leg Chop



Exercise Description:

Single Leg Chop

Classification:

Full Body (medicine ball)

Instructions:

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.

Slams



Exercise Description:

Slams

Classification:

Full Body (medicine ball)

Instructions:

Stand with feet parallel and knees slightly bent.

Pull medicine ball back behind head and forcefully throw ball down on the ground as hard as possible.

Catch the ball on the bounce from the ground and repeat according to prescribed repetitions.

Squat Throw from Chest**Exercise Description:**

Squat Throw from Chest

Classification:

Full Body (medicine ball)

Instructions:

1. Stand with feet slightly wider than hip-width apart. Knees should be slightly bent.
2. Hold medicine ball at chest level and squat down to a parallel position.
3. Quickly explode up and jump as high as you can. As you start your jump you should start to shoulder press the ball up and reach full extensions with the arms when you are at the peak of your jump. Push ball as high as possible into the air. Try to minimize the time spent in the squatted position. It should be a real quick squat and jump. Catch ball on the bounce and repeat according to prescribed repetitions.

Squat Throw (full body)



Exercise Description:

Squat Throw (full body)

Classification:

Full Body (medicine ball)

Instructions:

1. Stand in quarter-squat position with trunk flexed forward and ball held between legs. Arms should be slightly bent.
2. Perform underhand toss as high as you can, using the legs to explode up. Have partner catch ball on the bounce and return the ball. Athlete should catch ball after a bounce and repeat as prescribed.

Over the Back Toss



Exercise Description:

Over the Back Toss

Classification:

Full Body (medicine ball)

Instructions:

1. Stand with feet slightly wider than hip-width apart. Have a partner or trainer stand approximately 10-15 yards behind you.
2. Grasp ball and lower body into a semi-squat position. Explode up extending the entire body and throwing medicine ball up and over the body.
3. The goal is to throw the ball behind you as far as you can and generating most of the power in the legs.
4. Catch ball on the bounce from your partner and repeat according to prescribed repetitions.

Explosive Start Throws



Exercise Description:

Explosive Start Throws

Classification:

Full Body (medicine ball)

Instructions:

Stand with feet slightly wider than hip-width apart. Knees should be slightly bent.

Pick medicine ball up to chest level.

Quickly explode up and press the ball straight out as far and fast as you can.

As you press the ball forward explode with either leg so that you actually sprint forward a couple of steps.

Circles



Chop



Exercise Description:

Chop

Classification:

Full Body (medicine ball)

Instructions:

Start Position: Hold medicine ball with your arms extended overhead.

In one continuous motion bring the ball down in front of you like you are chopping wood.

You will have to bend at your knees to complete this.

Return to starting position and repeat.

Diagonal Chop



Exercise Description:

Diagonal Chop

Classification:

Full Body (medicine ball)

Instructions:

Starting Position: Start with your arms 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 motion your feet stay stationary and you rotate at your trunk. Repeat this motion for the desired repetitions and then repeat in the opposite direction.

Figure 8

**Exercise Description:**

Figure 8

Classification:

Full Body (medicine ball)

Instructions:

Start Position: Hold medicine ball with your arms extended over your right shoulder.

In one continuous motion bring the ball down in front of you like you are chopping wood and the ball should end towards your left foot.

Stand back up and raise the ball straight up over your left shoulder and now bring the ball down towards your right foot.

You will have to bend at your knees to complete this.

Return to starting position and repeat.

Frontal Reach**Exercise Description:**

Frontal Reach

Classification:

Full Body (medicine ball)

Instructions:

1) Start position: Stand with feet hip width apart. Hold medicine ball or dumbbell at waist.

2) Step laterally 2-3 feet with the heel striking first and lean torso forward. With both hands, reach down in front of you so that finger tips touch the floor. DO NOT allow front knee to extend past the big toe - may cause injury.

3) Pushing off left foot, return to start position. Continue with same leg or alternate as prescribed.

4) Remember to keep head and back in a neutral position. Reaching forward should be performed at the hips and not the low back. Shoulders and hips should remain squared at all times

Medicine Ball Lunge



Exercise Description:

Medicine Ball Lunge

Classification:

Full Body (medicine ball)

Instructions:

- 1) Start position: Stand with feet hip width apart. Place hands on waist or out to sides for stability.
- 2) Step forward 2-3 feet and lower body forming a 90° bend at the front hip and knee. DO NOT allow front knee to extend past the big toe - may cause injury. Take medicine ball during this movement and press the ball over your head.
- 3) Pushing off front foot, return to start position. Continue with same leg or alternate as prescribed.
- 4) Remember to keep head and back upright in a neutral position. Shoulders and hips should remain squared at all times.

One Arm Med Ball Pushup



Exercise Description:

One Arm Med Ball Pushup

Classification:

Full Body (medicine ball)

Instructions:

- 1) Get on hands and knees on floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.
- 2) Place hands slightly wider than shoulder width with one hand on top of the medicine ball; extend legs and place feet at hip width with toes on floor.
- 3) Start position: Extend the elbows and raise the body off the floor.
- 4) Lower your entire body (legs, hips, trunk, and head) 4-8 inches from the floor.
- 5) Return to the start position by extending at the elbows and pushing the body up.

Medicine Ball Squat

**Exercise Description:**

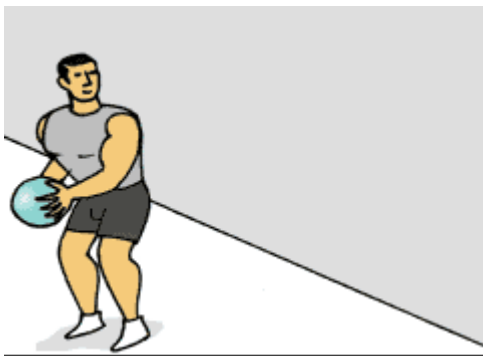
Medicine Ball Squat

Classification:

Full Body (medicine ball)

Instructions:

- 1) Grasp medicine ball and hold out in front of you.
- 2) Start position: Stand with feet slightly wider than hip width apart. Knees should be slightly bent.
- 3) Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly (~5°) during movement. Be sure to “sit back” so that knees stay over the feet.
- 4) Once thighs are parallel to floor, return to start position.
- 5) Remember to keep head and back straight in a neutral position - hyperextension or flexion may cause injury. Keep weight over the middle of foot and heel, not the toes.

Modified Hammer Throw**Exercise Description:**

Modified Hammer Throw

Classification:

Full Body (medicine ball)

Instructions:

1. Stand with feet hip-width apart; place right foot approximately one foot in front of left foot.
 2. Hold medicine ball with both hands and arms only slightly bent.
 3. Swing ball over to the left hip and forcefully underhand toss ball forward to a partner or wall. Keep the stomach drawn in to maximize proper usage of muscle.
- Catch ball on the bounce from your partner and repeat according to prescribed repetitions

One Leg Squat



Exercise Description:

One Leg Squat

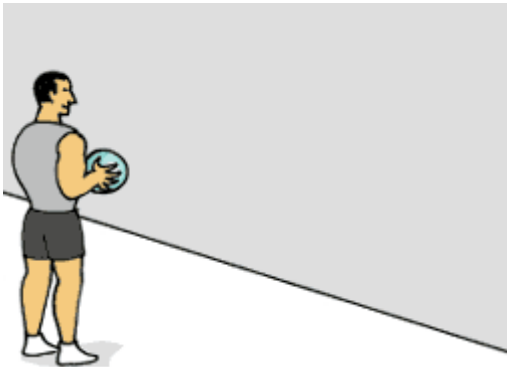
Classification:

Full Body (medicine ball)

Instructions:

- 1) Stand with feet hip width apart with knees slightly bent and toes pointing forward.
- 2) Start position: Lift one foot off ground and extend leg forward. Extend arms forward at hip level..
- 3) Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly (~5°) during movement. Be sure to “sit back” so that knees stay over the feet.
- 4) Once thigh is slightly above parallel (as shown) return to start position.

Remember to keep head and back straight in a neutral position - hyperextension or flexion may cause injury. Keep weight over the middle of foot and heel, not the toes. Keep abdominals tight throughout exercise by drawing stomach in toward spine

One Step Wall Throws**Exercise Description:**

One Step Wall Throws

Classification:

Full Body (medicine ball)

Instructions:

1. Stand with both feet parallel with knees slightly bent. A partner or wall should stand approximately 5-10 yards away.
2. Pull medicine ball back behind head, take one step forward and forcefully throw ball forward as far as possible.
3. Catch ball on the bounce from your partner or wall and repeat according to prescribed repetitions.

Russian Twist



Exercise Description:

Russian Twist

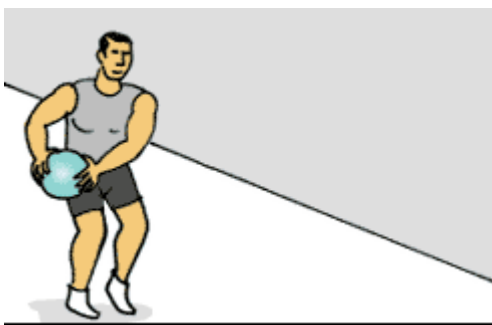
Classification:

Full Body (medicine ball)

Instructions:

1. Stand with feet hip-width apart.
2. Hold medicine ball with both hands and arms only slightly bent.
3. Swing ball over to the right hip and forcefully swing ball forward and around towards the left side. Reverse back in the opposite direction. Keep the stomach drawn in to maximize proper usage of muscle.

Side Throws



Exercise Description:

Side Throws

Classification:

Full Body (medicine ball)

Instructions:

1. Stand with feet hip-width apart; place left foot approximately one foot in front of right foot.
2. Hold medicine ball with both hands and arms only slightly bent.
3. Swing ball over to the right hip and forcefully underhand toss ball forward to a partner or wall. Keep the stomach drawn in to maximize proper usage of muscle.
4. Catch ball on the bounce from your partner or wall and repeat according to prescribed repetitions.

Single Leg Russian Twist



Exercise Description:

Single Leg Russian Twist

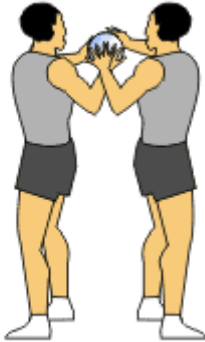
Classification:

Full Body (medicine ball)

Instructions:

1. Stand with feet hip-width apart.
2. Hold medicine ball with both hands and arms only slightly bent.
3. Swing ball over to the right hip and come up onto right foot. Forcefully swing ball forward and around towards the left side so that you are only standing on left foot. Reverse back in the opposite direction. Keep the stomach drawn in to maximize proper usage of muscle.

Partner Diagonal Woodchops



Exercise Description:

Partner Diagonal Woodchops

Classification:

Full Body (medicine ball)

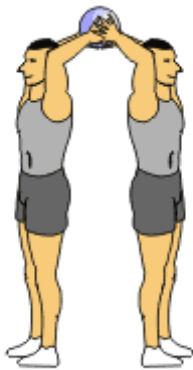
Instructions:

Starting Position: Have two people stand back to back with one person holding a medicine ball. One individual diagonally twists to the right foot while the other individual diagonally twists to their left foot.

Exchange the medicine ball and return to the starting position.

Repeat to the other foot.

Partner Over/Under Med Ball Pass



Exercise Description:

Partner Over/Under Med Ball Pass

Classification:

Full Body (medicine ball)

Instructions:

Stand with a partner back to back. One partner takes a medicine ball and reaches up over their head and hands it to the partner who is doing the same.

The other partner then brings the ball down and passes it between their legs to the partner who

brings the ball back up and passes it again.
Repeat until the recommended number of repetitions is completed.

Squat and Press with medicine ball



Exercise Description:

Squat and Press with medicine ball

Classification:

Full Body (medicine ball)

Instructions:

1. Stand with feet shoulder width apart and knees slightly bent.
2. Start position: Position medicine ball to ear level.
3. Go into a full squat. Immediately extend legs and stand up and at the same time press hands up above head keeping wrists over the elbows and arms moving parallel to body at all times.
4. Return to start position and repeat.

Squat and press with med ball and BOSU Ball



Exercise Description:

Squat and press with med ball and BOSU Ball

Classification:

Full Body (medicine ball)

Instructions:

1. Stand on a BOSU ball or a balance board on a balance disc.
2. Holding a medicine ball at chest level squat down into a full squat and bring the ball down towards your feet.
3. As you stand up press the ball up over your head and then return to the starting position.
4. Repeat according to the prescribed repetitions.

Reverse Wood chop on BOSU ball



Exercise Description:

Reverse Wood chop on BOSU ball

Classification:

Full Body (medicine ball)

Instructions:

1. Stand on a BOSU ball or a balance board on top of a balance disc.
2. Holding a medicine ball start at your left hip and rotate your trunk and raise your arms so that the ball comes up towards your right shoulder.
3. Return to the starting position and repeat with the other side.

