

Quads (medicine ball)

Saggital Front Reach



Exercise Description:

Saggital Front Reach

Classification:

Quads (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:

Quads (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.

Quads (medicine ball)**Exercise Description:**

Chop

Classification:

Quads (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.

Medicine Ball Lunge

**Exercise Description:**

Medicine Ball Lunge

Classification:

Quads (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 Leg Squat**Exercise Description:**

One Leg Squat

Classification:

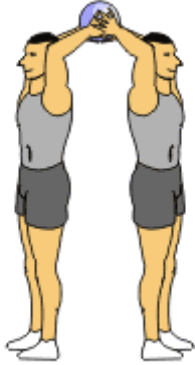
Quads (medicine ball)

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.

Partner Over/Under Med Ball Pass



Exercise Description:

Partner Over/Under Med Ball Pass

Classification:

Quads (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.

Lunge with ankle tubing and med ball



Exercise Description:

Lunge with ankle tubing and med ball

Classification:

Quads (medicine ball)

Instructions:

1) Start position: Stand with feet hip width apart. Attach an ankle strap to both ankles. Hold a medicine ball in your hands.

2) Step backward 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.

3) Pushing off front foot, return to start position and raise the lunging leg into the air. Continue with same leg or alternate as prescribed.

4) 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.

Lunge Crossover with Med ball



Exercise Description:

Lunge Crossover with Med ball

Classification:

Quads (medicine ball)

Instructions:

- 1) Stand with feet hip width apart. Take left leg and step back approximately 2 feet standing on the ball of the foot.
- 2) Start position: Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position. Hold medicine ball in front of your chest.
- 3) Lower body by bending at hip and knee until thigh is parallel to floor. Body should follow a straight line down towards the floor. As you are lunging reach to one side of the leg with the ball.
- 4) Return to start position and repeat by reaching to the opposite side with the ball. Alternate or switch to other leg after prescribed reps.

Lunge Crossover with med ball and balance disc



Exercise Description:

Lunge Crossover with med ball and balance disc

Classification:

Quads (medicine ball)

Instructions:

- 1) Stand with feet hip width apart. Take leg and step back approximately 2 feet standing on the ball of the foot. Place the front foot on a balance disc.
- 2) Start position: Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position. Hold medicine ball in front of your chest.
- 3) Lower body by bending at hip and knee until thigh is parallel to floor. Body should follow a straight line down towards the floor. As you are lunging reach to one side of the leg with the ball.
- 4) Return to start position and repeat by reaching to the opposite side with the ball. Alternate or switch to other leg after prescribed reps.

Lunge with Balance Disc**Exercise Description:**

Lunge with Balance Disc

Classification:

Quads (medicine ball)

Instructions:

- 1) Stand with feet hip width apart. Take leg and step back approximately 2 feet standing on the ball of the foot. Place the front foot on a balance disc.
- 2) Start position: Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position. Hold medicine ball in front of your chest.
- 3) Lower body by bending at hip and knee until thigh is parallel to floor. Body should follow a straight line down towards the floor.
- 4) Return to start position while raising the medicine ball overhead and repeat. Alternate or switch to other leg after prescribed reps.

Squat and Press with medicine ball



Exercise Description:

Squat and Press with medicine ball

Classification:

Quads (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 on extreme balance board with med ball



Exercise Description:

Squat on extreme balance board with med ball

Classification:

Quads (medicine ball)

Instructions:

1. Start by maintaining your balance on the balance board.
2. Proceed to squat into a half or full squatted position. As you squat lower the medicine ball to feet level.
3. Continue to maintain your balance and stand back up to the starting position while shoulder pressing the ball overhead.
4. Repeat for the prescribed number of repetitions.

Twisters with medicine ball



Exercise Description:

Twisters with medicine ball

Classification:

Quads (medicine ball)

Instructions:

1. Place a medicine ball in between your knees and hold.
2. While holding the medicine ball squat down and twist your knees side to side in a twisting motion.
3. Stand up and repeat the exercise for the prescribed repetitions.

