

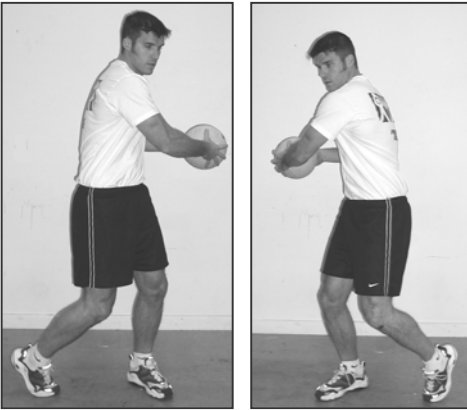
IDEAS FOR USING MEDICINE BALLS

Recently many new products have helped add variety to training and rehabilitation. The medicine ball is an older product that has made its way back into favor. With new technology the ball has become more versatile for use by health professionals. We have pulled together a few exercises (of the many available) to guide you through using the medicine ball.

- Medicine balls are excellent for learning to throw. Because of the weight of the ball, there is a need to properly shift weight from the rear leg to the front. This pattern is similar to swinging activities also.
- The balls also are a great tool for improving dynamic flexibility. The weight of the ball can help improve the functional range over which force must be resisted and applied.

As you will see the progression of exercises move from basic and warm up activities to throwing. Incorporating some medicine ball exercises into your dynamic warm up is a great way to awaken your nervous system. They can be incorporated into a day which has a total body power theme. Throws work best here. In addition, they can be used as an additional load for any movements like core work or lunging/stepping activities. Workouts can include as little as one exercise to an entire circuit. Medicine balls are available in many different forms. Best case would be having a mix to accomplish your training and rehabilitation goals.

Vern Gambetta's **Complete Guide to Medicine Ball Training** in either book or video is an excellent choice for exercise ideas and program design. Many of the exercises used here come from this book. In **Advanced Medicine Ball Training**, Vern adds many variations to the original. For some more varied ideas and innovative uses of medicine balls check out Carlos Santana's video, **Essence of Medicine Ball Training**



Russian Twist

- Begin by putting ball at belly button height arms length away from body and behind your right or left hip.
- Start by moving ball to the right or left.
- Keep core tight and turn/rotate back foot to allow greater range of motion on exercise.

Diagonal Chops

- Start with ball behind and above ear.
- Move the ball diagonally across the body, ending near knee of opposite leg or foot.
- Return with same pattern.
- Rotate/turn back foot to increase effective range of exercise.

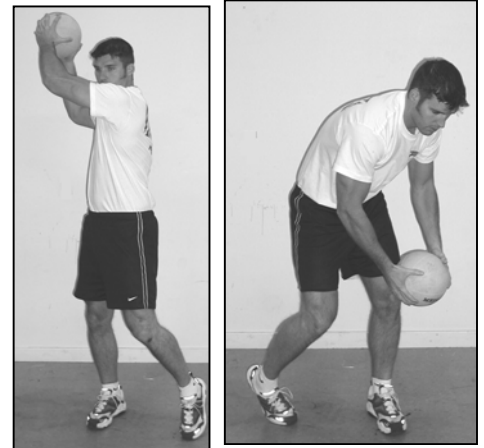
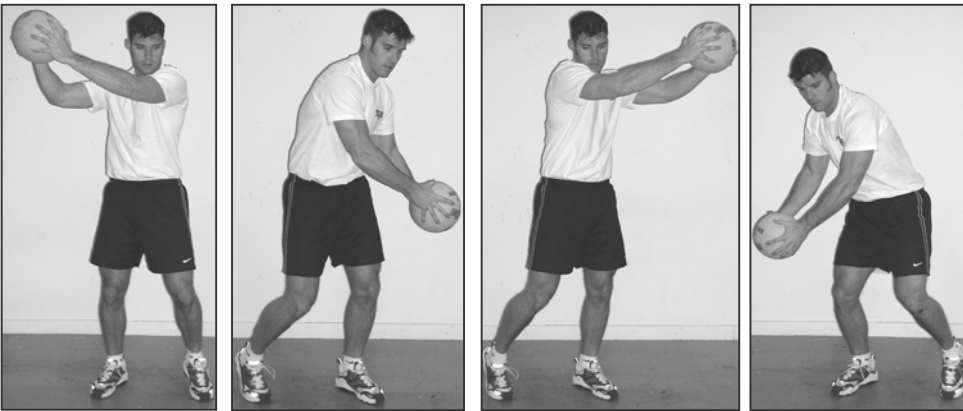


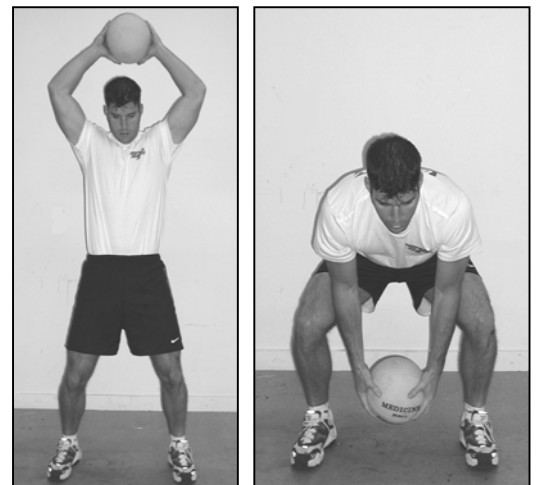
Figure 8's

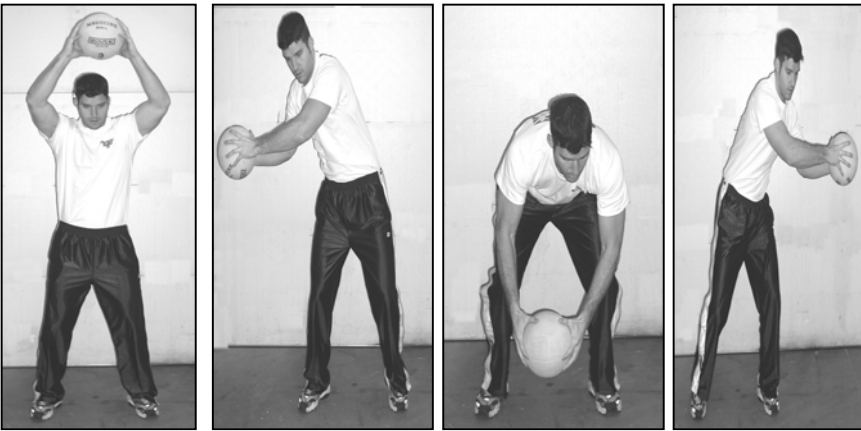


- Begin with ball at ear level with arms extended.
- Move the ball through a fig. 8 pattern continuously.
- Pattern will be in front and side of body taking you from right to left.

Chops

- Start with ball overhead at arms length.
- Stop the ball when it is between your feet.
- Repeat



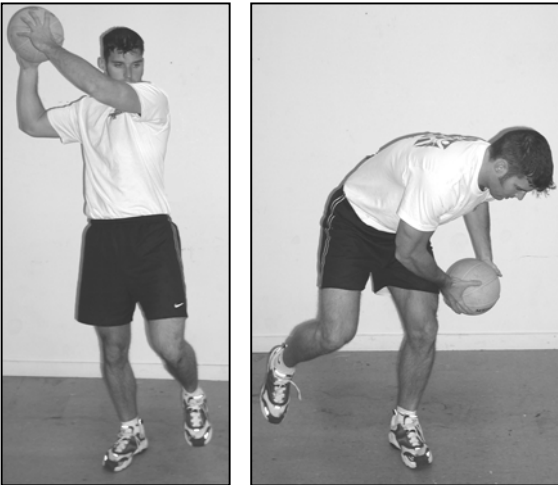


Circles

-Begin with ball overhead and move ball in a circular motion as big as possible around your body.

Single Leg Russian Twist

-See Russian Twist exercise
-When weight is off of back leg take it off the ground

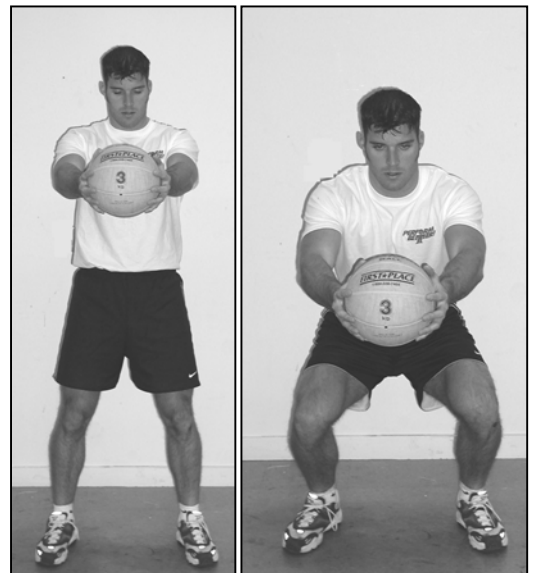


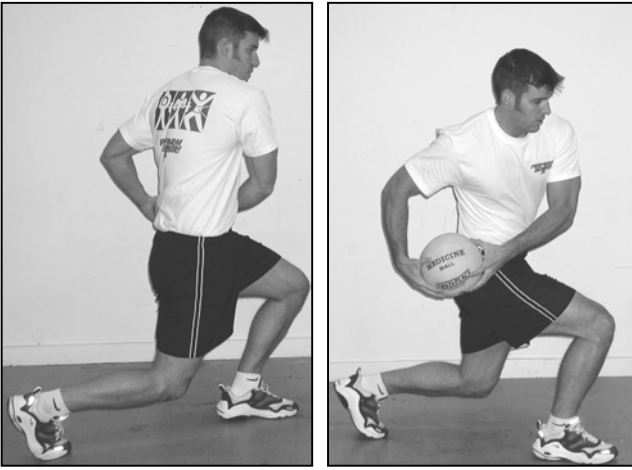
Single Leg Chop

-See Diagonal Chop exercise
-Balance on one leg and perform the exercise

Medicine Ball Squat

-Keep ball at arms length while performing a squat.
-Variation- Start ball at chest and press up or out when squatting, return to chest on ascent.



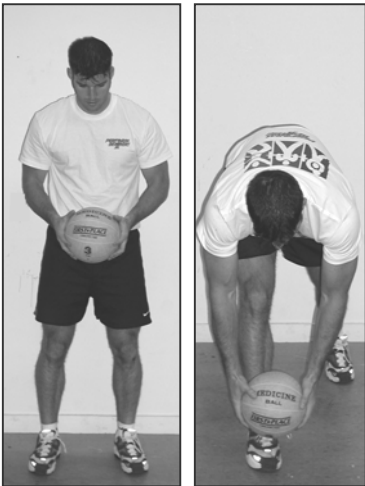
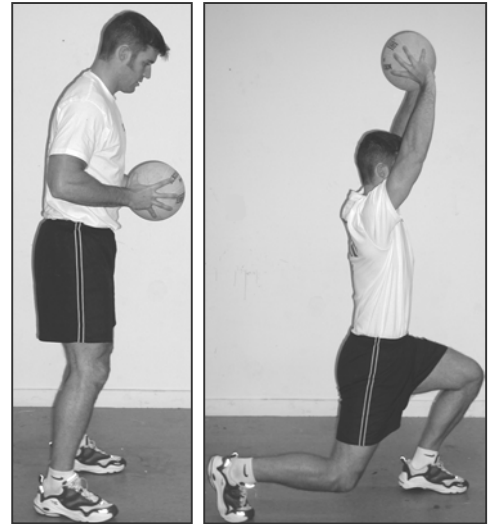


Medicine Ball Lunge

- Begin with ball at belly button level
- Take a step forward with one leg
- At the same time move the ball to side of lunging leg.
- Continue alternating legs by either walking or switching in place.

Medicine Ball Lunge II

- Begin with ball at belly button.
- While lunging forward raise the ball up overhead.
- Either leave the ball overhead while continuing to lunge or return ball to belly button on each lunge.



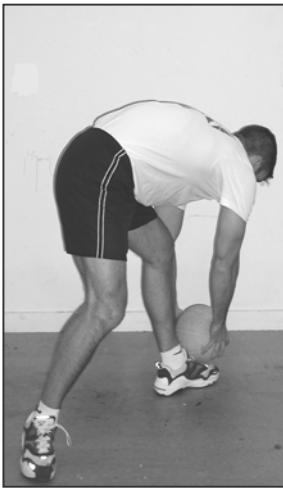
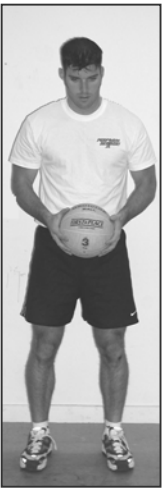
Sagittal or Front Reach

- Begin with ball at belly button.
- Step forward and extend arms to touch or approach front foot.
- Return and repeat in place with same foot or alternate.

Frontal or Side Reach

- Begin with ball at belly button.
- Step and laterally reach to one side.
- Continue reaching and stepping to one side or alternate legs.



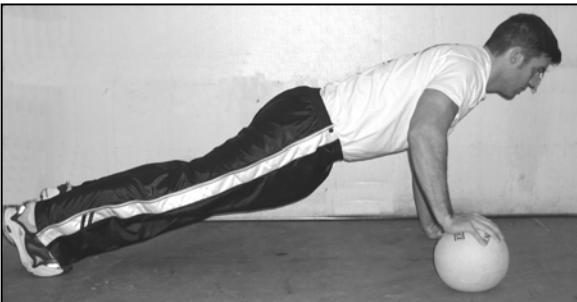
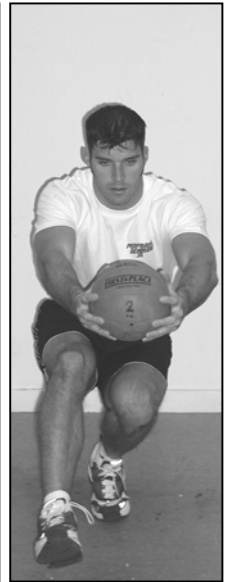


Transverse or Rear Reach

- Start with ball at belly button
- Open and step/reach between 90 and 180 degrees to the rear.
- Return to start and repeat with same leg or opposite leg.

One Leg Squat

- Start with ball at arms length.
- Squat on one leg with ball held out in front as a counterbalance.
- Leave free leg in front.
- Can also be done by leaving free leg to side or rear.
- Ball can start from belly button and be pressed out when squatting.



Medicine Ball Push Up

- Position ball under one hand and perform a pushup.
- Try doing one pushup with hand on ground, pushing hard enough to catch yourself on the ball for next rep.
- Begin to roll ball across to opposite hand between reps if you want a bigger challenge.

Two Arm Wall Pass

- Begin by facing wall about arm's length away.
- Keep hands above head initially keeping throw range short.
- Work towards arms being bent and further away from wall.
- Can also be done with one arm.



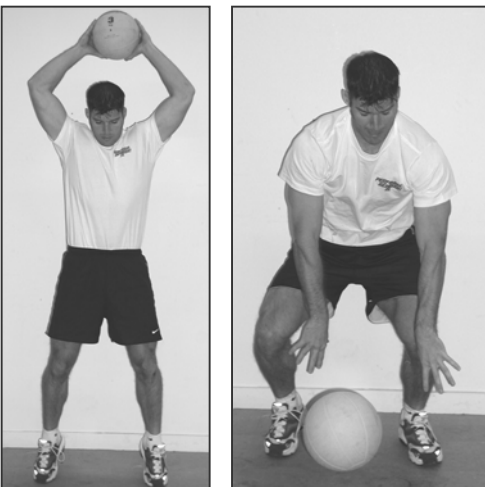
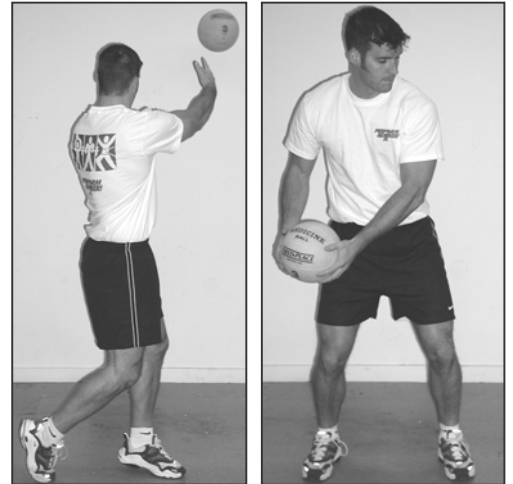


Side Throws

- Begin 90 degrees to wall with ball behind one hip and more weight on that leg.
- Deliver ball at hip height, with more weight on front leg.
- Catch ball and repeat.

Modified Hammer Throw

- Begin with ball near hip opposite of throw/delivery side.
- Start transferring weight from backside to delivery side by turning back foot.
- Finish with throw delivering ball at shoulder height with weight balanced over delivery side.
- Throw can also begin over shoulder.

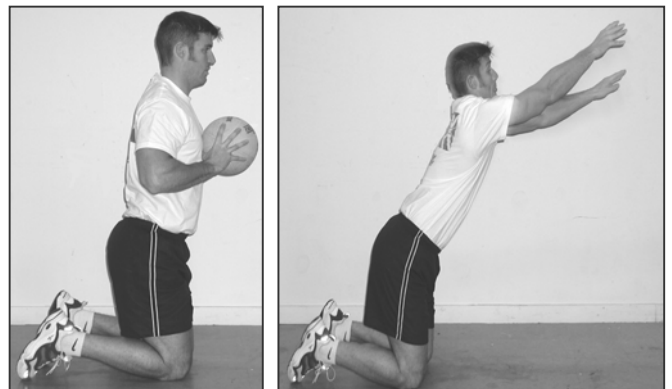


Slams

- Start with ball overhead.
- Throw pulling ball down with your mid section.
- Keep ball stretched as long as possible.
- This exercise can also be done with one arm.

Knee Throw to Push Up

- Start with ball at chest level.
- Kneeling down on both knees, throw the ball forward and follow it.
- When completing extension catch yourself in a push up position.
- This can also be done from an overhead position



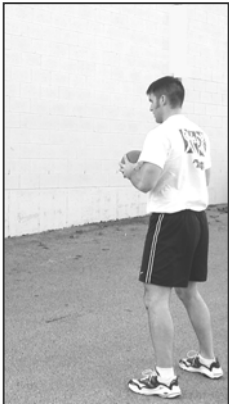


Puts

- Start with ball behind one hip with weight more on that leg.
- Throw the ball turning the side with ball towards the direction of the throw.
- Finish in a balanced position.

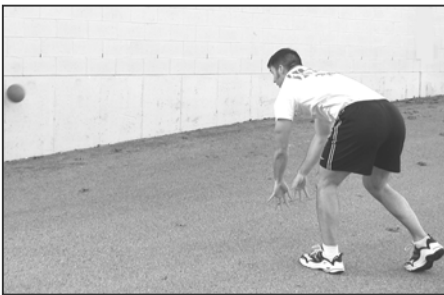
Wall Throws

- Swing ball to an overhead position, stretching the upper extremities.
- Throw by pulling core down.
- Aim about 1 to 2 feet above the bottom of the wall.
- Stand about 6 to 8 feet from the wall.



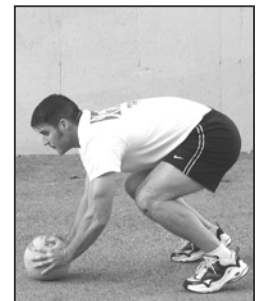
One Step Wall Throws

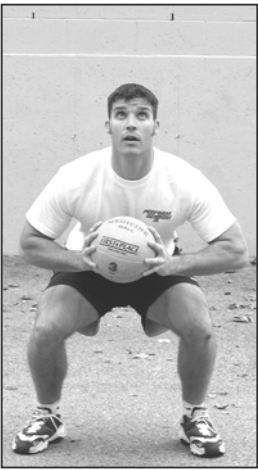
- Start with ball at belly button.
- Then in a stretched top position with ball overhead step with one foot towards wall.
- Shift weight completely over throwing side.
- Aim about 1 to 2 feet above bottom of wall.



Start Throws

- Begin with weight evenly distributed between feet and hands.
- Deliver ball by pushing on ground with feet and bringing ball to position near chest.
- As you are completing hip extension, deliver the ball and in the direction of the throw and begin running.



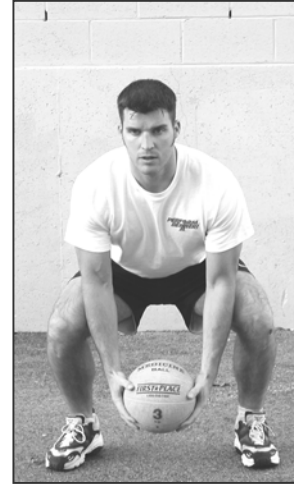


Squat Throw #1

- Start with ball at chest.
- Quickly squat and jump delivering the ball as high as possible directly overhead.
- Let the ball bounce once, reposition and repeat.

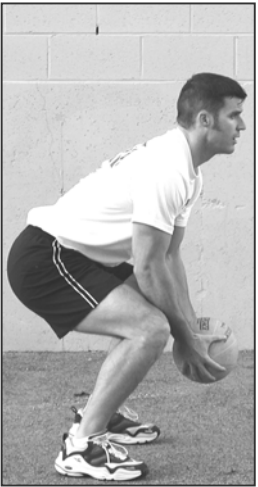
Squat Throw #2

- Start with ball at belly button or overhead.
- Quickly squat to have the ball at calf level.
- Jump and throw the ball directly overhead, letting the ball bounce once then repeat.



Over the Back Toss

- Start with ball overhead and bring it down to knees.
- Begin throw as soon as ball gets to knee level.
- Throw by extending ankle, knee, hip and delivering ball overhead backwards.
- This is a great total body power test.



Single Arm Throw

- Start with ball between feet.
- Throw ball as high as possible by extending at knee, ankle and hip.
- Check that ball flies straight overhead and is not pulled backwards.
- Ball should move close to body for best height.

