



MEDICINE BALL WORKOUT CHART

The medicine ball is ideal for abdominal training, improves core strength and conditioning. Aids in building strength in arms, improves stability and enhances cardio exercises.

SUITABLE FOR



STRENGTH



BALANCE



FLEXIBILITY



TONING



CORE



CARDIO

SQUAT & OBLIQUE TWIST



DO 10 REPS AND COMPLETE 3 SETS. ADD 2 REPS EACH WEEK. 30 SEC REST BETWEEN SETS.

PRESS UP



DO 10 REPS AND COMPLETE 3 SETS. ADD 2 REPS EACH WEEK. 30 SEC REST BETWEEN SETS.

ROLL UP



DO 10 REPS AND COMPLETE 3 SETS. ADD 2 REPS EACH WEEK. 30 SEC REST BETWEEN SETS.

CHEST PRESS



DO 10 REPS AND COMPLETE 3 SETS. ADD 2 REPS EACH WEEK. 30 SEC REST BETWEEN SETS.

MOUNTAIN CLIMBER



DO 10 REPS AND COMPLETE 3 SETS. ADD 2 REPS EACH WEEK. 30 SEC REST BETWEEN SETS.

SIDE LUNGE



DO 8 REPS AND COMPLETE 3 SETS. ADD 2 REPS EACH WEEK. 30 SEC REST BETWEEN SETS.

RUSSIAN TWIST



DO 8 REPS AND COMPLETE 3 SETS. ADD 2 REPS EACH WEEK. 30 SEC REST BETWEEN SETS.

WOOD CHOP



DO 10 REPS AND COMPLETE 3 SETS. ADD 2 REPS EACH WEEK. 30 SEC REST BETWEEN SETS.

Medicine Ball Exercise Guide

D Keegan

Medicine Ball Exercise Guide:

Medicine Ball Workouts 14 Peaks, Sammy Parney, 2017-04-25 Whether you are using a medicine ball for CrossFit strength training or to get ultimate fitness Medicine Ball Workouts has you covered. Each of the 30 medicine ball exercises shows you a breakdown of primary and secondary muscles targeted step by step instructions and tips to get the most from each exercise. Medicine ball exercises included is an 8 Week Workout Plan with a recovery week placed into the schedule. The only equipment needed for these workouts is your body and a medicine ball. These workouts were strategically designed by Samantha Pankey, certified personal trainer, USA Rugby Player and USA Level 200 coach who attended the American College of Sports Medicine. Within this book you will find out the benefits of working out with the medicine ball, an overview of the best brands, 30 step by step medicine ball exercises and an 8 week workout plan. This book works great with the brands Amazonbasics, Valeo, J fit, Yes4all, Sports Research, TRX training, Go Fit, Fit Deck, Milliard, CAP, Barbell and Champion Sports. It is also available in Kindle editions and paperback editions and can be combined with your Amazon prime order. Get the ball rolling down the path to ultimate health.

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