



## H3 Medicine Ball

### Tips:

Be conscious of your body alignment when performing the medicine ball exercises. Standing exercises should always be performed with soft knees (slightly bent), belly button tucked in towards the spine, and shoulders relaxed and down (do not shrug your shoulders). Make sure you are always keeping a slight bend in your joints – do not lock your joints.

### Warm-up:

Begin with a five minute warm-up for all the major muscle groups. You may choose various moves from the list below:

- March in Place
- Squats (with your weight on your heels, bend the knees, keeping the chest high, keeping your knees aligned with your ankles; return to start position and repeat)
- Knee lifts (lift one knee up towards the chest, lower and repeat on the other side)
- Hamstring curls (bending your leg at the knee, bring one foot up towards your buttocks; repeat on the other side)
- Arm circles

### Exercises:

Begin holding the medicine ball at belly button height for all exercises.

- Side Lean
  - With feet wider than shoulder width apart and toes pointed at a 45° angle, shift weight from side to side.
  - Press the ball towards the floor and bring it up to your chest as you lean to each side.
  - Toss the ball between each hand as you lean to each side.
- Squats with bicep curl
  - Slowly bend the knees, keeping your weight on your heels and your chest high.
  - Hold the ball with straight arms down by your waist.
  - As you squat down, curl the medicine ball up, bending your elbows, bringing the ball toward your chest. Lower the ball as you rise from the squat.
- Side Squats with Row
  - Perform a traveling squat by stepping out with your right leg, squat, and then bringing your left leg together. (Repeat and perform sets on both sides)
  - Holding the ball on the sides, starting with straight arms, bring elbows up high and squeeze your shoulder blades together as you bring the ball to your chest.
- Walking Lunges
  - Step forward with your right foot, and bend down, keeping your chest high, knee over your ankle, and toes pointed forward. As you come up bring your left leg forward and continue.



- Add in a Chest press with the ball, pressing the ball out from your chest as you come down, bringing it in as you come up.
- Add in a Shoulder press, pressing the ball from your shoulders above your head as you come down, bringing it back to your chest when you come up.
- Add in a twist over the front knee (twist to the right if the right knee is forward, and vice versa)
- Knee lifts
  - Shift your weight to your left leg and place the ball on your right thigh.
  - As you press down on the ball, lift your leg up to a high-knee position. Repeat on both sides.
- Overhead extensions
  - Holding the ball underneath, above your head, lower the ball behind your head keeping your elbows close to your ears. Extend to the top and repeat.

**Cardiovascular Components: (add these between every 3-5 exercises)**

Add Chest press or Shoulder press to any of these steps to increase intensity.

#### Low Impact

- March
- Half Jumping Jacks (on side at a time)
- Hamstring Curls

#### High Impact

- Jog in Place
- Jumping Jacks
- Skis

#### Partner Abdominal Exercises

- Partner Hand-offs
  - Standing with a partner back to back, keeping hips stable, hand ball to partner from right side and receive on the left. Switch directions.
- Partner Tosses
  - With one partner seated with a straight back, leaning back, the standing partner tosses the ball. Seated partner catches and returns to partner.
  - Add a twist to each side after the seated partner catches the ball.