**Full Body Medicine Ball Workout**

Medicine ball workouts are non-traditional but are incredible for getting a full body workout that counts! It combines strength, cardio, balance, and plyometrics all in the one move you are currently engaged in. That means that you can torch fat that much quicker! Try this medicine ball workout from MuscleandFitness.com It is sure to get your heart racing!

**The Medicine Ball Workout**

This full body workout incorporates med ball training with traditional full body exercises. Focus on the quality and speed of execution rather than quantity. If your repetitions start to slow down, terminate the set. Warm up with this simple med ball routine: Perform 2 sets

1. Med ball wall chest throws x 10
2. Med ball wall overhead throws x 10
3. Med ball lateral wall throws x 10/side
4. Overhead med ball squats x 10
5. Med ball hug single leg Romanian deadlifts x 10/side
6. Med ball hug lateral lunges or Cossack squats x 10/side

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| **Exercise Name** | **Sets x Reps** | **Rest** |
| A1. Med ball Squat Jump Throw from bench | 5 x 5 | 60-sec |
| A2. 30-yard sprint | 5 x 1 | 2-min |
| B1. Pull Up (weighted if possible) | 3 x 5 | 60-sec |
| B2. Overhead Med ball slam | 3 x 8-10 | 2-min |
| C1. Pushup (weighted if possible) | 3 x 5-8 | 60-sec |
| C2. Explosive Supine Medicine Ball Chest Pass | 3 x 8-10 | 2-min |
| D1. Rotational Med ball throws | 3 x 8-10/side | 30-sec |
| D2. V-sit Med ball Chest Throws | 3 x 10-12 | 60-sec |

**The Medicine Ball Exercises**

Squat Jump Throw – From bench

**Focus:** To develop full body explosive power  
**How to:** Stand on an exercise bench holding a medicine ball.  Step off the bench, land on the floor and quickly jump up as fast and high as you can throwing the medicine ball in the air at the peak of your jump.  Do not bother catching the ball, just let it fall.  Grab the ball and complete all reps.

Explosive Medicine Ball Slam

**Focus:**  To develop explosive upper body power  
**How to:**  Start with the ball held overhead.  Explosively slam the ball just in front of your feet using your whole body.  If you’re using a bouncy medicine ball, be careful of the rebound.  Grab the ball again and complete all reps in succession.

Explosive Supine Medicine Ball Chest Pass

**Focus:** To develop explosive upper body power  
**How to:** Lie face down on the floor with your head beside an exercise bench.  Get a partner stand on the bench holding a medicine ball.  Your partner will drop the medicine over your chest – you’ll catch the ball and quickly explode pass the ball straight up to your partner.  Your partner will ensure the ball falls straight onto your chest again for the next repetition.  Complete all reps.

Rotational Medicine Ball Throws

**Focus:** To develop explosive rotary power  
**How to:** Grab a semi-bouncy medicine ball and stand 4-5’ from a cinderblock wall.  Explosively rotate through your hips and shoulders as you throw the ball toward the wall.  As it bounces off and rebounds back toward you, catch the ball and load up for the next repetition performing rep after rep in succession.  Do all reps, switch sides and repeat.

V-Sit Med ball Chest Throws

**Focus:** To develop upper body explosive power

**How to:** Sit near a concrete wall with your hips and knees bent with your feet flat on the floor. Brace your abs, puff out your chest and bring your shoulders back. Lean back slightly and lift your feet off the floor. Form a straight line from your shoulders to your hips and do not slouch. Hold a med ball in front of your chest. Explosively throw the ball toward the concrete wall. As the ball bounces back, decelerate it and immediately throw it back against the wall. Do all reps.

\*\*This workout was created by Jon-Erik Kawamoto, CSCS, CEP for Muscle and Fitness Magazine\*\*

***Do you have a question about health, fitness or nutrition? Send it to Ask Laura, at*** [futurist@shockertrackclub.com](mailto:futurist@shockertrackclub.com)

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