

Medicine Ball



Medicine Ball Benefits:

- A Warm-up Activity
- Cardiovascular Training
- Upper Body Workout

For more detailed information, as well as visual examples of techniques, go to the computer in this gym facility and click on “Exercise Guide”.

If you feel pain, dizziness, or shortness of breath at any time during this exercise or any other equipment, you should STOP exercising and contact your physician. Alert gym staff if assistance is needed.

Use of the Medicine Ball:

1. Stand a comfortable throwing distance from a partner

- This distance varies with ability to throw with control and accuracy
- Feet should be shoulder width apart horizontally or vertically, keeping the knees slightly flexed
- Be aware of your center of gravity.

2. Grasp the ball with open hands at the center and sides of the ball

- Throw the ball from your chest
- Direct your throw to your partner’s chest
- Intensity can be increased to an aerobic level with continuous and more rapid throwing

3. Receive your partner’s throw with open palms to the center and outer edge of the ball

- Keep your eyes on the ball
- When the ball reaches your hands give with your elbows flexing into your chest
- Shift your weight from the front foot to the back to give into the impact of the throw

4. Vary the type of throw

- An overhead throw can be used
- Refer to outside sources such as the internet, training videos, and texts for more indepth medicine ball training techniques

5. Decrease activity level to cool-down or move to another aerobic activity