

Safety and Maintenance

- **CAUTION:** Consult your physician before beginning any exercise program. These products are not intended for use by children unless supervised by an adult.

Exercise Instruction

- **CAUTION: MEDICINE BALLS ARE HEAVY!** Make sure that you and your workout partner are aware of the weight of the Medicine Ball that you will be using. Before beginning exercise, handle the ball to make sure that it is not too heavy when used in the exercise. If you cannot complete the exercise without dropping the ball or if you feel excessive muscle strain when performing the exercise, choose a ball that weighs less.
- Select the appropriate weight of Medicine Ball that enables you to accomplish 12-15 repetitions. Once 15 repetitions are accomplished with ease, move to a higher weight Medicine Ball.
- Always wear appropriate footwear to avoid slipping.
- Perform 1-2 sets of 12-15 repetitions resting 30-45 seconds between sets.
- Always maintain stable posture when standing. Keep chest up, abdominals slightly contracted, shoulders square, eyes forward, knees slightly bent, and a neutral spine position.
- To eliminate repetitive explanation on every exercise, all exercises are described from starting position to contracted position. Always return to the starting position after pausing to contract muscles.
- Focus on good mechanics by concentrating on muscles producing the movement.
- Repetitions should always be performed in a slow and controlled manner, pausing at both ends of the range of motion.
- Avoid holding your breath or exaggerating breathing.
- If movement is unilateral (one side at a time), always switch sides after each set and perform equal number of repetitions.
- Seek the help of a qualified fitness professional for further advice and variations on these exercises.



All exercises were designed by Bill Leavitt, RTS. Bill is the owner of Fitness Alliance, Inc., located in Kansas City. He may be contacted at bleavitt@kcfitness.com

Medicine Ball

The Medicine Ball is a versatile, portable, and inexpensive piece of exercise equipment that is beneficial in developing power, strength, balance, and flexibility. They come in a variety of sizes and weights made from different rubbers or leather and can be used to mimic sports movements or any movement you feel beneficial. When performing power or explosive movements, the Medicine Ball has the advantage over free weights in terms of less inertia through release of the ball making it safer and more effective training method. In terms of strength, the Medicine Ball can be used to add resistance to any exercise to almost every muscle group if you are creative enough. Balance is of particular importance in the elderly population. Incorporating Medicine ball training into their routine will improve their balance and coordination dramatically. Flexibility will be obtained by exercising through a controlled and effective range of motion.



Chest Pass - Start **Chest Press** **Chest Pass - Finish**

From a standing position, face partner and hold medicine ball against chest with elbows against sides. Throw ball straight, aiming for partner's chest keeping arms extended to wait for return. Partner catches with arms extended at chest level, brings ball to chest, and performs same motion.

Tips: Focus on maintaining balance and posture utilizing torso muscles for stability.
Variation: Move elbows away from side of body to throw. Take a step in to the release. Perform moving, side-stepping, or cross-over at various speeds.

Side Toss - Start **Side Toss - Finish 1** **Side Toss - Finish 2**

Stand beside partner at desired distance, (at least arm's length) and hold medicine ball between shoulder and chest height. Start in a rotated position facing away from partner. Twist and release ball to partner who stands with arms extended, ready to catch. Partner receives ball and upon catching, immediately begins rotating. Make this exercise as fluid and controlled as possible, focusing on good tempo. **Variation:** Alter distance between each other. Start from a squatted position and rotate while standing up to release.



Partner Rotation - Start **Partner Rotation** **Partner Rotation - Finish**

Stand back-to-back and pass medicine ball from side-to-side. Perform equal number of repetitions each direction. **Tips:** Make sure hand positions are figured out prior to exercise. When passing the ball, outside hand is on top. When receiving ball, hands are parallel (horizontal) **Variation:** This exercise can be performed as a Trainer-Client situation where the trainer stands behind the client and focuses only on passing the medicine ball.

Low-High Rotation - Start **Low-High Rotation** **Low-High Rotation - Finish**

Stand back-to-back and start from a squatting position. Pass the medicine ball low. Rotate while standing and exchange ball high. Rotate and squat back to starting position exchanging low. This exercise should not only be performed both directions, but also from the High-Low position so that both exercisers have the opportunity to squat against resistance. **Variation 1:** This exercise can be performed as a Trainer-Client situation where the trainer stands behind the client and focuses only on passing the medicine ball. **Variation 2:** The Medicine Ball can also be tossed from various distances to increase challenge and improve hand-eye



Overhead Toss - Start
Overhead Toss
Overhead Toss - Finish

Face partner at distance desired, hold medicine ball behind head. Throw ball to partner who has arms outstretched to receive.



Resisted Crunch (floor) - Start
Resisted Crunch (floor) - Finish

The Medicine Ball is a great tool to add resistance and progressive challenge to a crunch. Performed lying on a mat, increasing resistance is easily performed by moving the ball further from the abdominals to tucked under the chin, and eventually having arms extended straight behind head. **Variation 1:** Resisted crunch, on floor with toss to partner. **Variation 2:** Or with arms extended.



Resisted Crunch (on stability ball) - Start
Resisted Crunch (on stability ball) - Finish

Using the Stability Ball adds the element and challenge of balance to crunches. Once the ball crunch is mastered without resistance and there is no pelvic movement and focus is on pulling the rib cage to the pelvis only, using the Medicine Ball for added resistance is an excellent tool. It can be performed with arms extended above the torso, held behind the head or extended beyond the head.



Resisted Crunch (on stability ball) - Start
Resisted Crunch (on stability ball) - Finish
Resisted Crunch (on stability ball with partner pass)

Perform this exercise focusing on the same mechanics as above but hand the Medicine Ball of to partner, perform a crunch without the ball, then re-take the Medicine Ball and perform a crunch with the Medicine Ball.



Resisted Reverse Crunch - Start
Resisted Reverse Crunch - Finish

Placing the Medicine Ball Between the knees, shins or even the feet provides excellent resistance to the Reverse Crunch. Focus on pulling the pelvis to the rib cage maintaining stationary hip and leg position. **Tip:** Lying on a bench and placing hands behind head to hold on to the edge or end of the bench provides a good anchor.



Finger Tip/Wrist Pass Against Wall - Start
Finger Tip/Wrist Pass Against Wall

Hand-eye coordination, finger, wrist and forearm strength are all improved with this exercise. Practice against a wall, at various distances, moving laterally, and squatting while varying tempo.



Lunge - Start
Lunge
Lunge - Finish

The Lunge is an excellent exercise that not only works every muscle in the lower extremity, but improves balance, posture, and coordination if performed correctly. Basic rules are: do not let the front knee extend past the toe, have the weight distributed through the front leg ankle instead the forefoot, the knee travels the same direction as the second toe, and maintain good upright posture. Using the Medicine Ball as resistance to a lunge is a great tool to challenge balance and improve stability. Practice with lunges stationary, stepping to the back, passing ball from side to side. Alternating legs to the back, and walking.