





## Total Body Medicine Ball Workout

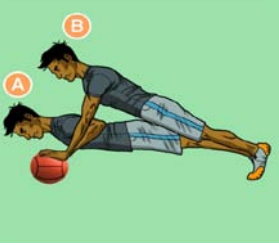

Perform each exercise in the superset one right after the other with no rest. Complete 12 reps for each exercise. Repeat each superset 2-3 times before moving on to the next. Rest for 30 seconds between supersets.

Exercise	Description	Image / Video Link	Targets
<b>SUPERSET 1</b>			
Squat to Press	Stand holding a medicine ball close to your chest with both hands, your feet just beyond shoulder-width apart [A]. Push your hips back, bend your knees, and lower your body until the tops of your thighs are at least parallel to the floor [B]. Then simultaneously drive your heels into the floor and push your body back to the starting position as you press the ball over your head [C]. Lower the ball back to the start. That's 1 repetition.		Quads, chest, biceps
Ab Jackknife	Lie faceup on the floor, holding the medicine ball overhead, arms and legs straight (a). Brace your core, then simultaneously lift your torso and left leg as you bring the ball toward your left foot (b). Lower your body back to the starting position and repeat on the opposite side. That's one rep.		Core, hamstrings

Rest 30 seconds

<b>SUPERSET 2</b>			
Toss & Lunge	Stand, holding the ball with both hands at your chest (a). Toss the ball slightly in front of you (b), then step forward with your left foot, lower into a lunge, and catch the ball at the bottom of the lunge (c). Push back to start, then repeat on the opposite side. That's one rep.		Quads, hamstrings, biceps, core
Big Circles	Standing with your feet shoulder-width apart and knees slightly bent, hold a medicine ball with your arms extended directly above your head [A]. Without bending your elbows, rotate your arms counterclockwise [B], using the ball to draw large imaginary circles in front of your body [C, D]. Do 12 circles, and then reverse direction to clockwise and do 12 more. For added stability challenge, stand on a balance board or couch cushion.		shoulders, chest, back, core

Rest 30 seconds

Med Ball Push Up	Starting in a traditional push-up position (knees on floor is OK), place your palms on the medicine ball, and shift your bodyweight forward until in plank position. Keeping the core tight, and the head aligned with the spine, slowly lower the chest toward the ball until it nearly touches, keeping the elbows pinned tightly at your sides. Finish the move by pressing upward through the arms until they're fully extended.		chest, core, shoulders, triceps, biceps
Weighted Superman	Lie face down on the mat with arms stretched out in front, holding onto a medicine ball. Slowly raise the arms and legs up as high as possible, engaging the back muscles. Hold the position at the top for 2 counts. Lower the body back down to the mat.		back, shoulders, hips, glutes and hamstring