

# MEDICINE BALL

## WORKOUT CHART



### MEDICINE BALL BURPEE

Stand with your feet hip-width apart. Hold the medicine ball next to your chest. Bend forward and down, placing the medicine ball on the ground. Kick both of your feet out and backwards until your body is in a straight plank on the medicine ball. Bring both of your feet back in and stand up.



### MEDICINE BALL JACKKNIFE

Lie on the ground and hold the medicine ball over your head with your arm extended. Simultaneously raise your legs, your upper body and the medicine ball until your feet touch the medicine ball. Return to the starting position.



### SEATED MEDICINE BALL TWISTS

Sit with your feet flat on the floor and your knees bent at a 45° angle. Hold the medicine ball over your abdominals. Turn your upper torso to one side and tap the medicine ball on the floor, then turn to other side and tap the floor again.



### SEATED FIGURE EIGHT

Sit on the floor and hold the medicine ball in one hand. Lift both legs up and balance on your sit bones. Transfer the medicine ball under the opposite leg into the other hand. Now transfer the medicine ball back under the other leg into the original hand. Repeat the exercise. Change directions when appropriate.



### FORWARD LUNGE WITH REACH

Stand with your feet hip-width apart. Take one step forward and lunge down until your knees are at 90° angle. With the medicine ball, reach towards the foot that is forward. Repeat on other side.



### LUNGE WITH TWIST

Stand with your feet hip-width apart. Hold the medicine ball in front of your chest with your arms extended. Take one step forward and lunge down until your knees are at a 90° angle. Twist your upper torso to the side of the leg that is forward. Return to the starting position and repeat on the other leg.



### LATERAL LUNGE WITH REACH

Stand with your feet hip-width apart. Hold the medicine ball close to your chest. Take out giant step sideways with your left leg. With the medicine ball, reach towards your left leg as you lunge down. Return to the starting position. Repeat other side.



### LUNGE

Stand with your feet hip-width apart. Hold the medicine ball next to your chest. Take out step forward and lunge down until your knees are at a 90-degree angle. Return to the starting position and repeat on the other leg.



### SCISSOR JUMPS

Stand with one foot in front of the other. Hold the medicine ball near chest level. Lunge down, then jump and up, switching feet. Repeat the exercise.



### MEDICINE BALL SQUAT CHEST LEVEL

Stand with your feet hip-width apart. Hold the medicine ball near to your chest and squat down until your thighs are parallel to the ground. Return to the starting position.



### SQUAT OVERHEAD

Stand with your feet hip-width apart. Hold the medicine ball over your head with your arms extended. Squat down until your thighs are parallel to the ground. Return to the starting position.



### ONE-HANDED PUSH-UP

With the medicine ball on the ground, place one hand on the medicine ball and one hand on your hip. Lower yourself as far as you can, then raise back up and repeat. If you're just beginning you may want to try one hand on the ball and one on the ground, or try a push-up with both hands on the ball.



### SQUAT JUMPING JACKS

Stand with your feet shoulder-width apart. Hold the medicine ball over your head with your arms extended. Jump up and land with your feet shoulder-width apart. Squat down while lowering the medicine ball between your legs. Jump back up with your feet together, taking the medicine ball back over your head.



### MEDICINE BALL SWING (BETWEEN LEGS)

Stand with your feet shoulder-width apart. Hold the medicine ball overhead with your arms extended and your knees slightly bent. Bend forward at the hips and swing the medicine ball between your ankles. Swing back up over your head. Keep your arms straight.