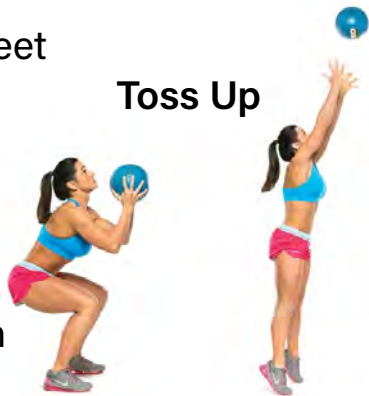


The Right Medicine - the Medicine Ball!

Available in varying sizes and weights, the medicine ball can help improve muscular power and sports performance. The balls can be thrown and caught, making for explosive movements that can improve overall athletic ability. Plus, they're super old school, helping patients recover from injuries for almost 2,000 years.

Stand with your feet a little wider than hip-width apart, toes pointed slightly outward, and hold a ball at your chest with both hands, elbows down. Look up toward the sky and shift your weight into your heels. Kick your hips back and bend your knees to squat all the way down — bottoming out — then explode out of the hole, extending your legs quickly and throwing the ball straight up into the air as you reach full extension. Catch it with both hands as it comes back down and immediately go into the next repetition.

Toss Up



Hold a ball with both hands at chest height and stand with your feet shoulder-width apart. Raise the ball quickly overhead, then use your entire body to throw the ball to the ground, bending your hips and knees and whipping it downward by contracting your abs as you follow through. Pick the ball back up and repeat immediately.

Ball Slam



Sit on the ground with your knees bent and hold a medicine ball at your chest with both hands. Lean back and balance on your tailbone with a straight back. Moving your torso and arms as one unit, twist to the side and touch the ball down to the ground by your hip. Turn the other way and continue, alternating sides.

Twister



Stand with your feet together and hold the ball with both hands at your waist, arms extended. Extend one leg straight behind you, toes just brushing the ground. Fold forward, hinging at the hips and lifting your leg behind you as you lower your torso toward the ground with your back straight. As you lower, reach the ball upward until your arms, back and leg are all parallel to the ground. Pause, then reverse to return to the start. Do all reps on one side before switching.

One-Legged Reach

