

MEDICINE BALL SLAMS

START



- Stand with your feet at shoulder width apart
- Squat down and hold a medicine ball with both hands

Caution:

- Before beginning the medicine ball slam, check the bounciness of the ball
- If you are using a bouncy med ball, it can bounce back to your face. Do not throw the ball straight down, throw it a bit forward

MIDDLE



- Inhale
- Raise the medicine ball above your head
- Arms and body fully extended
- Look straight ahead

END



- Bend forward from the waist and slam the ball into the ground directly in front of you as hard as you can
- Contract the abdomen and exhale while doing the exercise
- Let the arms follow through the movement to prevent falling
- Heels should be on the floor and knees slightly bent
- Let the ball bounce off the floor and catch it when it comes back up
- If the ball does not bounce, then keep your abdomen contracted and pick the ball up
- Perform another slam, repeat

MUSCLES TARGETED

HAMSTRINGS, GLUTES, QUADS, CALVES, ABDOMINALS, LOWER BACK, CHEST, DELTOIDS, SHOULDERS, BICEPS AND TRICEPS

- Medicine ball slam is a total-body movement with a lot of emphasis on strengthening the core
- A strong core allows you to connect the power of your upper body to the power of your lower body

NOTE

Medicine ball slams improve the reactive strength of the abdominal and back muscles, while working on cardiovascular endurance, muscle mass and hand eye coordination.