



Medicine Ball

Manual and Exercise Guide

CUTTING EDGE
HIGH QUALITY
AFFORDABLE

MEDICINE BALL

MANUAL & EXERCISE GUIDE

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Medicine Ball Use and Care

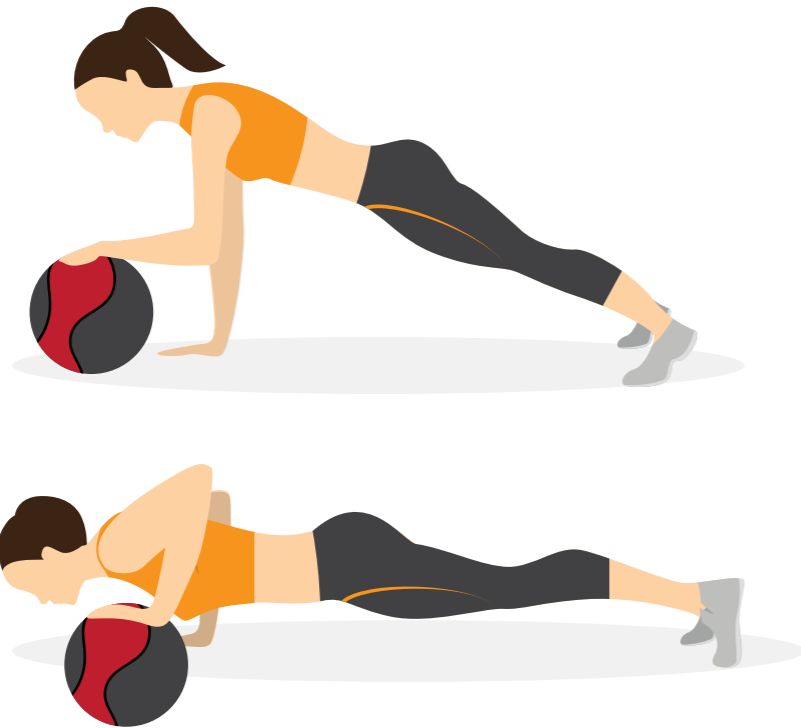
Medicine ball exercises can help improve flexibility and increase your overall range of motion, helping you to build muscle faster. Increase your explosiveness by throwing them to a partner, stabilizing against the wall or the floor. Challenge your core stability and improve coordination. Start by using a lighter weight ball and work your way up in weight as you become stronger and more comfortable with the techniques of using a medicine ball.

In the interest of your safety, it is important to check with your physician before beginning any exercise program if you have a chronic health condition or injury. Always exercise according to your fitness level and capabilities. If you have any questions, please seek the guidance of a health professional.

CARE INSTRUCTIONS

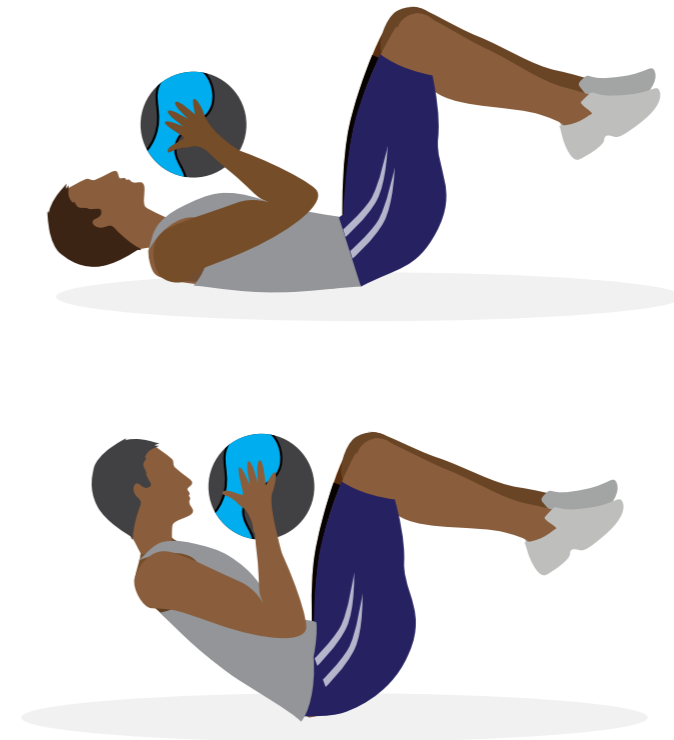
Dirt, grime, germs and perspiration can build up on your medicine ball. It is important to wipe your bar clean to eliminate build up. A simple solution of vinegar and water, or mild detergent and warm soapy water, wiped with a cloth, will remove most grime and dirt. Do not immerse your bar in water. To disinfect, we do not recommend using any product with alcohol, hydrogen peroxide, bleach or ammonia that can break down the surface of your gym equipment where germs can hide.

MEDICINE BALL PUSH UP



- 1 Get into high plank with one hand on the medicine ball, the other on the floor.
- 2 With back straight, head and shoulders aligned, lower into a push up.
- 3 Roll the ball over to the other hand and perform on opposite side.

MEDICINE BALL CRUNCH



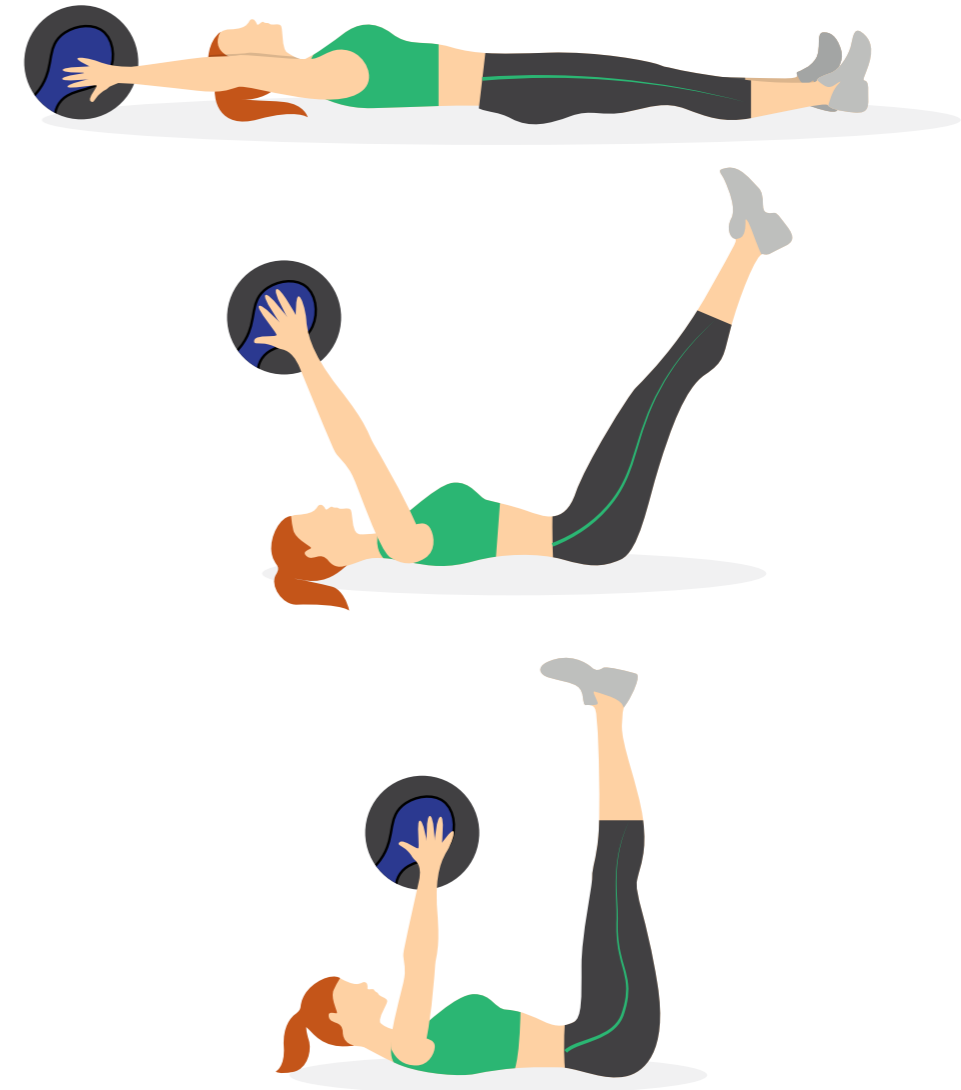
- 1 Lying on a mat, with legs at table top position, hold a medicine ball in both hands.
- 2 Keeping legs steady, medicine ball at chest height a few inches away from your body, raise your chest and ball up towards your knees.
- 3 Exhale and slowly roll your shoulders off the floor, head neutral, try to raise your chest up and out by using your core muscles.
- 4 Continue to keep your legs at table top, lower back to start position and repeat.

SIDE TO SIDE SLAM



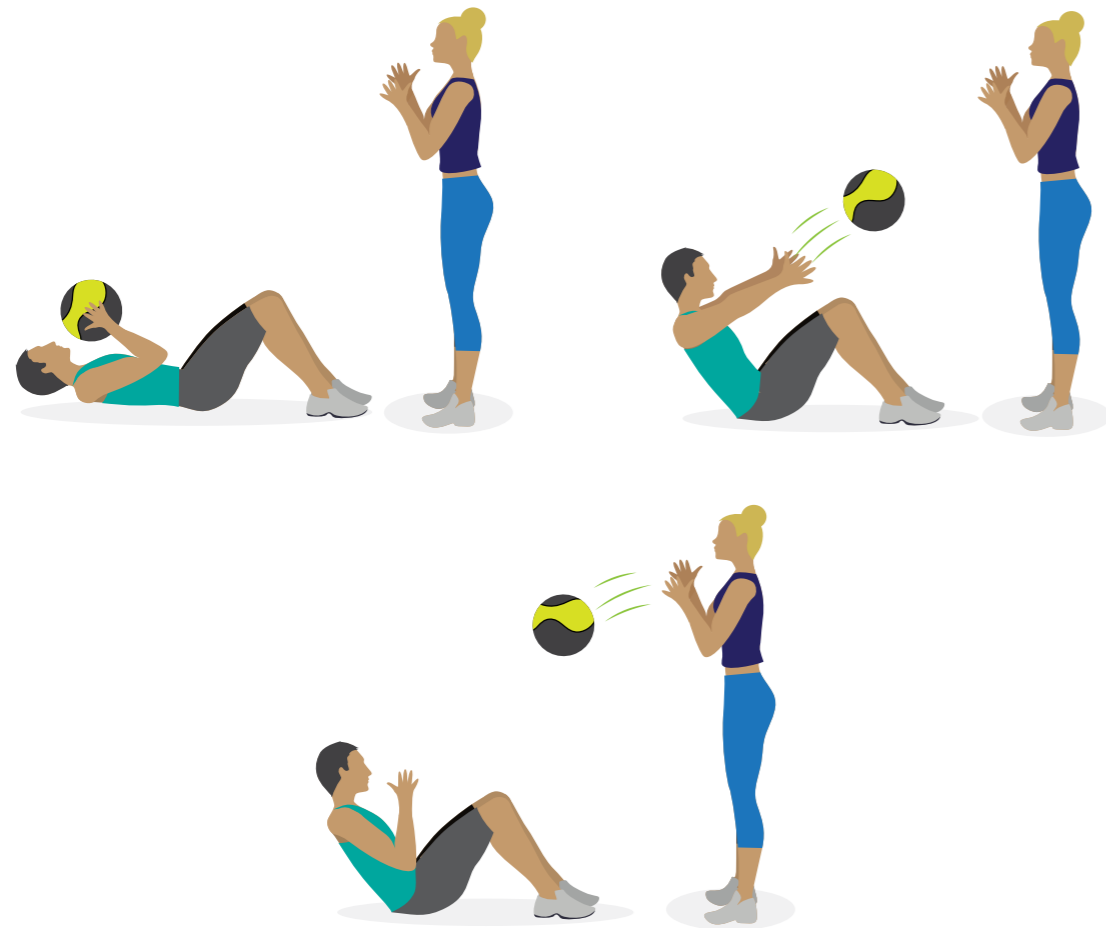
- 1 Sitting on a mat with your legs at table top position, hold the ball with both hands chest high.
- 2 Engage your abs and rotate your torso to the left and tap the ball on the floor next to your left hip.
- 3 Pull the ball back to center and repeat on your right side.
- 4 Continue to alternate sides.

MEDICINE BALL V-UP



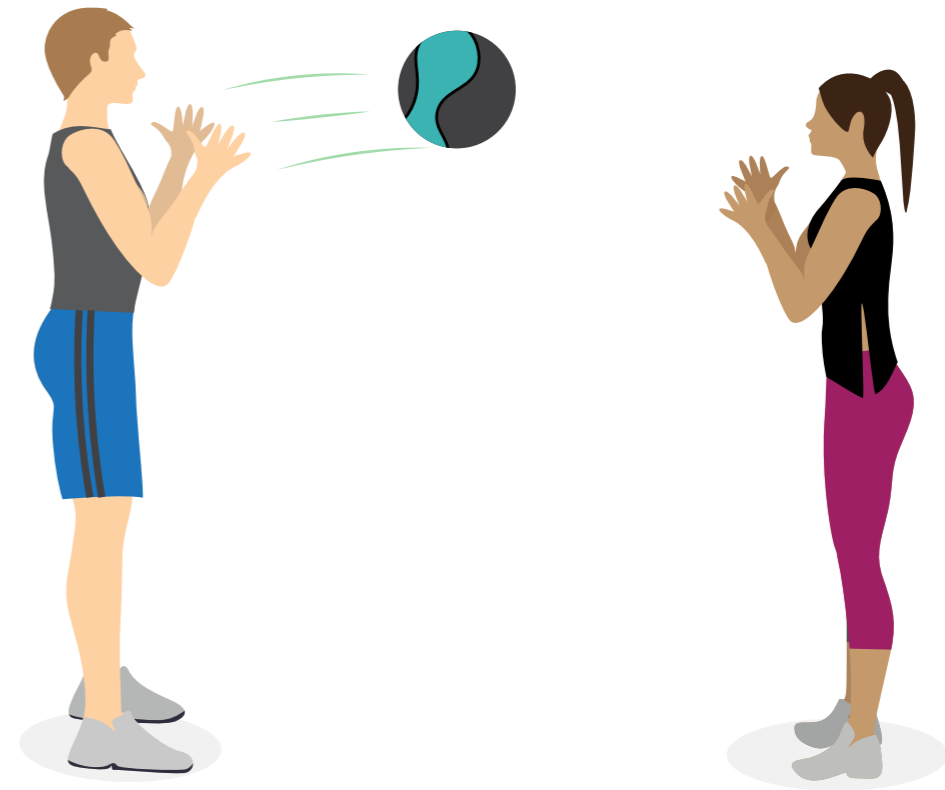
- 1 Lie flat on a mat, arms extended behind you holding a medicine ball with both hands, legs extended straight out front.
- 2 Simultaneously raise your arms and torso towards each other, trying to touch the ball to your feet, your body performing a V shape. Legs should be straight. Pause, lower to start position and repeat.

PARTNER SIT UP



- 1** Sitting on the floor in front of your partner, knees bent, hold the medicine ball at your chest.
- 2** Roll up into sit up position while tossing the ball to your partner.
- 3** Your partner will catch the ball and toss it back to you as you slowly decline to lying position.

MEDICINE BALL PARTNER TOSS



- 1** Begin standing with legs shoulder width apart about 4 – 6 feet away from your partner.
- 2** One person holds the ball about chest height. With an explosive move push the ball away from the chest tossing to your partner.
- 3** Your partner catches the ball, brings it into their chest, then returns the toss.

Your complete **satisfaction** is our top priority!



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UNHAPPY

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Our cutting-edge, affordably priced equipment is perfect for at-home exercisers, personal trainers and gym junkies alike. We also supply retailers nationwide. We keep stepping up our game—so you can too.



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**WEIGHT PLATES
& BARS**



SLAM BALLS

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