

Slam Ball

Exercise Guide



Slam Ball V-Up

1. Lie flat on a mat, arms extended behind you holding a slam ball with both hands, legs extended straight in front of you.
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.
3. Pause, lower to start position and repeat.

Side to Side Oblique Slam

1. Sit on a mat with your legs at tabletop position, holding 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.

Slam Ball Squat

1. Stand with feet slightly wider than hip width apart, toes pointed slightly outward at 1:00 and 11:00.
2. Hold a slam ball in front of you about chest height. Look straight ahead and pick a spot out in front of you keeping your head up and steady on the spot.
3. Slowly lower into squat position, knees should never extend over your toes.
4. Lower your bottom to the floor like you are sitting in a chair.
5. Without losing form lower to where your hip joint is even or lower than your knees.
6. Raise to start position.

Slam Ball Slam

1. Stand with your feet slightly wider than shoulder width apart, knees slightly bent.
2. Holding a slam ball in both hands, raise the ball above your head by fully extending your body.
3. Throw the ball forcefully down to the ground, engaging your abs on the downward motion of the throw.
4. Simultaneously lower your body to a squat position to grab the ball.
5. Stand back up and repeat.

Slam Ball

Manual and Exercise Guide

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Slam Ball Exercise Guide

Slam balls are effective for athletic training to improve muscle mass, cardiovascular endurance and hand-eye coordination. Slam balls are also a good complement to exercises like squats and deadlifts since they add resistance and strength to the existing exercise.

Start by using a lighter weight ball and work your way up as you become stronger and more comfortable with the techniques of using a slam ball. Posture is key in slam ball usage as you want to be sure that you are not leaning too far forward and placing stress on your back. The slam ball is designed to have the weight move around on the inside of the ball, as this instability helps aid in strengthening your core muscle group.

To enhance the longevity of your slam ball, try to slam away from the valve area. The valve is the most sensitive area of the slam ball and repeated hard slams on this area can cause the valve to break through the skin. Store your slam ball in a cool, dry area and keep it out of extreme hot or cold situations.

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.

Slam Ball Push Up

1. Get into high plank position with one hand on the slam 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 push up on opposite side.

SUMO Dumbbell Squat

1. Lying on a mat, with legs at table top position, or knees bent with feet planted on the mat.
2. Hold a slam ball in both hands. Keeping legs steady, medicine ball at chest height a few inches away from your body, raise your chest and ball up towards the ceiling.
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.

Front Raises

1. Standing in an upright position, feet shoulder width apart, knees slightly bent.
2. Holding the slam ball with both hands, arms straight, start with the ball placed just below your navel.
3. Keeping your arms extended, raise the ball until it is parallel to the ground, about chest height.
4. Hold for a count of three and lower back to starting position.

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