

Medicine Ball Routine

The medicine ball routine is a classic example of old-school training that has stood the test of time. Start with a light medicine ball. A 4 or 6 pound ball is fine for most women. A ball no heavier than 8 pounds is fine for most men.

1. Russian Twist



Sit with your knees at a 90-degree angle and your feet just off the ground. Bounce the ball on the left and then the right. Repeat for 30 seconds.

2. 180 to 90 Degree



Lie on your back, with the ball behind your head. Bend at the hips and bounce the ball between your legs. Return to the start position, but this time bounce the ball behind you. Repeat for 30 seconds.

3. Pedestal Hold



Hold the pedestal or plank position with both hands on the medicine ball, engaging your core. Hold for 30 seconds.

4. Body Squat



Start with your feet hip-width apart and toes straight ahead. Complete 30 seconds of slow squats with the ball out in front of you. Once you increase your strength, this exercise can be completed with the ball over your head.