

HOW TO:

This circuit style routine consists of nine exercises for targeting multiple muscle groups. Start with the first exercise, complete all reps, rest for 30 seconds, then continue on to the next exercise. Repeat until all of the exercises are done. Rest for 45 seconds, then repeat the circuit two more times for a total of three rounds.

THE WORKOUT

If you're new to medicine balls, use a lighter weight. For an extra challenge and to increase your strength and power, use a heavier ball, increase sets and decrease reps (refer to chart).

| EXERCISE | INTERMEDIATE (6-10 LB) | | ADVANCED (12-20 LB) | |
|---------------------------------|---------------------------|----------------|------------------------|---------------|
| | SETS | REPS | SETS | REPS |
| SQUAT AND SLAM | 3 | 15-20 | 4 | 8-10 |
| ONE-ARM CHEST FLY | 3 | 15 per side | 4 | 8-10 per side |
| SINGLE-LEG HIP THRUST | 3 | 15-20 per side | 4 | 8-10 per side |
| PLANK ON THE BALL | 3 | To Failure | 3 | To Failure |
| MEDICINE BALL JACK-KNIFE | 3 | To Failure | 3 | To Failure |

**REST 45-60 SECONDS, REPEAT
ENTIRE ROUTINE 2X MORE.**

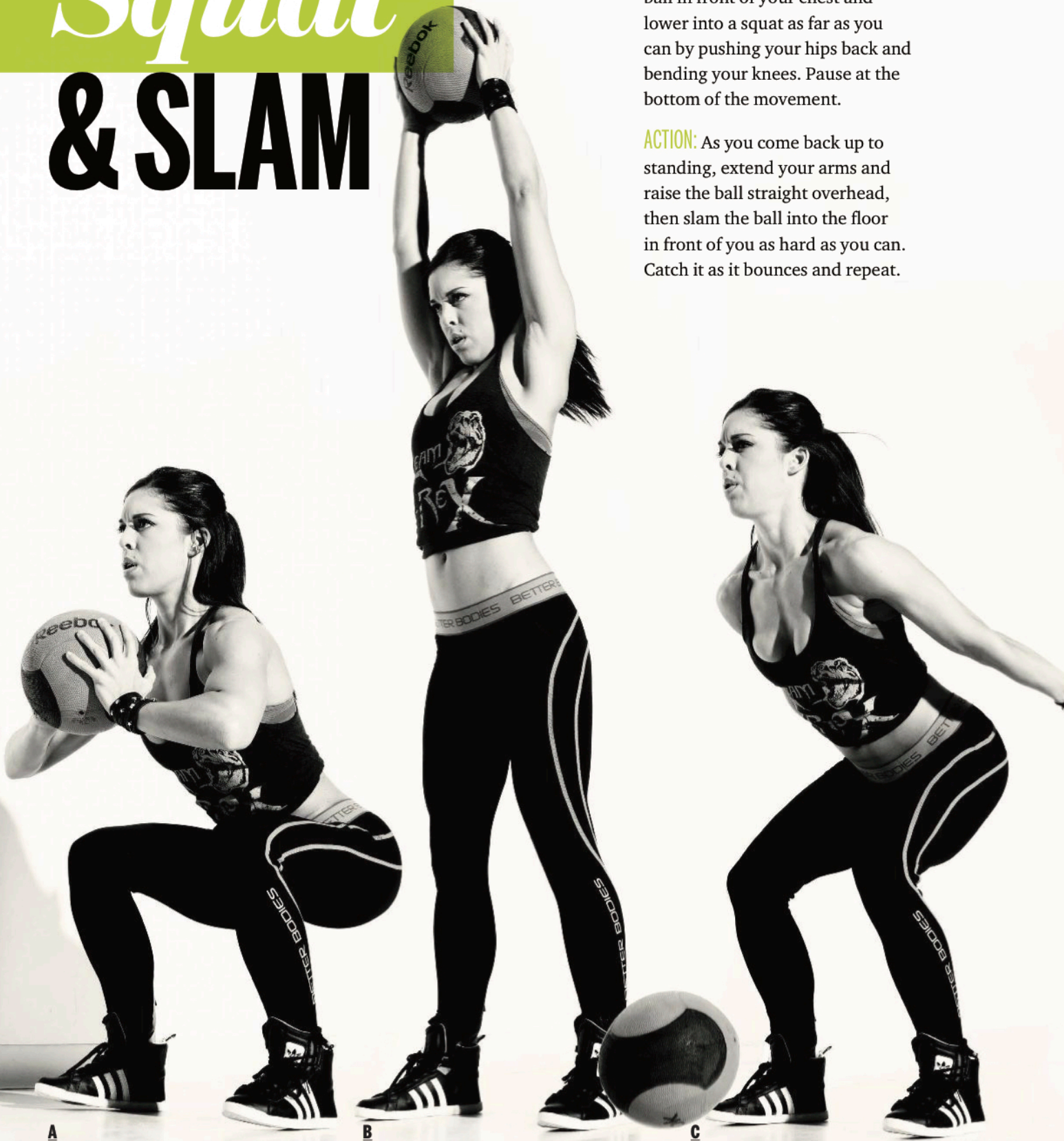
**MED BALLS
ADD A CORE-
STRENGTHENING
ELEMENT TO EVERY
SINGLE EXERCISE.**



Squat & SLAM

SET UP: Stand holding a medicine ball in front of your chest and lower into a squat as far as you can by pushing your hips back and bending your knees. Pause at the bottom of the movement.

ACTION: As you come back up to standing, extend your arms and raise the ball straight overhead, then slam the ball into the floor in front of you as hard as you can. Catch it as it bounces and repeat.





ONE-ARM CHEST FLY

SET UP: Holding a medicine ball, lie with your back supported by a stability ball, knees bent and feet flat on the floor. Hold the med ball straight up above your chest.

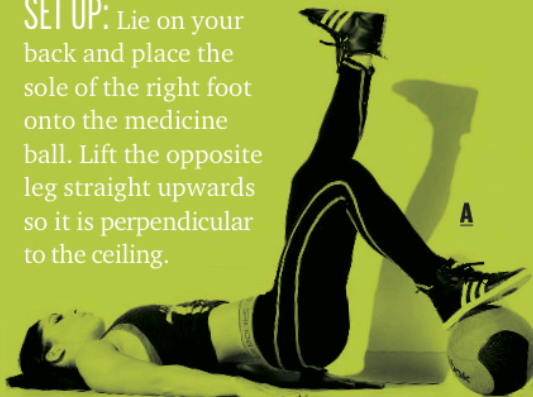
ACTION: Shift the ball to the palm of one hand and keeping the arm extended but slightly bent, lower it down to the side until it is perpendicular to your body. Raise the ball back to the top, shift it to the other hand, and repeat.

**DON'T DROP
THE BALL:**

**MED BALL
EXERCISES
REQUIRE EXTRA
FOCUS AND
STABILITY.**

Single Leg HIP THRUST

SET UP: Lie on your back and place the sole of the right foot onto the medicine ball. Lift the opposite leg straight upwards so it is perpendicular to the ceiling.



ACTION: Lift your hips upwards so all of your weight is in your right foot and upper back. Pause, squeezing your glutes, then slowly return to the start position. Repeat for desired reps.



MEDICINE BALL JACK-KNIFE

SET UP: Lie face-up on the floor, holding the medicine ball overhead, with arms and legs extended.

ACTION: Brace your core, then simultaneously lift your shoulders and both legs as you bring the ball toward your feet, keeping arms and legs straight. Lower your body back to the starting position and repeat.



Plank ON THE BALL

ACTION:

Get into a high plank position with both hands placed on top of the medicine ball and your shoulders over your wrists. Maintain a flat back and neutral spine. Breathe and hold for as long as you can.



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