




# T.O.D Coaching Ltd

Scotland's Premier Personal Training Company  
If you fail we fail

## Medicine Ball Workout #1

Complete in a straight set style with 30 seconds rest in-between sets, vary the starting exercise each time you conduct the set.

Exercise						Manual-Notes (if any)
	Sets	Reps	Weight/ Resistance	Tempo	Time	
 <p><b>1-Leg Balance with med ball crossover</b></p> <ol style="list-style-type: none"> <li>1. Start by standing on the wobble board or BOSU ball allowing one side to touch the ground.</li> <li>2. Pick one leg up off the wobble board and slightly bend your knee.</li> <li>3. Using the muscles in the lower leg raise the board edge off the ground so that you are balancing on the fulcrum.</li> <li>4. While holding in the balanced position take a medicine ball and bring it up over your head with one arm.</li> <li>5. Pass the ball to the other hand and bring back down to continue the circular motion.</li> </ol> <p><b>Trainer's comments:</b></p>	1	15				
	2	15				
	3	15				

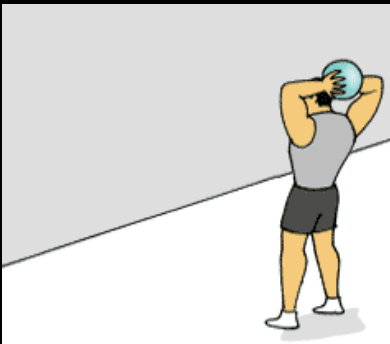


Sets	Reps	Weight/ Resistance	Tempo	Time
1	12			
2	12			
3	12			

**One Arm Med Ball Push up**

- 1) Get on hands and knees on floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.
- 2) Place hands slightly wider than shoulder width with one hand on top of the medicine ball; extend legs and place feet at hip width with toes on floor.
- 3) Start position: Extend the elbows and raise the body off the floor.
- 4) Lower your entire body (legs, hips, trunk, and head) 4-8 inches from the floor.
- 5) Return to the start position by extending at the elbows and pushing the body up.

**Trainer's comments:**



Sets	Reps	Weight/ Resistance	Tempo	Time
1	10			
2	10			
3	10			

**Wall Throws**

1. Stand with one foot in front (staggered stance) with knees slightly bent.
2. Pull medicine ball back behind head and forcefully throw ball forward as far as possible into the wall.
3. Catch ball on the bounce from the wall and repeat according to prescribed repetitions.

**Trainer's comments:**



Sets	Reps	Weight/ Resistance	Tempo	Time
1	12			
2	12			
3	12			

**Single Leg Chop**

1. Starting Position: Stand on right leg and your arms are extended holding the medicine ball up and to your right.
2. Bring medicine ball down in a wood chopping motion towards your left foot.
3. During this place motion switch feet so your left foot is now on the ground and your right foot is in the air. Repeat this motion for the desired repetitions and then repeat in the opposite direction.

**Trainer's comments:**

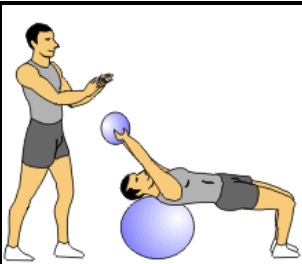


Sets	Reps	Weight/ Resistance	Tempo	Time
1	10			
2	10			
3	10			

**Over the Back Toss**

1. Stand with feet slightly wider than hip-width apart. Have a partner or trainer stand approximately 10-15 yards behind you.
2. Grasp ball and lower body into a semi-squat position. Explode up extending the entire body and throwing medicine ball up and over the body.
3. The goal is to throw the ball behind you as far as you and generating most of the power in the legs.
4. Catch ball on the bounce from your partner and repeat according to prescribed repetitions.

**Trainer's comments:**



**Resisted Pullovers**

1. Lie on your back with the ball under your upper back. Hold a medicine ball with your arms extended above your head.
2. Raise the ball to a 45 degree angle and have a partner push down on the ball.
3. Try to resist your partners pushing and return to the 45 degree angle to repeat.

**Trainer's comments:**

Sets	Reps	Weight/ Resistance	Tempo	Time
1	12			
2	12			
3	12			



**Medicine Ball Lunge**

- 1) Start position: Stand with feet hip width apart. Place hands on waist or out to sides for stability.
- 2) Step forward 2-3 feet and lower body forming a 90° bend at the front hip and knee. DO NOT allow front knee to extend past the big toe - may cause injury. Take medicine ball during this movement and press the ball over your head.
- 3) Pushing off front foot, return to start position. Continue with same leg or alternate as prescribed.
- 4) Remember to keep head and back upright in a neutral position. Shoulders and hips should remain squared at all times.

**Trainer's comments:**

Sets	Reps	Weight/ Resistance	Tempo	Time
1	15			
2	15			
3	15			