

## ***The medicine ball is an excellent tool for total body power***

*The workouts can be done very quickly, accommodate a large group of athletes,*

*-are easy to learn so teaching time is minimal, and usable by all ages.*

*-these movements can even be done with basketballs for the very young to protect against injuries due to overloads.*

*-and it is a fun workout.*



- Med ball throws can be done against a wall or with a partner,*
- Med ball workouts can be done very intensely as a stand-alone workout*
- or used as active recovery at lower intensities.*

*-Overhead passes, chest passes, and side passes can be put together in a circuit that will not only increase your trunk power but will also help with overall conditioning.*

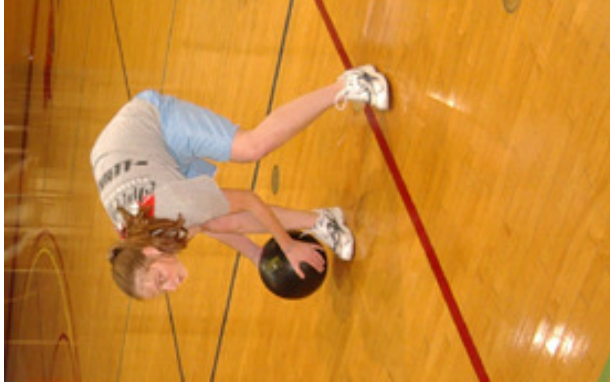
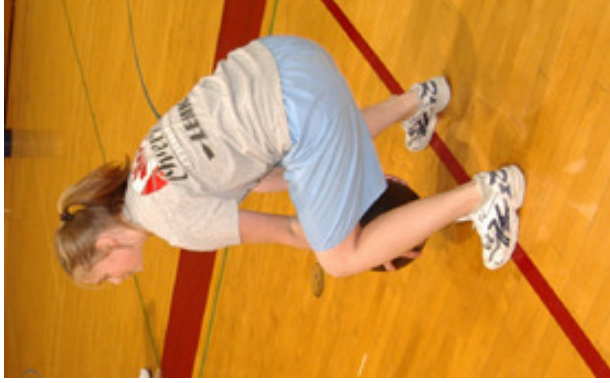


QuickTime™ and a TIFF (Uncompressed) decompressor are needed to see this picture.



*-med ball training can be viewed as Olympic lifting for the torso,*

*-the exercises are limitless and can include flexion, rotation and flexion with rotation.*





*-sequences are done standing, in multiplanes, using flexion and rotation,  
-and can be done ballistically.*