

## Medicine Ball Exercises

### Pivots- Transverse Plane

Stand with your feet shoulder width apart and with knees slightly bent. Hold the medicine ball at waist height. Turn to your right, unlocking your hip and pivoting your feet as you turn. Shift weight to right leg. Return to the center and repeat to the left side. Avoid twisting of the spine – pivot through the hips.

Advanced exercise:

- Increase the weight of the ball
- Increase the speed of the movement



### Pendulum- Frontal Plane

Move the ball like the pendulum of a clock or swinging from one side to the other in front of your body with no twist of the spine. Shift your weight and pivot through your hips.

Advanced exercise:

- Increase the weight of the ball
- Increase the speed of the movement



### Over the Top- Frontal Plane

Hold ball overhead. Pivot weight to right foot and take ball pushing it to the ceiling. Maintain a neutral spine and avoid excessive sidebending. Keep the ribs and pelvis moving together. Focus on lengthening your side. Return to starting position and take ball to left side.

Advanced exercise:

- Increase weight of ball
- Increase speed of movement
- Increase distance ball is moved to each side



### **Squat to Overhead- Sagittal Plane**

Start in squatting position with knees bent and head up, while holding ball between knees. Lift ball up and over head, maintaining normal curve in back and avoiding excessive arching of the back. Return to starting position. Movement should take place through the hips.

Advanced exercise:

- Increase weight of ball
- Increase speed of movement
- Take ball to ankles in beginning position



### **Wood Chopper**

Start with weight shifted onto right foot and ball over right shoulder. Bring ball down and across body to outside of left knee while bending knee and transferring weight to left leg. Return to starting position. Avoid twisting of the spine, moving the ribs and pelvis together.

Advanced exercise:

- Increase weight of ball
- Increase speed of movement
- Take ball to ankle in bottom position



Start with weight shifted onto left foot and ball over left shoulder. Bring ball down and across body to outside of right knee while bending knee and transferring weight to right leg. Return to starting position. Avoid twisting of the spine, moving the ribs and pelvis together.

Advanced exercise:

- Increase weight of ball
- Increase speed of movement
- Take ball to ankle in bottom position

