

# THE MEDICINE BALL **WORKOUT**

**Burn lots of calories—and blow off steam—with this challenging routine.**

Want a full-body workout that fits (well, almost) in the palm of your hand?

Then grab a medicine ball—they're available at almost any gym or sports store, and generally weigh between 2-12 pounds—and try this intensive workout, created by Robert Reames, personal

trainer for Dr. Phil; his wife, Robin; and the Weight Loss Challengers.

"Medicine ball workouts are excellent for increasing total body strength, balance, coordination, and muscular development," says Reames, "and because of the explosive, full-body

nature of the motions, it's also great for working off any built-up frustration."

**NOTE:** Be sure to include a 3-5 minute warm-up before starting this routine. Beginners should start with a lighter (2-3 pound) ball.

## Medicine Ball Squat

**Reps:** 2 sets of 12  
**Targets:** Lower body, core, arms



Lower the ball down to waist level as you squat (as if sitting down in a chair) and return to starting position.

**Tip:** Draw the belly button to the spine and make sure that the knees track directly over the toes. Do not lock the knees as you return to opening position.



## Full Body Push Pass

**Reps:** 5 times  
**Targets:** Legs, core, upper body

Squat down quickly, then jump up and thrust the ball high into the air (perform in an open area; let the ball drop to the floor). This is an explosive, full body power motion.

**Tip:** Integrate the power of your entire body into one continuous upward motion.

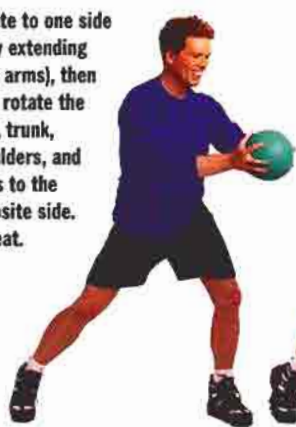


## Washing Machine

**Reps:** 2 sets of 12  
**Targets:** Core, lower body, shoulders



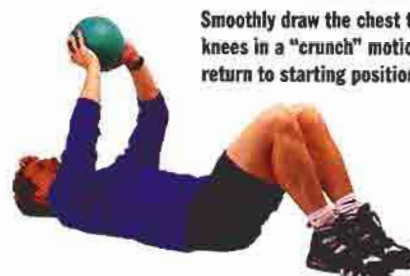
Rotate to one side (fully extending both arms), then fully rotate the hips, trunk, shoulders, and arms to the opposite side. Repeat.



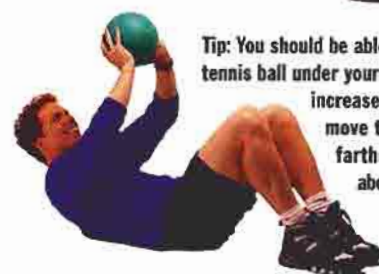
**Tips:** Coordinate the legs, hips, trunk, shoulders, and arms to move smoothly in one movement throughout the exercise. Stand tall while keeping the belly button drawn in toward the spine.

## Medicine Ball Crunches

**Reps:** 2 sets of 12  
**Targets:** Abs, core



Smoothly draw the chest toward the knees in a "crunch" motion, then return to starting position.



**Tip:** You should be able to fit a tennis ball under your chin. To increase difficulty, move the ball farther back above the head.