

## MEDICINE BALL SLAMS

START



MIDDLE



END



- Stand with your feet at shoulder width apart
- Squat down and hold a medicine ball with both hands

**Caution:**

- Before beginning the medicine ball slam, check the bounciness of the ball
- If you are using a bouncy med ball, it can bounce back to your face. Do not throw the ball straight down, throw it a bit forward

- Inhale
- Raise the medicine ball above your head
- Arms and body fully extended
- Look straight ahead

- Bend forward from the waist and slam the ball into the ground directly in front of you as hard as you can
- Contract the abdomen and exhale while doing the exercise
- Let the arms follow through the movement to prevent falling
- Heels should be on the floor and knees slightly bent
- Let the ball bounce off the floor and catch it when it comes back up
- If the ball does not bounce, then keep your abdomen contracted and pick the ball up
- Perform another slam, repeat

### MUSCLES TARGETED

**HAMSTRINGS, GLUTES, QUADS, CALVES, ABDOMINALS, LOWER BACK, CHEST, DELTOIDS, SHOULDERS, BICEPS AND TRICEPS**

- Medicine ball slam is a total-body movement with a lot of emphasis on strengthening the core
- A strong core allows you to connect the power of your upper body to the power of your lower body

**NOTE**

*Medicine ball slams improve the reactive strength of the abdominal and back muscles, while working on cardiovascular endurance, muscle mass and hand eye coordination.*