

HINTS
& TIPS



TRAINING GUIDE

MEDICINE BALL



Heritage
GOLD'S GYM. 65

MEDICINE BALL TRAINING GUIDE

Heritage65
STRENGTH
PROGRAMME



HERITAGE STRENGTH PROGRAMME

Strength training is one of the best ways to reshape and sculpt your body. The Heritage Strength Programme allows you to achieve your muscular strength and endurance goals. Whether your goal is to gain muscle tone, sculpt, or simply get stronger, Heritage Strength is perfect for all fitness levels. If you have never done any strength training before you may want to start with no weight or a very light weight and increase your resistance as your strength increases over time. With a wide variety of fitness items throughout the Heritage and Gold's Gym Fitness Range, you will always find a product to match your fitness level.



WARMUP

Prior to exercise, make sure you warm up thoroughly to protect against injury and prepare yourself for the activity to come. Warm up for 8 to 10 minutes by walking or jogging lightly on the spot. Try to include some similar movements that make up your workout and keep the intensity low to moderate without leaving you feeling fatigued. Before starting the main workout, include stretches to target your tighter muscles. The duration of the warm up activity will depend on the intensity of your workout as well as your own fitness level.

- Ensure that you wear exercise footwear that gives good support and cushioning.
- Stop if you feel any pain or dizziness.
- Avoid locking or over extending knee and elbow joints.
- Keep breathing - don't hold your breath!
- Remember to work both sides of your body equally.
- Workout to the point of fatigue but not failure.
- Allow at least one day of rest between similar workouts.
- Rest for about 30 seconds between exercises depending on fitness level.
- Initially do 2 sets, increase to 3 or 4 as your fitness improves.

When doing repetitive resistance exercise make sure that you:

- Breathe out on the exertion portion of the movement.
- Perform each repetition in a slow and controlled manner.
- Take about 4 seconds to do one repetition i.e. take about 2 seconds to lift the weight and 2 seconds to lower it.
- Use a full range of motion but stay well within your joint's natural and comfortable range of movement.
- Work up to 10 - 20 repetitions before increasing the difficulty. You can make an exercise harder by adding more weight, moving more slowly or increasing the range of motion (note point above).



EXERCISE TIPS

- Medicine Ball training is an ideal way to train with a partner. First ensure that your partner is fully briefed on what each exercise requires.
- With throwing exercises, ensure that you have plenty of space. Try incorporating this into an outdoor exercise programme.
- After a good warm up, Medicine Ball exercises should precede any other exercise if done in the same workout.
- Always start with a light weight and slow movements.
- For the best workout have at least one other weight of ball available.
- Due to the speed of some of the exercises, ensure that good posture is maintained with every repetition to avoid injury.
- The quality of the movement is more important than the quantity. Stop the exercise if the technique becomes sloppy.
- With standing exercises, always maintain a solid stance.
- When training with a partner, be careful when throwing and catching the ball so as not to injure your fingers.

MEDICINE BALL

WARNING

ALWAYS CHECK WITH
YOUR DOCTOR BEFORE BEGINNING
ANY EXERCISE PROGRAMME:



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06

★★ BACK THROW

Stand with a wide and stable stance holding the ball in front of you. Squat down and bring the ball between your knees. Lift the ball overhead quickly, extending your whole body and throw the ball backwards. As technique improves, try jumping to increase the power of the throw. Repeat 6 to 8 times. (Can be done with a partner)



07

★★ TRUNK ROTATION

Sit upright on the floor with knees at 90 degrees, feet flat on the floor and stomach drawn in. Place the ball on the floor behind your back. Rotate to the right, pick up the ball, bring it round to the left and place it on the floor behind you. Repeat 10 times before changing direction repeating on the other side.

EXERCISES WITH A PARTNER:

If you do not have a partner to train with, some of these exercises can be done against a strong wall. Allow the ball to rebound before doing another repetition.

Stand back to back about one metre apart with your knees slightly bent. Pass the ball around the side to your partner so that it moves in circles around you. Try to keep your hips fixed facing forward whilst only twisting your torso. Do ten repetitions before changing direction. Rest in between.



★★ VERTICAL EXTENSIONS



★★ STANDING TORSO TWIST

08



09

Stand back to back about half a metre apart. Lift the ball up, and with your arms straight pass it overhead to your partner. They should then pass it back to you between the knees. Make sure you bend your knees as you bend over. Do ten repetitions before changing direction. Rest in between.

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ABDOMINAL CRUNCH (REVERSE)

01



Start in a sitting position with the ball between your knees and feet on the floor. Sit back slightly and rest on your hands. Now draw your stomach in and bring your knees up towards you. At the same time bring your chest towards your knees. Return to the starting position and repeat 8 or more times as you get stronger.

Stand with a wide and stable stance holding the ball in front of you. Squat down, bringing the ball to the left of your lower legs. Make sure you bend your knees, keep your back straight and keep your stomach drawn in. Then extend your body and lift the ball to arms length above your right shoulder. Your torso and upper body should rotate. Repeat eight times. Rest before repeating on the other side.



03

Start with a similar stance as exercise 2 and stand side on to a wall about two or three metres away. Twist away from the wall then uncoil your body towards the wall, and throw the ball at the wall in one fluid motion. As it bounces back to you, pick it up and repeat. Do 6 to 8 repetitions then rest before repeating on the other side. (Can be done with a partner)

★★

SIDE THROW



05

Similar to the above exercise, but stand facing the wall. Starting with the ball against your chest, throw it directly at the wall. When it comes to you, catch or collect it and repeat eight times. The ball can also be thrown from an overhead position. (Can be done with a partner)

SQUAT AND PRESS

★★

Stand with a wide and stable stance holding the ball close to your chest. Allowing your hips to go back, bend your knees and squat down until your thighs are parallel to the ground. Stand up and push the ball to arms length overhead. Repeat ten times. As technique improves, accelerate out of the squat, jump up and throw the ball as high as you can in front of you. (Can be done with a partner)

★★

REVERSE WOOD CHOP

02



04



CHEST PUSH