

Medicine Ball Workout: Perform as a circuit (do one set of each exercises). Perform circuit 3 times

1	 A woman stands holding a medicine ball at waist level. She then bends her knees and hips to squat down, keeping the ball at waist level.	Medicine Ball Squat X15
2	 A woman stands holding a medicine ball above her head with both hands. She then drops the ball to the floor in front of her, driving her hips forward as she does so.	Medicine Ball Slams (use a mat!) X15
3	 Three variations of medicine ball pushups are shown. Variation A shows a standard pushup with a ball held at chest level. Variation B shows a pushup with the ball held at shoulder level. Variation C shows a pushup with the ball held at elbow level. A B C	Medicine Ball Pushup Alternate hands X16
4	 A woman lies on her side, holding a medicine ball against her chest. She then twists her torso to bring the ball towards her opposite shoulder, keeping her legs bent and feet flat on the ground.	Medicine Ball Russian Twist X30
5	 A woman stands holding a medicine ball above her head. She takes a large step forward with one leg, bending both knees to lower her body until her front thigh is parallel to the ground. She then returns to the starting position and repeats on the other leg.	Medicine Walking Lunges X20 (10/leg)
6	 Three stages of a medicine ball burpee are shown. Stage 1: A woman crouches down, holding a medicine ball. Stage 2: She pushes off the floor into a plank position, holding the ball. Stage 3: She jumps up, bringing the ball overhead as she reaches the peak of her jump.	Medicine Ball Burpees X15
7	 A woman stands holding a medicine ball behind her head with both arms. She then extends her arms straight up overhead, keeping the ball close to her body.	Med ball Tricep Extensions x15 Lower med ball behind head keeping elbows in Extend straight up overhead

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8	 A woman demonstrating the Medicine Ball Wood Chop exercise. In part A, she is in a lunge position holding a medicine ball at waist level. In part B, she has rotated her torso and raised the ball above her shoulder, extending her arm. A pink circle with the letter 'U' is positioned near her head.	Medicine Ball Wood Chop X15/side
9	 A woman demonstrating Glute Hip Lifts. She is lying on her back with one leg bent and the other extended straight. She is holding a medicine ball between her feet. Two images show the progression of the lift.	Glute Hip Lifts X15/leg
10	 A woman demonstrating Russian Twists. She is sitting on the floor with her knees pulled towards her chest, holding a medicine ball. Two images show the twisting motion from side to side.	Russian Twist X 30
11	 A woman demonstrating Medicine Ball Crunches. She is lying on her back with her knees bent and feet flat on the ground, holding a medicine ball. Two images show the crunch motion.	Medicine Ball Crunches X20
12	 A woman demonstrating a Medicine Ball Plank variation. She is in a plank position with her hands on a medicine ball. Her body is straight, forming a line from head to heels.	Medicine Ball Plank X30 seconds