



CHEK POINTS

for Personal Trainers

Medicine Ball Training

The concept of using weighted (medicine) balls for athletic training was developed by the ancient Greeks. The medicine ball has been popular among modern athletes and therapists as well. They now come in numerous weights and sizes and are made with a variety of materials, making them an even more versatile training tool. Medicine ball training is an excellent way to improve your client's performance and to add variety to your programs. The benefits of medicine ball training include the following.

- Multi-plane movement, enabling you to closely simulate the pattern and speed of movement that occur in sports and work environments.
- High activation of neutralizer and stabilizer muscles. This results in considerably more nervous system activity and consequently better transfer to sports and the work environment.
- The ability to vary intensity by manipulating the weight of the balls and the velocity of the training.
- Reproduction of the hand-hold patterns of many activities.
- Enjoyable and functional training for kids.
- Reproduction of the movement pattern that an injury occurred in.

What size Medicine Ball?

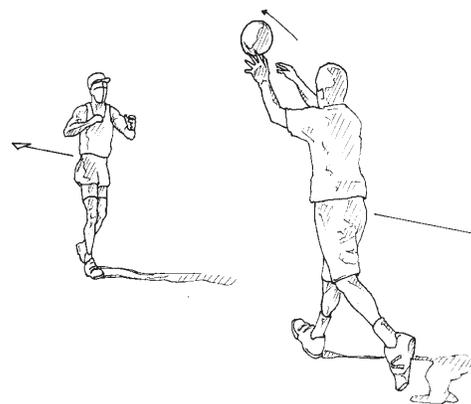
As with any form of weight training, it takes a bit of experimenting to determine what weight medicine ball is best for you or your clients. Look at specificity of movement patterns when determining which size ball to use and consider what you are training the individual for. A small

ball for throwing exercises would be suitable for a baseball player, while a larger, heavier ball would be better for a football player.

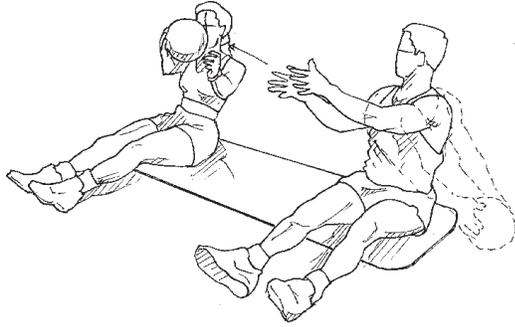
Each individual will generally require at least three medicine balls of different weights. You will always need a lighter ball to warm up with and will most likely need a variety of weights for the different exercises. Have your client use a lighter ball for their first workout to get a feel for the movements and to get an idea of what weight they could use for the number of reps prescribed for each exercise. Since medicine ball training is ballistic and includes a lot of eccentric work, you can get quite sore, even when using lighter weights. It is safer to start with a light medicine ball and progress to a heavier one after evaluating your post exercise soreness.

Here are a few of the numerous exercises that can be done with medicine balls.

Running Warm-up Toss



- One person runs backwards and tosses the ball to their partner, the partner then tosses the ball back.
- Run the length of the field or room and change directions, with the other person running backwards. Repeat this two times.



Seated Oblique Toss

- Start in a seated position with knees slightly flexed, chest lifted and the belly button pulled in toward the spine.
- Drop back about 45 degrees and throw the ball to your partner, throwing the ball as far out in front as possible to get a rotational load on the abdominals.
- Touch the ball to the ground at the end of each rotation.
- Perform an equal number of sets in each direction.

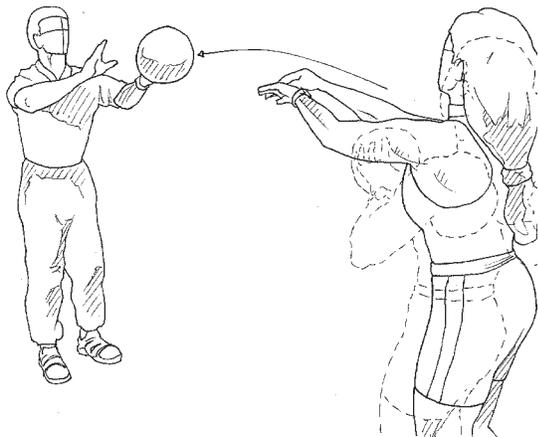
Precaution:

- Do not perform this exercise if spine is not fully functional.

Benefits:

- Strengthens twist pattern.
- Isolates the torso by minimizing contribution from the legs.

Chest Pass

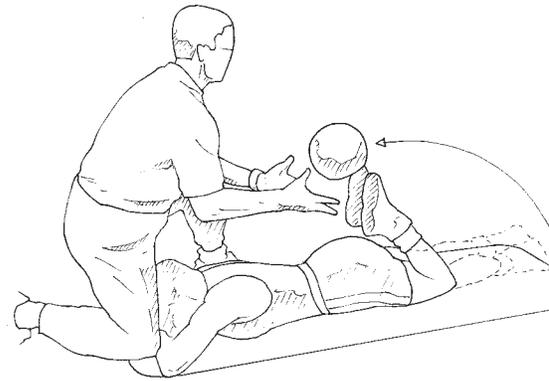


- Stand facing your partner holding a Medicine Ball in both hands at chest level.
- Pass the ball to your partner at chest level.
- Don't stop the ball when you catch it, throw it back to your partner immediately.

Benefits:

- Multi-joint, compound upper body exercise to develop power.
- Functional movement pattern for sports conditioning.

Hamstring Curl



- Lie prone on the floor facing partner who is kneeling just above your head, holding a Medicine Ball.
- Partner will roll the ball down between your legs and you will ballistically contract the hamstrings to roll the ball back to your partner.

Benefit:

- Trains fast twitch muscles of the hamstrings.

For more medicine ball exercises, see Paul Chek's Medicine Ball Training Correspondence Course.

Paul Chek is an internationally recognized lecturer and consultant in the fields of corrective and performance exercise. For more information on the C.H.E.K Institute or to receive a free catalog call **800.552.8789** or int'l 760.477.2620 Also, visit us on the web at: www.chekinstitute.com.