

FIT FOR LIFE

Everything you need to know to get fitter faster >>



102 Medicine Ball



110 Power Core

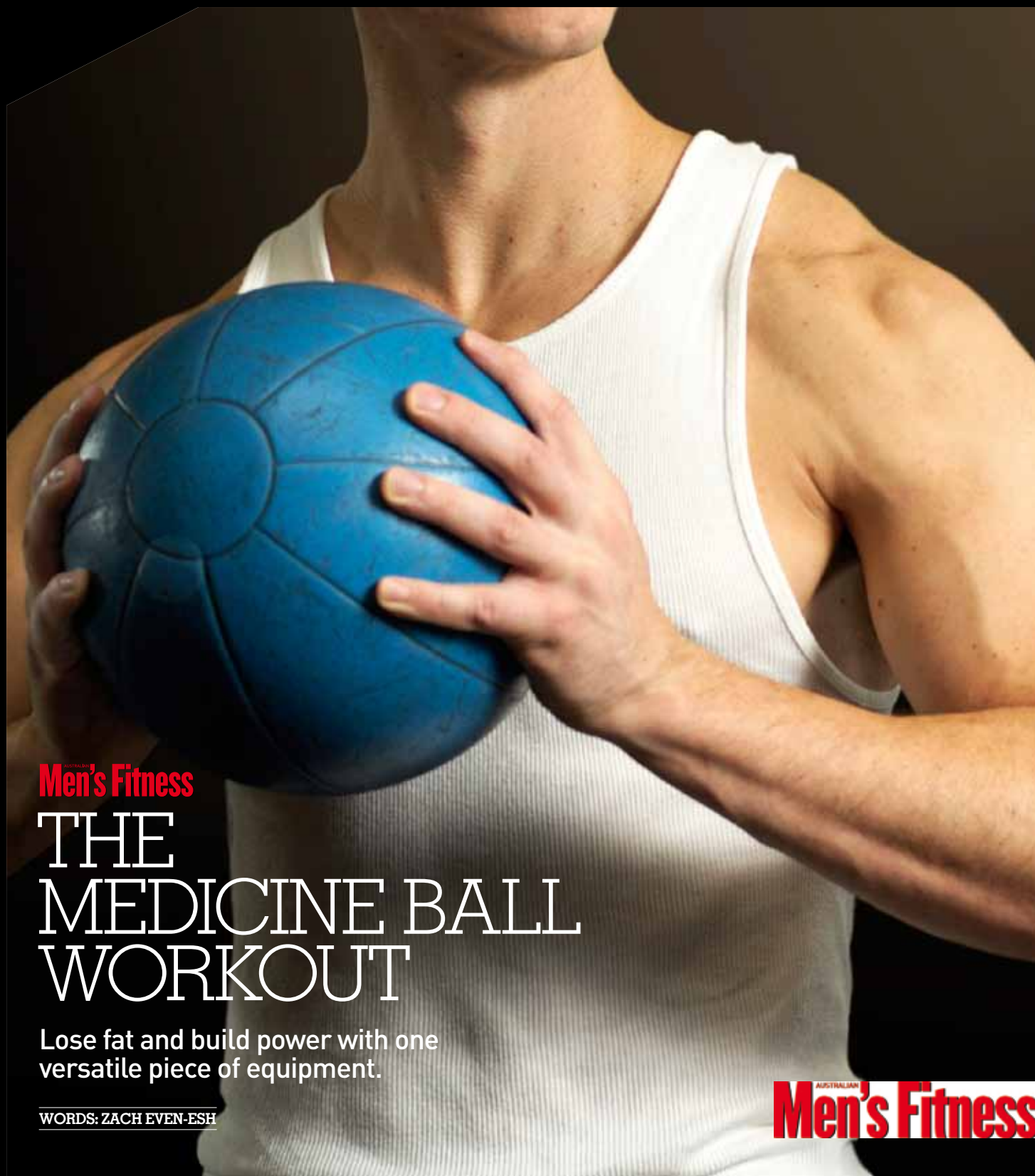


118 Muscle Moves



122 Fitness Trends

PERSONAL TRAINER



Men's Fitness

THE MEDICINE BALL WORKOUT

Lose fat and build power with one versatile piece of equipment.

WORDS: ZACH EVEN-ESH

Men's Fitness



“This month, we’ve got a three-day training routine that will help you burn fat and build athletic power...”

The medicine ball has been a gym staple for more than 100 years. Its portability and versatility make it a favourite training tool of athletes at all levels, though most regular gymgoers (guys like you) don't know what to do with it. This month, we offer you a three-day workout routine centred around the medicine ball that is guaranteed to help you burn fat and build athletic power. How? First, throwing the ball allows your body to develop maximum power and explosive speed that's essential for all kinds of sports. It's difficult to train for power with free weights since you have to hold onto them. For example, you can perform a bench press using a fast motion, but your shoulders and upper back must work to decelerate your arms toward the top of the lift to prevent your arm bones from tearing right out of their sockets. This built-in mechanism keeps you safe but prevents you from developing peak power. Since you let go of the ball during a throw, your muscles don't have to slow you down.

The ball also combines well with body-weight exercises—simply squeeze it between your legs during pull-ups to activate your lower body or place your

hands on it to add a balancing component to the common push-up. Because of the ease with which you can transition between exercises (there's no need to load plates on and off a bar), the ball is particularly good for doing combination moves like squats and presses and burpee push-ups, working more of your body in less time and burning lots more

calories. The ball also allows you to change positions and the angles at which you work your muscles more easily than free weights, which generally require a very stable base. Moving the ball farther away from your body, overhead, or adding a rotation to the movement you're doing will all increase the intensity immediately. And you'll only need one ball to do it all.

3 DAY MEDICINE BALL WORKOUT

■ FREQUENCY:

You'll train three days per week (Day I, Day II, and Day III), resting at least a day between each session.

■ HOW TO DO IT:

Perform the exercise pairs (marked A and B) as supersets, completing one set of each exercise back-to-back before resting. (So you'll do one set of A, then one set of B, rest and repeat for all the prescribed sets.) Note that there is one pair in Day II that allows rest between the sets.

Perform exercises marked lowercase a, b and c as a triset, completing one set for each exercise back-to-back before resting after the third exercise. Perform the remaining exercises as straight sets, completing all the prescribed sets for an exercise before moving on to the next.

■ WEIGHT:

Use the heaviest weight that allows you to complete all the prescribed repetitions for a given set.

[DAY 1]

1A



<< Complete movement as one smooth motion.

1A SQUAT AND OVERHEAD PRESS

Hold the ball in both hands at shoulder level and stand with your feet about shoulder-width apart [1]. Squat as low as you can [2] and then come back up and press the ball straight overhead [3]. Lower your arms back down. That's one rep.

SETS: 2 REPS: 15 REST: 0 SEC.

1B



<< Squeeze the ball hard throughout.

1B PULL-UP

Squeeze the ball between your thighs and grab a chinning bar with hands slightly wider than shoulder-width apart, palms facing away. Allow your body to hang [1]. Pull yourself up until your chin is over the bar [2]. Reverse the motion to return to the starting position. That's one rep.

SETS: 2 REPS: 10 REST: 0 SEC.

1C



<< Keep your torso straight.

1C ROTATIONAL WALKING LUNGE

Stand with your feet shoulder-width apart, holding the ball out in front of your chest [1]. Step forward with one leg and lower your body until your front thigh is parallel to the floor. Now rotate your torso in the same direction as the leg you lunged with [2]. Reverse the motion to return to the starting position and then repeat on the opposite leg. That's one rep.

SETS: 2 REPS: 10 REST: 60 SEC.

2A



<< Use momentum to throw the ball.

2A SLAM

Hold the ball at arm's length overhead, bend your torso backward a bit so that you feel a stretch in your abs [1], and then explosively throw the ball into the floor in front of you [2]. Catch the ball on the rebound. That's one rep.

SETS: 2 REPS: 10 REST: 0 SEC.

2B CROSSOVER PLYO PUSH-UP

Place the ball on the floor and get into push-up position, resting one hand on it [1]. Perform a push-up [2] and then switch hands so that your opposite hand is on the ball. Perform another push-up [3]. That's one rep. If you can do 10 reps fairly easily, start doing your reps explosively, pushing yourself up so fast that you rise into the air. Land on the ball with the opposite hand and begin your next push-up.

SETS: 2 REPS: 10 REST: 0 SEC.

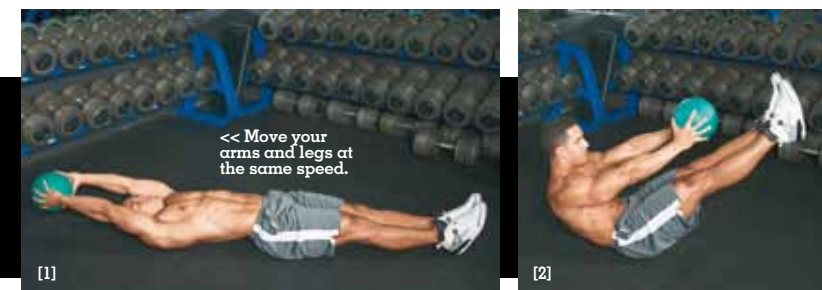


<< Keep your abs braced.

2C V-UP

Lie on the floor with your legs straight out and hold the ball at arm's length overhead [1]. Contract your abs and raise your legs and torso into the air, pulling the ball in front of your body, until your body forms a V shape [2]. Lower your arms and legs back to the floor. That's one rep.

SETS: 2 REPS: 10 REST: 60 SEC.



<< Move your arms and legs at the same speed.

[DAY 2]

2B

2C

1

2

1 SQUAT THRUST/ CLOSE-GRIP PUSH-UP/ POWER CLEAN TO SHOULDER

Hold the ball in both hands and stand with your feet shoulder-width apart [1]. Squat down [2] and then shoot your legs out straight behind you so that you go into a push-up position, balancing on the ball [3]. Perform a push-up [4] and then reverse the motion quickly to come back up. Now explosively swing the ball up and over one shoulder but don't let go (it should feel as if you're doing a power clean) [5]. That's one rep. Switch the shoulder that you clean the ball with on each rep.

SETS: 3 REPS: 10 REST: 30 SEC.



2 OVERHEAD WALKING LUNGE

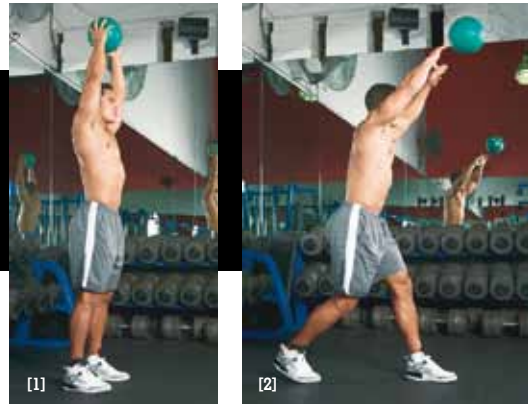
Hold the ball at arm's length overhead and stand with your feet shoulder-width apart [1]. Step forward with one leg and lower your body until your front thigh is parallel to the floor and your rear knee nearly touches the floor [2]. Push off your front leg to return to the starting position and repeat on the opposite leg. That's one rep.

SETS: 3 REPS: 15 (EACH LEG) REST: 30 SEC.



<< Keep the ball extended overhead.

3A



<< You can take a step forward as you throw.

3A WALL THROW

Stand a few feet in front of a brick or concrete wall and hold the ball at arm's length overhead. Stand with your feet shoulder-width apart [1]. Bend your torso back to gather momentum and then throw the ball as hard as you can into the wall [2]. Catch the ball as it rebounds off the floor. That's one rep.

SETS: 2 REPS: 15 REST: 30 SEC.

3B



<< Keep your body rigid.

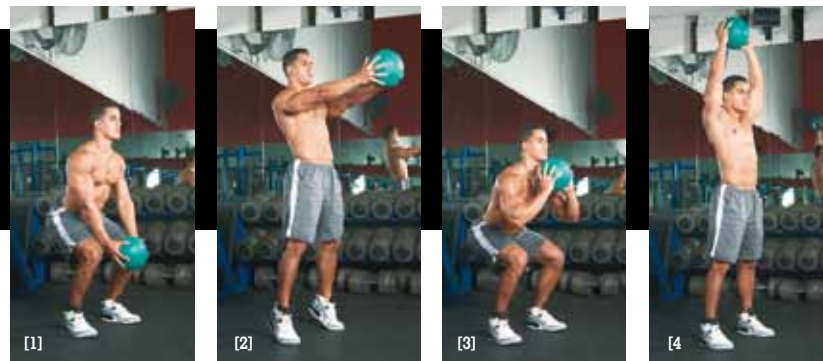
3B PLANK WITH FEET ON BALL

Get into push-up position, resting your feet on the ball. Bend your elbows 90 degrees and rest your forearms flat on the floor. Hold the position for 60 seconds.

SETS: 2 REPS: HOLD FOR 60 SEC. REST: 30 SEC.

[DAY 3]

1A



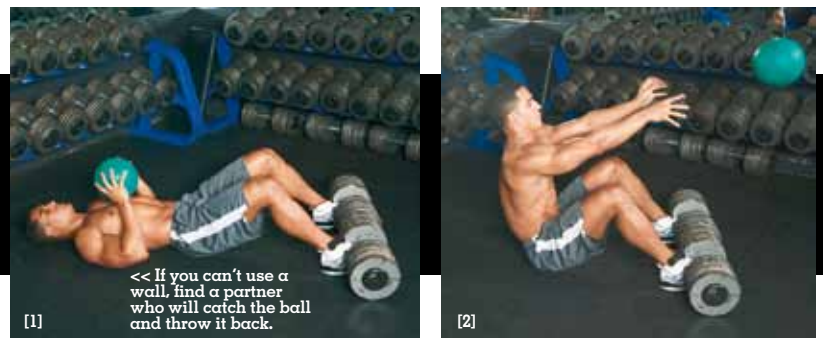
<< Perform the exercise explosively.

1A CLEAN AND PRESS

Hold the ball and stand with feet about shoulder-width apart. Keeping your lower back in its natural arch, bend your hips and knees and lower your body with your arms extended until you're holding the ball just above your knees [1]. Explosively extend your hips and knees, shrug your shoulders and raise the ball with straight arms up to shoulder level, coming up on the balls of your feet as you do it [2]. Now squat down, bend your elbows and "catch" the momentum of the ball at shoulder level [3]. Stand back up and press it overhead [4]. That's one rep.

SETS: 3 REPS: 10 REST: 0 SEC.

1B



<< If you can't use a wall, find a partner who will catch the ball and throw it back.

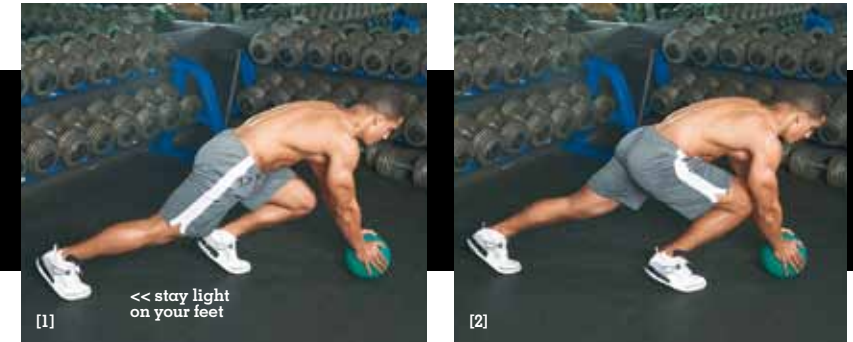
1B SIT UP AND THROW

Hold the ball with both hands and sit on the floor a few feet away from a brick or concrete wall. Anchor your feet with a bench, weights or use a partner to hold them and roll your torso back onto the floor [1]. Explosively sit up and throw the ball from your chest into the wall [2]. That's one rep. Catch the ball as it rebounds off the wall, and immediately begin the next rep.

2A MOUNTAIN CLIMBER

Hold the ball in both hands and get into push-up position on the floor. Drive one knee up to your chest [1] and then quickly drive it back while raising the other knee up [2]. That's one rep.

SETS: 2 REPS: 20 REST: 0 SEC.



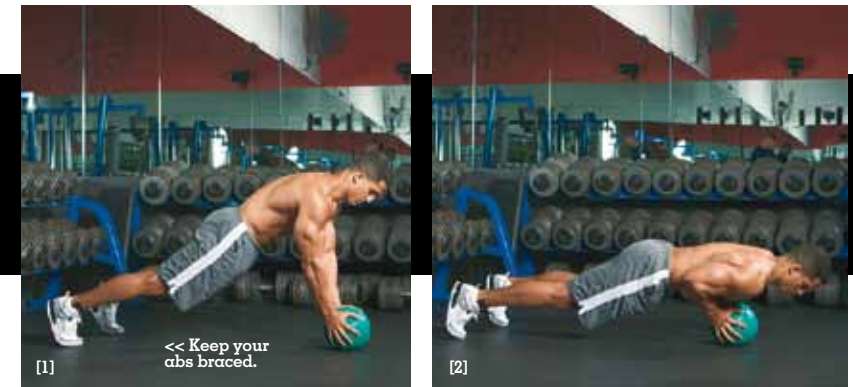
<< stay light on your feet

2A

2B CLOSE-GRIP PUSH-UP

Get into push-up position on the floor, resting your hands on the ball [1]. Perform a push-up [2]. That's one rep.

SETS: 2 REPS: 15 REST: 60 SEC.



<< Keep your abs braced.

2B

3A BULGARIAN SPLIT SQUAT WITH BALL OVERHEAD

Stand in front of a bench and hold the ball in both hands at arm's length overhead. Bend one knee about 90 degrees and rest the top of your foot on the bench behind you [1]. Lower your body until your rear knee nearly touches the floor and your front thigh is parallel to the floor [2]. Reverse the motion to return to the starting position. That's one rep.

SETS: 2 REPS: 10 (EACH LEG) REST: 0 SEC.



<< Keep your torso fully upright.

3A

3B SEATED KNEE TUCK

Sit on a bench and squeeze the ball between your feet. Extend your legs out in front of you and extend your torso so that your body forms a straight line [1]. Crunch your torso forward and bring your knees to your chest [2]. Reverse the motion to return to the starting position. That's one rep.

SETS: 2 REPS: 10 (EACH LEG) REST: 0 SEC.



<< You can hold onto the bench for support.

3B