

## Medicine Ball Workout

1/23/09

One of my favorite pieces of equipment to use while training is the medicine ball. Most people who use a medicine ball think of it mostly when thinking of abdominal exercises, but that is just the tip of the iceberg for the medicine ball.

A medicine ball is nothing fancy, just a ball that is filled with some high density substance to add significant weight to an otherwise small object.

The reason I love training with the medicine ball is because of the medicine balls flexibility. You can do pushups on a medicine ball, thus increasing the length of your pectoral muscle while doing a pushup. You can then turn right around and do medicine ball slams, working your lats and triceps. Then you can follow those exercises up with a squat and press, working your entire lower body and stimulating your shoulders.

For those of you who are not yet clients here at MPT, here is a video on how to do these exercises in the comfort of your own home with a medicine ball:

<http://www.youtube.com/watch?v=qx-oZC1ABFc>

I hope you all have a great day and a great weekend and I look forward to seeing you next week.

Make it a great day San Antonio!

Nicholas Wood

[n\\_wood@sampt.com](mailto:n_wood@sampt.com)

(210)415-5934

[www.sampt.com](http://www.sampt.com)