



# 3KG /5KG MEDICINE BALLS



## INSTRUCTION MANUAL

### CAUTION

READ ALL PRECAUTIONS AND INSTRUCTIONS IN THIS MANUAL BEFORE USING THIS EQUIPMENT. KEEP THIS MANUAL FOR FUTURE REFERENCE.



[www.trojanhealth.co.za](http://www.trojanhealth.co.za)

# IMPORTANT SAFETY INSTRUCTIONS

Be sure that you read and follow all the instructions in this manual before beginning your program.

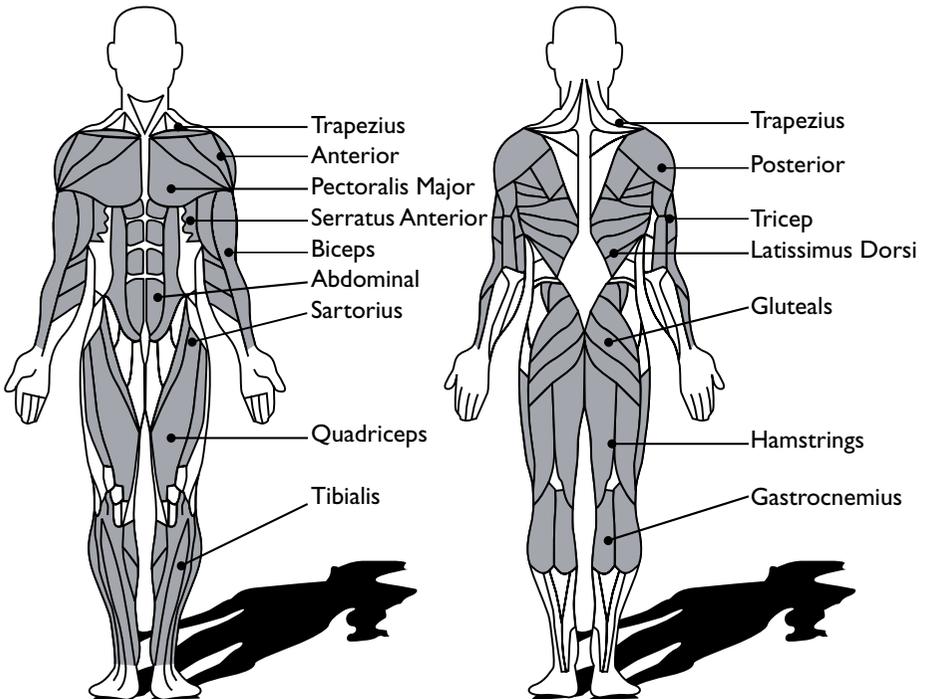
## WARNING

Before starting any exercise program, consult your physician. You must make sure that you do not have any medical or health conditions that could affect the safety and effectiveness of your exercise program. If at any time during your exercise you are experiencing discomfort or pain, stop the exercise immediately and consult your physician.

# MUSCLE CHART

## MEDICINE BALL

The exercise routine that is performed with the medicine ball will develop the whole body. These muscle groups are highlighted on the muscle chart below.



# CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time on the equipment; a few minutes per workout.

Initially, you may be able to exercise only for a few minutes, however, your aerobic fitness and strength will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise for 30 minutes. Please remember these essentials :

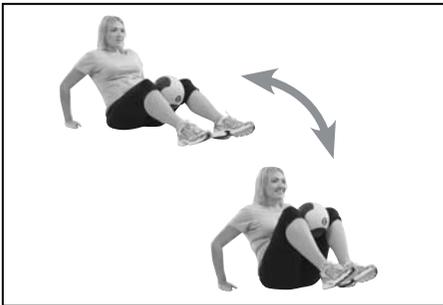
- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Set up your equipment on a flat, even surface.

## BEGINNERS EXERCISE PROGRAM

Unless otherwise stated, perform each exercise for 3 sets of 10 repetitions before moving onto the next exercise in the program.

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## EXERCISES



### 1. REVERSE CRUNCH

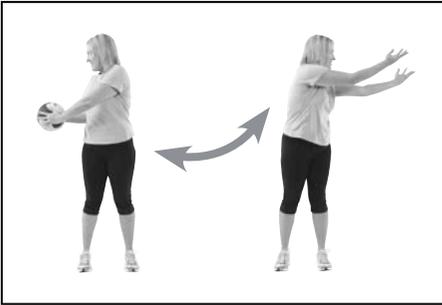
Start in a sitting position with the MEDICINE BALL between your knees or feet. Sit back slightly and rest on your hands. Now draw your stomach in and bring your knees up towards you. At the same time bring your chest towards your knees. Return to the starting position and repeat 8 or more times.



### 2. REVERSE WOOD CHOP

Stand with a wide and stable stance holding the MEDICINE BALL in front of you. Squat down, bringing the MEDICINE 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 8 or more times. Rest before repeating on the other side.

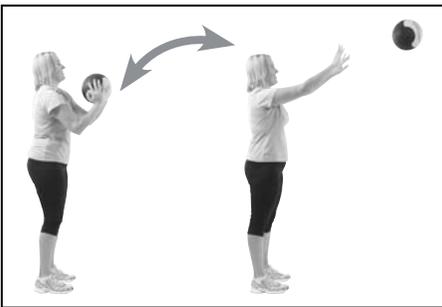
# EXERCISES



## 3. SIDE THROW

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 return, uncoil your body towards the wall, and throw the MEDICINE BALL at the wall in one fluid motion. As it bounces back to you, pick it up and repeat. Do 8 to 10 repetitions then rest before repeating on the other side.

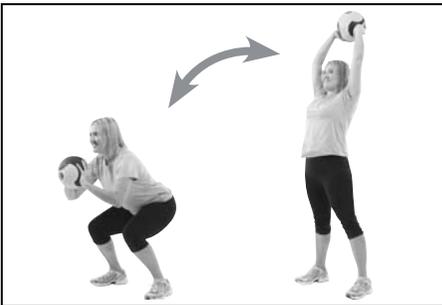
~ Can be done with a partner ~



## 4. CHEST PUSH

Similar to the above exercise, but stand facing the wall. Starting with the MEDICINE BALL against your chest, throw it directly at the wall. When it bounces back to you, catch it and repeat 8 or more times. The MEDICINE BALL can also be thrown from an overhead position.

~ Can be done with a partner ~



## 5. SQUAT AND PRESS

Stand with a wide and stable stance holding the MEDICINE 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 MEDICINE BALL to arms length overhead. Repeat 8 or more times. As technique improves, accelerate out of the squat, jump up and throw the MEDICINE BALL as high as you can in front of you. ~ Can be done with a partner ~

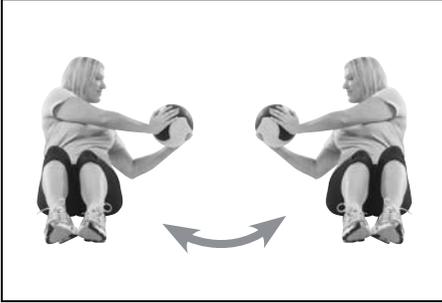


## 6. BACK THROW

Stand with a wide and stable stance holding the ball in front of you. Squat down and bring the MEDICINE BALL between your knees. Lift the MEDICINE BALL overhead quickly, extending your whole body and throw the MEDICINE 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 ~

# EXERCISES



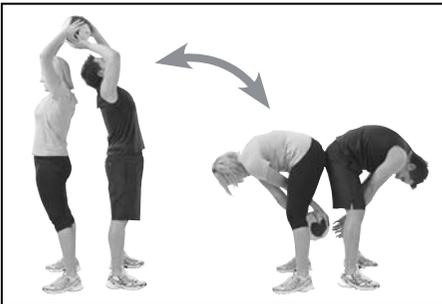
## 7. TRUNK ROTATION

Sit upright and bend your knees at 90° with your feet flat on the floor and stomach drawn in. Place ball on the right side 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.



## 8. STANDING TORSO TWIST

Stand back-to-back with your knees slightly bent. Pass the MEDICINE BALL around the side to your partner moving the ball in circular motions around you. Try to keep your hips fixed facing forward whilst only twisting your torso. Do 10 repetitions before changing direction. Rest in between.



## 9. VERTICAL EXTENSIONS

Stand back to back about half a meter apart. Lift the ball up and keep your arms straight when passing it overhead to your partner. They should pass it back to you between their knees. Make sure you keep your knees bend as you bend over. Do 10 repetitions before changing direction. Rest in between.



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