

Medicine Ball Workouts Strengthen Major And Supporting Muscle Groups For Increased Power Coordination And Core Stability

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Medicine ball training has been around since the ancient Greeks discovered health benefits from exercising with weighted balls. It is one of the oldest forms of strength and conditioning used to improve health, explosive power, and speed. Medicine balls are versatile, portable and a fad that's lasted the test of time.

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Medicine Ball Workouts: Strengthen Major and Supporting Muscle Groups for Increased Power, Coordination, and Core Stability

10 Medicine Ball Exercises for Developing Explosive Power

High Plank with Ball Pass to Pushup (2-3 sets, 10-12 reps total)

This exercise strengthens all the major muscle groups and works on anti-rotational core stability, which is essential for runners. Start in a raised plank position with the medicine ball resting just beyond your body and below your left shoulder.

Medicine Ball Workouts shows how to use one of the most useful and versatile fitness tools out there to curl, press, toss and catch your way to getting in the best shape of your life. Perfect for...

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