

MEDICINE BALL



Training Manual



Read all information before use. Serious injury or fatality may occur.

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WARNING

The risk of injury from participating in this or any fitness regimen and/or from the performance of these exercises or similar exercises is significant, and includes the potential for catastrophic injury or death. You should and must consult a medical professional before undertaking any fitness regimen, exercise program, or diet including any exercises or techniques set forth in these materials (whether in video/DVD, book or pullout card form—collectively referred to in every media form as “Materials”).

These Materials are for educational purposes only (i.e. they illustrate and explain various fitness-related and/or exercise techniques), and they do NOT advise that you or any other particular viewer undertake or perform any particular technique or exercise. You agree that you will not undertake or perform any exercise or technique described in the Materials until and unless you consult with and are cleared by a medical doctor in relation to such participation, and you agree to the terms of these Warnings and Disclaimers.

The illustrations depicted in this program portray well trained athletes and only you and your doctor can assess whether you are suited for the exercises and/or diets depicted in the program (e.g., you may have pre-existing injuries or other conditions that make the exercises or diets depicted inappropriate for you).

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Introduction

Use this manual as a visual reference exercise guide for use with the GoFit Medicine Ball. Always start at a level that will allow you to complete all the recommended reps and sets described in this manual.

Be patient and persistent; building strength takes time. Consume a healthy, balanced, low-fat, calorie-conscious diet to compliment this program.

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Usage Instructions

- Before each use inspect your ball for any damage, worn spots, cracks or foreign objects that might harm the surface. If there is any sign of damage, **DO NOT** attempt to use it or repair it.
- This ball is not recommended for use during pregnancy.
- Use only as directed/shown/illustrated and only for exercising as intended.
- Be sure to wear appropriate exercise clothing and footwear
- Make sure you have adequate clearance in the area around the ball where you are using it. It should be a clean, level surface.
- Keep the ball away from any sharp objects.
- The ball should never be kicked.
- This ball is not a toy; keep out of reach of children. If allowing young children to use it for exercise purposes they must have constant adult supervision.
- Never allow pets near the ball.

MAINTENANCE AND CARE

- Clean the Medicine Ball with mild soap and warm water. **DO NOT** use abrasive or chemical cleaners.
- Keep the Medicine Ball out of direct sunlight. The Medicine Ball should not be placed anywhere where they would be exposed to extreme high or low temperatures or heat sources.
- The Medicine Ball is composed of rubber and the life span of the ball will depend on the amount of usage and proper care.

Workout Guidelines

WEIGHT RECOMMENDATIONS:

Typically the following weight recommendations suit most people for beginning their Medicine Ball training: 4-8 pounds for women, and 8-12 pounds for men. The lighter end of that range is recommended for those who weight train erratically, and the higher end of that range is for those who are seasoned in strength and power training. If you intend on doing cardio Medicine Ball workouts, exercises comprised of continuous movement for >20 minutes, you may want to select a Medicine Ball slightly lighter than the recommendation above. One of the great things about Medicine Ball training is that you can customize it to more of a strength sport by performing short bursts of movement with a challenging sized Medicine Ball, followed by a break period before repeating, or you can customize it to more of a cardio sport by performing continuous, non-stop movement with a lighter Medicine Ball over an extended period of time. To get the most results from Medicine Ball training, which program design should you follow? BOTH! Mix it up to shock your body; select some days for short bursts with breaks, and other days for a continuous cardio Medicine Ball workout.

In order to train both ways, one Medicine Ball will not suffice. You need a heavier ball for strength-focused workouts, and a lighter ball for cardio-focused workouts.

Workout Guidelines

BEGINNER: Perform 2 sets of 10-12 repetitions of each exercise for muscular endurance.

INTERMEDIATE: Perform 2-3 sets of 12-16 repetitions of each exercise for muscular endurance.

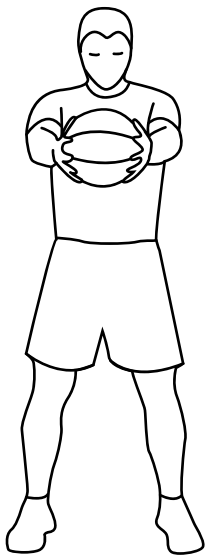
ADVANCED: Perform 3 sets of 8-12 repetitions of each exercise for muscular strength.

TIPS:

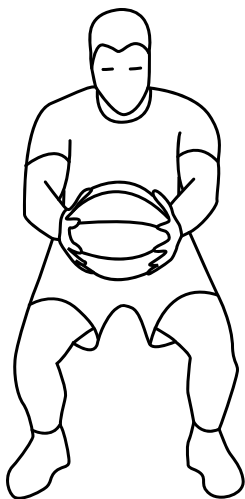
- Take breaks between sets.
- Listen to your body.
- Never sacrifice proper form.
- Discontinue if you feel undue pain.
- Be patient and persistent. Building strength takes time.
- Repeat this workout 2-3 times per week with at least 24-hours between sessions.
- Have a towel and water bottle ready.
- Breathe. Your muscles need oxygen. Inhale when the muscle lengthens, exhale when the muscle shortens—think “exhale on the exertion.”
- Stretch upon completion.

Basic Squat

A

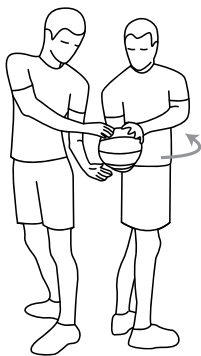
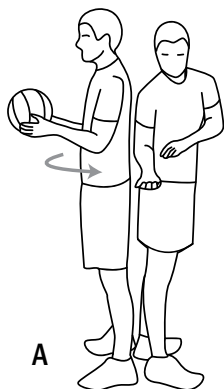


B



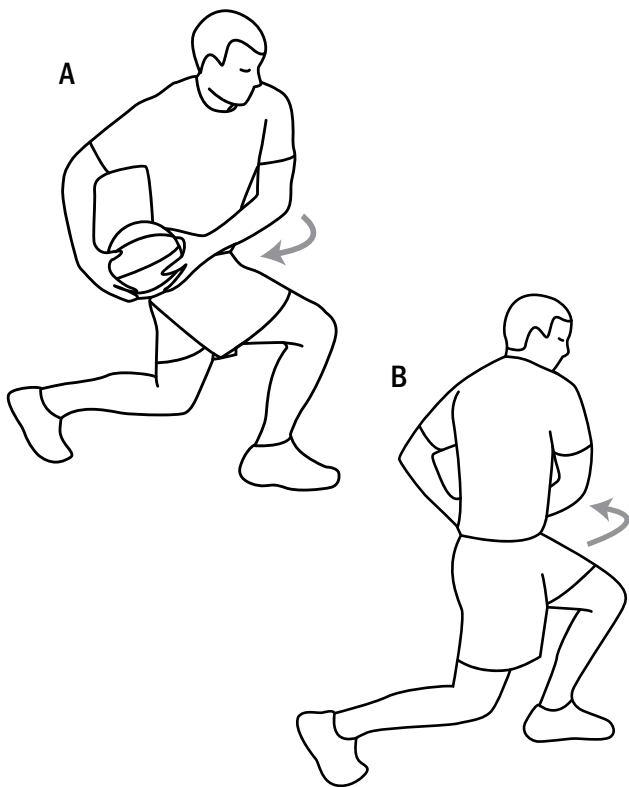
*To INCREASE intensity, push ball up overhead as you raise from squat.

Vertical Twist



*NO PARTNER: Twist your torso and turn/rotate your back foot to allow greater range of motion.

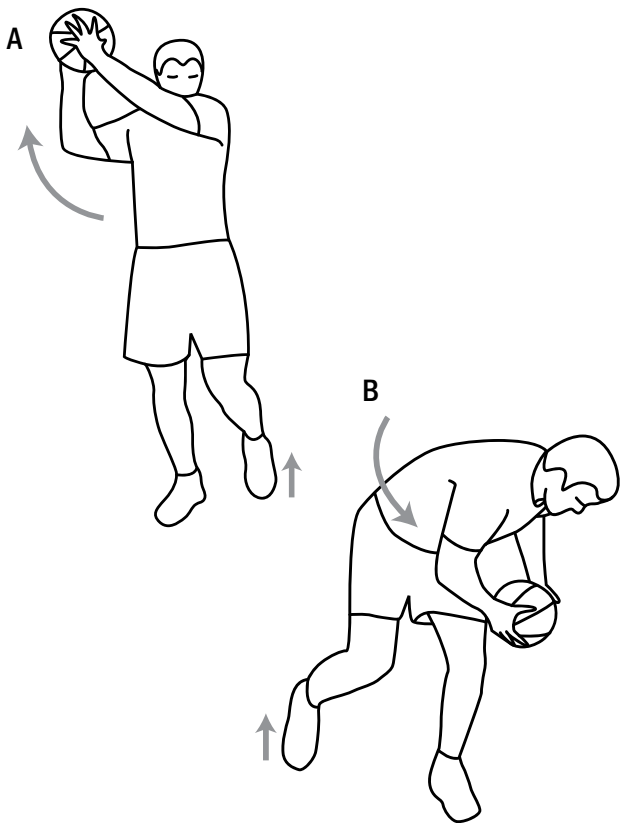
Lunge



You may stand in one place, or do a walking lunge.

*To INCREASE intensity, hold ball in front or above your head as you lunge.

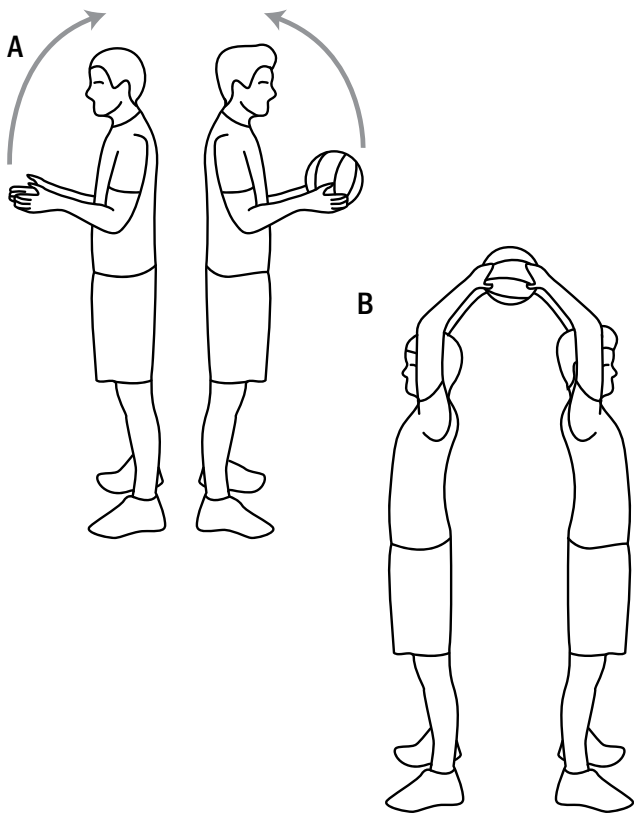
Single Leg Diagonal Chops



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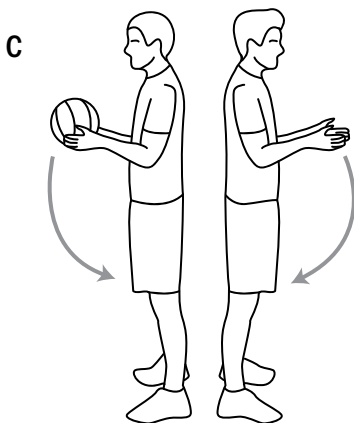
Vertical Extensions



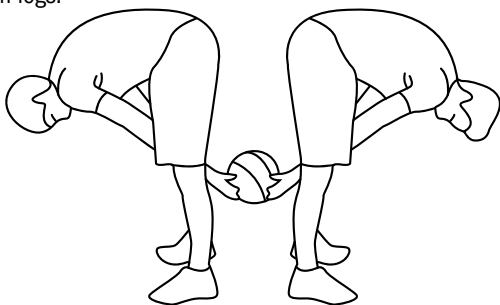
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Vertical Extensions



D— Pass Medicine Ball through legs.

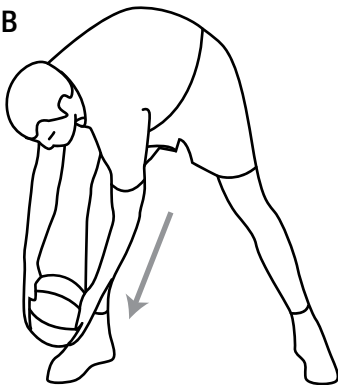


Side Reach

A

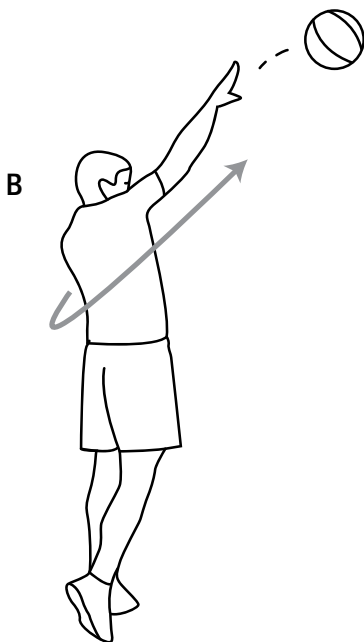
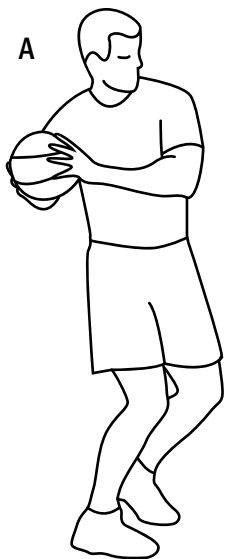


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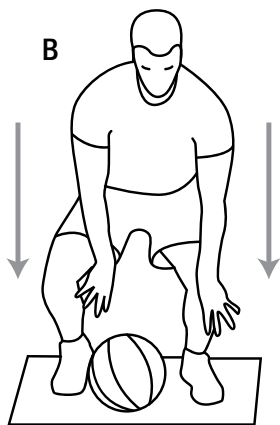
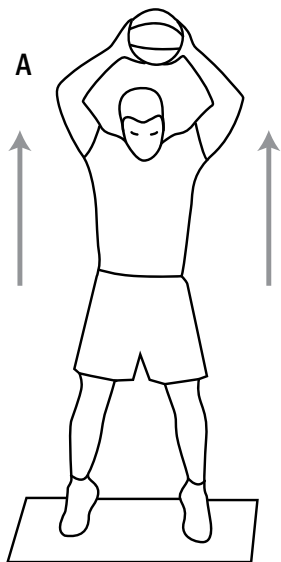


*Alternate sides, or concentrate on one side at a time.

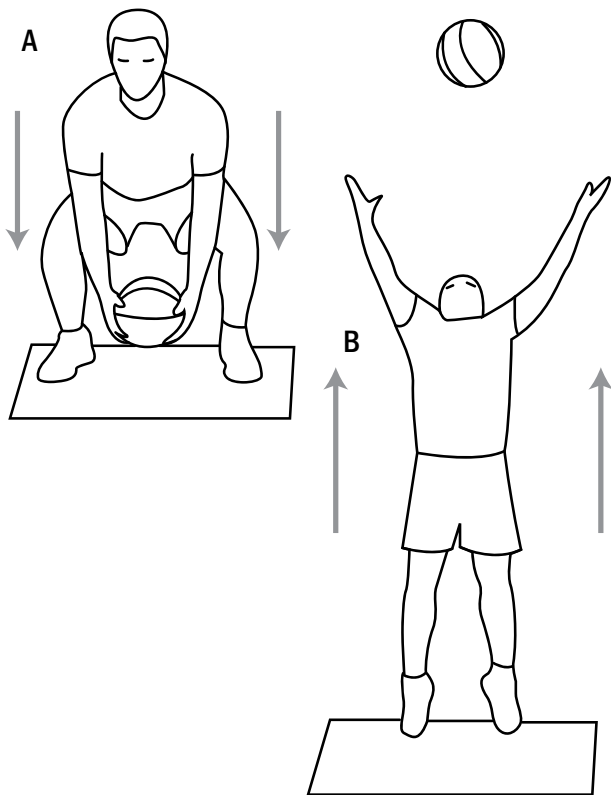
Puts



Slams

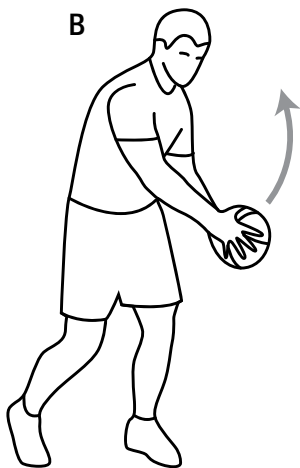
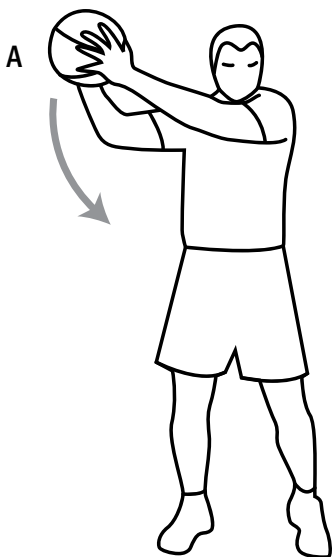


Squat Throws

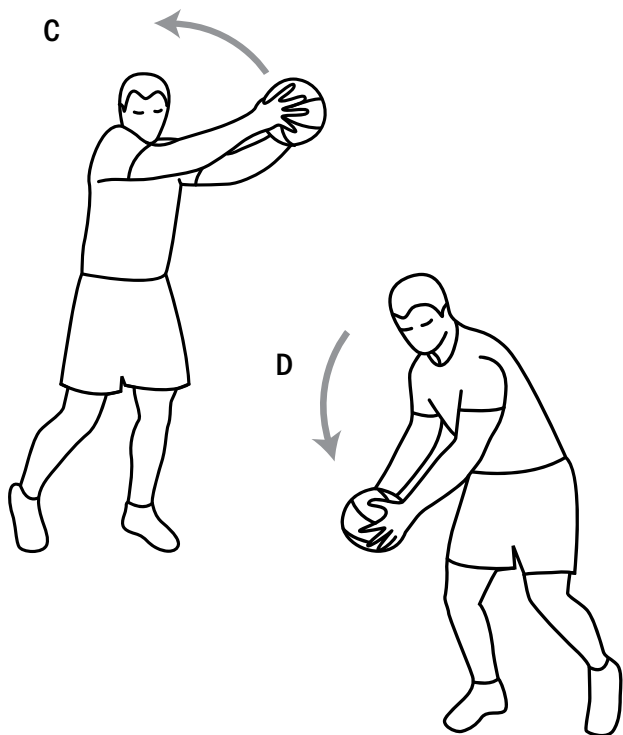


***DO NOT CATCH THE BALL.** Let the ball bounce, then repeat.

Clock



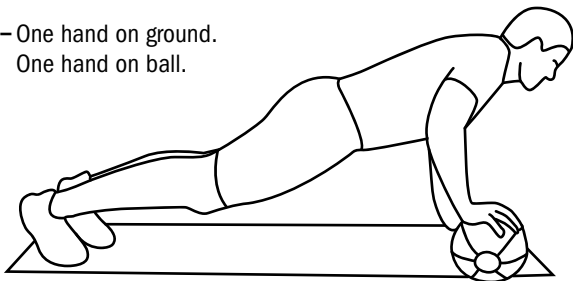
Clock



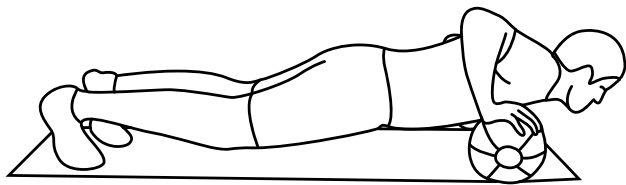
*To INCREASE intensity, create a figure-eight.

Push Up

A— One hand on ground.
One hand on ball.



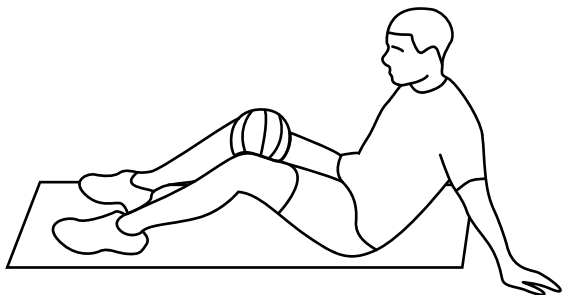
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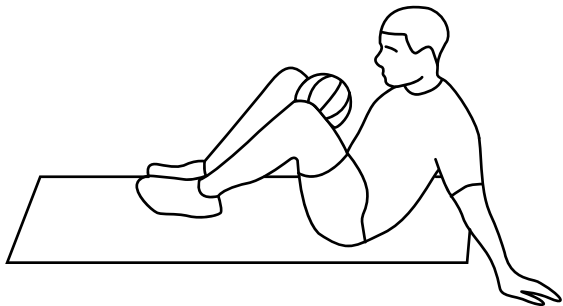
*To INCREASE intensity, roll medicine ball to opposite hand between reps.

Reverse Abdominal Curl

A

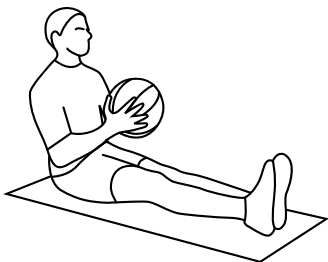


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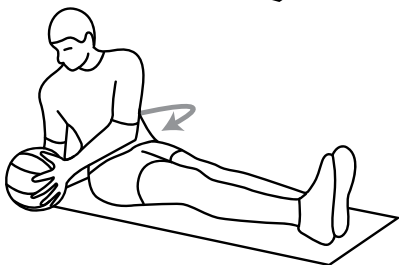


Horizontal Twist

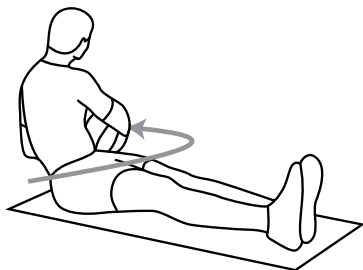
A



B



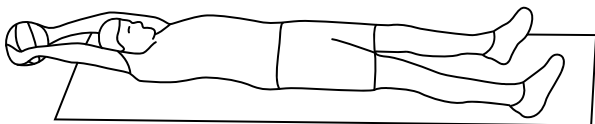
C



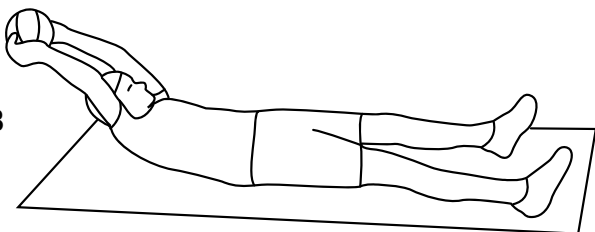
*To INCREASE intensity, slightly bend your knees and elevate your legs.

Lay Back Double Arm Throw

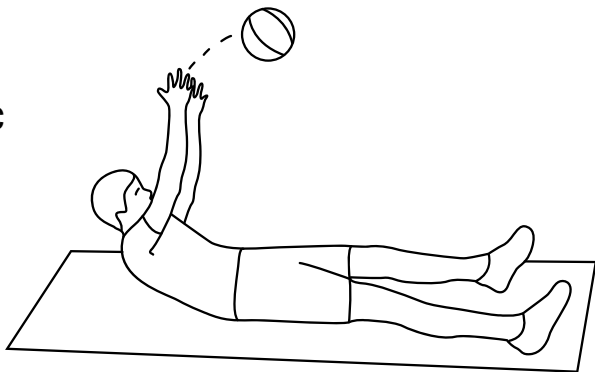
A



B



C



*Medicine Ball may be thrown to a partner, against a wall, or held throughout exercise.

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