

## Core Medicine Ball Exercises

### Soccer Throw

Begin in the basic crunch position (knees bent), starting with arms extended behind the head, on the floor, holding the medicine ball. The movement is explosive, bringing the ball from behind the head and "throwing" it as the body is brought forward into a full sit-up position (the ball is "thrown" into the lap). Repeat movement for 30 to 60 seconds.

### Toe Touch

Begin by lying flat on the back (legs out straight), starting with the arms extended behind the head, holding the medicine ball. Same explosive movement as in exercise 1, except that the ball is "thrown" to the ankles. Repeat the movement for 30-60 seconds.

### Mini-Crunch

Begin in the basic crunch position (knees bent), starting with the ball under the head (as if on a pillow). The movement involves small crunches, just lifting the ball off the floor, concentrating on contracting the abs. Repeat the movement for 30 to 60 seconds.

### The Hinge

Begin seated on the end of a bench, the medicine ball is held between the knees, the hands are behind the body on the bench for stability. The movement is a crunching of the knees and the chest together and back apart. Repeat the movement for 30 to 60 seconds.

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