

Med Ball Lunge (1)

Purpose – to develop hip flexibility and leg strength



Instructions

- Begin with ball at belly button level
- Take a step forward with one leg and at the same time move the ball to the side of the front leg.
- Continue alternating legs by walking forwards



Med Ball Lunge (1)

- Your coach will tell you which weight to use and which colour circuit you should complete.
- Complete the number of repetitions shown in the table below before moving on to the next exercise.

Example: If you are doing the RED circuit and using the 2kg Med ball you would do 6 repetitions of the exercise.

1kg	2kg	3kg	4kg
6	6		
10	10		
14	14		
		6	6
		10	10
		14	14

Med Ball Lunge (2)

Purpose – to develop hip flexibility and leg strength

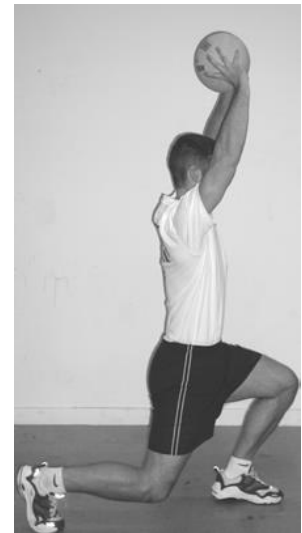


Instructions

- Begin with ball at belly button level
- While lunging forward push the ball vertically overhead till your arms are straight
- Either leave the ball overhead while continuing to lunge or return ball to belly

Variation

- Hold the med ball with straight arms in front of you at shoulder height.
- As you step forward raise the arms above your head keeping the arms straight.



Med Ball Lunge (2)

- Your coach will tell you which weight to use and which colour circuit you should complete.
- Complete the number of repetitions shown in the table below before moving on to the next exercise.

Example: If you are doing the RED circuit and using the 2kg Med ball you would do 6 repetitions of the exercise.

1kg	2kg	3kg	4kg
6	6		
10	10		
14	14		
		6	6
		10	10
		14	14

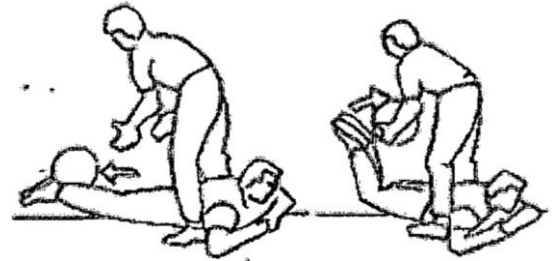
Hamstring Curls

Purpose – to strengthen the hamstrings



Instructions

- Lie flat, face down, on the ground
- Partner stands astride you facing your feet
- Partner rolls the ball along the back of your legs
- When the ball reaches the heels the ball is flicked up for your partner to catch



Hamstring Curls

- Your coach will tell you which weight to use and which colour circuit you should complete.
- Complete the number of repetitions shown in the table below before moving on to the next exercise.

Example: If you are doing the RED circuit and using the 2kg Med ball you would do 5 repetitions of the exercise.

1kg	2kg	3kg	4kg
5	5		
10	10		
15	15		
		10	10
		15	15
		20	20

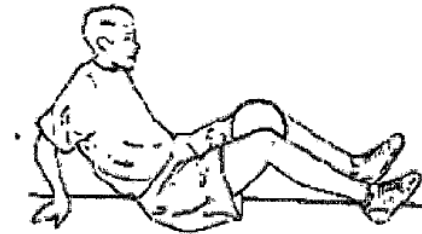
Abdominal Crunch (1)



Purpose – to strengthen the abdominal muscles

Instructions

- Sitting up slightly, resting on your hands, with knees bent
- Hold the med ball between the knees
- Draw knees up to the chest
- Return to the starting position



Abdominal Crunch (1)

- Your coach will tell you which weight to use and which colour circuit you should complete.
- Complete the number of repetitions shown in the table below before moving on to the next exercise.

Example: If you are doing the RED circuit and using the 2kg Med ball you would do 5 repetitions of the exercise.

1kg	2kg	3kg	4kg
5	5		
10	10		
15	15		
		5	5
		10	10
		15	15

Abdominal Crunch (2)

Purpose – to strengthen the abdominal muscles



Instructions

- Lie on your back, arms out at shoulder level, knees bent
- Hold the med ball between the knees
- Draw knees up to the chest
- Return to the starting position



Abdominal Crunch (2)

- Your coach will tell you which weight to use and which colour circuit you should complete.
- Complete the number of repetitions shown in the table below before moving on to the next exercise.

Example: If you are doing the RED circuit and using the 2kg Med ball you would do 5 repetitions of the exercise.

1kg	2kg	3kg	4kg
5	5		
10	10		
15	15		
		5	5
		10	10
		15	15

Abdominal Crunch (3)



Purpose – to develop the abdominals and core muscles

Instructions

- Lie on your back with med ball held between the knees
- Place hands by ears and draw knees up with the heels on the floor
- Curl the back and draw the knees up so that elbows contact the knees

Don't pull on the head as this can cause damage to the neck.



Abdominal Crunch (3)

- Your coach will tell you which weight to use and which colour circuit you should complete.
- Complete the number of repetitions shown in the table below before moving on to the next exercise.

Example: If you are doing the RED circuit and using the 2kg Med ball you would do 5 repetitions of the exercise.

1kg	2kg	3kg	4kg
5	5		
10	10		
15	15		
		5	5
		10	10
		15	15

Abdominal Crunch (4)

Purpose – to strengthen the abdominal muscles



Instructions

- Hold the med ball in both hands
- Lie in your back with legs and arms raised at 90°
- Lift the shoulders and back reaching forward & upwards to touch the toes with the med ball
- Keep legs straight throughout the movement
- Lower the back and shoulders to the floor
- Repeat as instructed



Abdominal Crunch (4)

- Your coach will tell you which weight to use and which colour circuit you should complete.
- Complete the number of repetitions shown in the table below before moving on to the next exercise.

Example: If you are doing the RED circuit and using the 2kg Med ball you would do 5 repetitions of the exercise.

1kg	2kg	3kg	4kg
5	5		
10	10		
15	15		
		5	5
		10	10
		15	15

Russian Twist (1) - Standing with Partner



Purpose – to develop flexibility and upper body strength

Instructions

- Stand back to back 1 metre apart
- Keep your hips facing forward and legs slightly relaxed
- Pass the ball to one another by only twisting the torso

For a greater range of movement turn in the same direction so that the ball travels in a figure of eight and passes between you rather than at the side.



Russian Twist (1) - Standing with Partner

- Your coach will tell you which weight to use and which colour circuit you should complete.
- Complete the number of repetitions shown in the table below before moving on to the next exercise.

Example: If you are doing the RED circuit and using the 2kg Med ball you would do 10 repetitions of the exercise.

1kg	2kg	3kg	4kg
10	10		
20	20		
30	30		
		10	10
		20	20
		30	30

Russian Twists (2) - Seated



Purpose – To strengthen the core muscles of the torso

Instructions

- Sit with your knees slightly bent
- Hold the med ball in front of you with two hands
- Keeping the hips level turn the upper body to touch the med ball on the floor to the side of you
- Repeat on alternate sides



For a more demanding exercise raise the heels off the floor and keep them there all the time.

Russian Twists (2) - Seated

- Your coach will tell you which weight to use and which colour circuit you should complete.
- Complete the number of repetitions shown in the table below before moving on to the next exercise.

Example: If you are doing the RED circuit and using the 2kg Med ball you would do 10 repetitions of the exercise.

1kg	2kg	3kg	4kg
10	10		
20	20		
30	30		
		10	10
		20	20
		30	30

Woodchopper (1) Standing with Partner

Purpose – to develop flexibility in the back, shoulders, torso and legs



Instructions

- Stand back to back approx. 60cm apart
- Pass the med ball overhead to your partner
- Return the med ball between the knees



Woodchopper (1) Standing with Partner

Your coach will tell you which weight to use and which colour circuit you should complete.

- Complete the number of repetitions shown in the table below before moving on to the next exercise.

Example: If you are doing the RED circuit and using the 2kg Med ball you would do 10 repetitions of the exercise.

1kg	2kg	3kg	4kg
10	10		
20	20		
30	30		
		10	10
		20	20
		30	30

Woodchopper (2) – Standing, diagonal

Purpose – to develop flexibility and upper body strength



Instructions

- Stand back to back 1 metre apart
- Keep your hips facing forward and legs slightly relaxed
- Pass the ball to one another by only twisting and bending the torso
- Exchange the ball high on one side and low on the other
- Change directions half way to work both sides of the body



Woodchopper (2) – Standing, diagonal

Your coach will tell you which weight to use and which colour circuit you should complete.

- Complete the number of repetitions shown in the table below before moving on to the next exercise.

Example: If you are doing the RED circuit and using the 2kg Med ball you would do 10 repetitions of the exercise.

1kg	2kg	3kg	4kg
10	10		
20	20		
30	30		
		10	10
		20	20
		30	30

Woodchopper (3) - Solo

Purpose – to develop strength and flexibility in the back, shoulders, torso and legs



Instructions

- Stand up straight and hold the med ball above your head with straight arms
- Swing the med ball forward and downwards keeping the arms straight
- Bend your knees so that you can reach through your legs with the med ball
- Swing the med ball forward and upwards so that you return to the starting position



Woodchopper (3) - Solo

Your coach will tell you which weight to use and which colour circuit you should complete.

- Complete the number of repetitions shown in the table below before moving on to the next exercise.

Example: If you are doing the RED circuit and using the 2kg Med ball you would do 10 repetitions of the exercise.

1kg	2kg	3kg	4kg
10	10		
20	20		
30	30		
		10	10
		20	20
		30	30

Big Cats

Purpose – to develop flexibility in the hips and lower back



Instructions

- Lie on your back with arms out straight at shoulder level
- Hold the med ball between your knees and raise the ball until it is above your hips
- Keeping the shoulders and arms on the ground; rotate the hips so that your knees touch the ground on alternate side



Big Cats

Your coach will tell you which weight to use and which colour circuit you should complete.

- Complete the number of repetitions shown in the table below before moving on to the next exercise.

Example: If you are doing the RED circuit and using the 2kg Med ball you would do 6 repetitions of the exercise.

1kg	2kg	3kg	4kg
6	6		
12	12		
18	18		
		8	8
		14	14
		20	20

Prone Ball Throw



Purpose – to strengthen the muscles of the lower back

Instructions

- Lie on your front 2 – 3m away from your partner who rolls the med ball to you
- Catch the med ball in 2 hands and arch your back so that you are supported on your hips – lift your legs as well as your chest
- Throw the med ball back to your partner using a chest pass



Prone Ball Throw

Your coach will tell you which weight to use and which colour circuit you should complete.

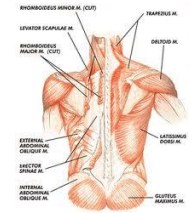
- Complete the number of repetitions shown in the table below before moving on to the next exercise.

Example: If you are doing the RED circuit and using the 2kg Med ball you would do 6 repetitions of the exercise.

1kg	2kg	3kg	4kg
6	6		
12	12		
20	20		
		12	12
		18	18
		24	24

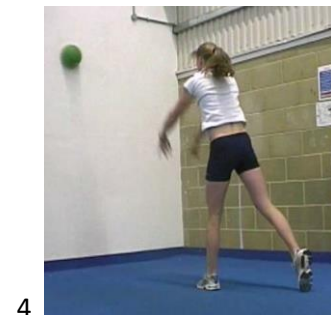
Two Handed Overhead Throw (bent arms)

Purpose – to develop an explosive throwing movement using the major muscle groups



Instructions – the whole throwing action should be fast and explosive:

- Stand sideways about 1 – 1½m in front of the rebound wall
- Drive the rear leg & hip round and face the rebound wall
- Keep the med ball behind you so that you are in a 'C' shape
- Throw the med ball using both arms and a powerful, whole body movement.



Two Handed Overhead Throw (bent arms)

Your coach will tell you which weight to use and which colour circuit you should complete.

- Complete the number of repetitions shown in the table below before moving on to the next exercise.

Example: If you are doing the RED circuit and using the 2kg Med ball you would do 5 repetitions of the exercise.

1kg	2kg	3kg	4kg
5	5		
10	10		
15	15		
		10	10
		15	15
		20	20

Two Handed Overhead Throw (straight arms)

Purpose – to develop the muscles of the shoulder and upper arm



Instructions – perform a series of rapid throws

- Stand, facing the rebound wall, about 30cm away
- Hold the med ball above your head with arms straight
- Throw the med ball with straight arms and a flick of the fingers
- Catch the med ball and repeat the throw rapidly



Two Handed Overhead Throw (straight arms)

Your coach will tell you which weight to use and which colour circuit you should complete.

- Complete the number of repetitions shown in the table below before moving on to the next exercise.

Example: If you are doing the RED circuit and using the 2kg Med ball you would do 5 repetitions of the exercise.

1kg	2kg	3kg	4kg
5	5		
10	10		
15	15		
		10	10
		15	15
		20	20

Purpose –	
Instructions	

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