

BEST medicine

6 must-try medicine ball exercises



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Available in varying sizes and weights, medicine balls can help improve muscular power and sports performance. These weighted spheres can be thrown and caught (don't try that with a dumbbell!), making for explosive movements that can improve overall athletic ability. Plus, they're super old school. Hippocrates used sand-filled animal skin pouches to help patients recover from injuries almost 2,000 years ago. Clearly, he was on to something.

Perform this routine at the end of your regular workout, or as a stand-alone workout, three days a week. Use a 6-, 8- or 10-lb medicine ball, which you can purchase at any sporting goods store. Do 20 repetitions of each exercise in the order shown. Complete this routine as a circuit, doing one set of each movement in succession, and without resting. Too easy? Rest 60 seconds and do the circuit one or two more times.

