



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



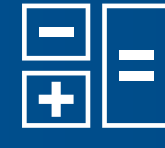
Diet Plans



Expert Guides



Videos



Tools

MINIMAL EQUIPMENT SERIES: 2 FULL BODY MEDICINE BALL WORKOUTS

Whether you're in a rush, all the equipment in the gym is taken, or if you need an at home workout, the medicine ball & these workouts are your solution!

Link to Workout: <https://www.muscleandstrength.com/workouts/2-medicine-ball-full-body-workouts>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 6 Weeks

Days Per Week: 3 Days

Time Per Workout: 30-45 Mins

Equipment: Medicine Ball

Author: Coach Dustin Myers

Workout #1

| Exercise | Sets | Reps |
|----------------------------|------|------|
| Circuit | | |
| Slam & Chest Pass | 5 | 10 |
| Overhead Throw & High Pass | 5 | 10 |
| Suplex | 5 | 10 |
| Front Raise | 5 | 10 |
| Side Passes | 5 | 10 |
| Arches | 5 | 10 |
| Head Circles | 5 | 10 |
| Front Squats | 5 | 10 |

This workout is ideal to do with a partner. If you are training solo, on the first 2 exercises you will pass the medicine ball to an invisible partner, walk over, pick it up then go again. The next 6 exercises are done in an "I go / you go" tempo, you can rest briefly (20 seconds or so) in between exercises, or better yet just burn through the entire routine, resting only in between rounds.

For advanced athletes, perform the workout as prescribed, but rather than resting between rounds, jog or jump rope for 3 minutes then start your next round.

Workout #2

| Exercise | Sets | Reps |
|------------------------------|------|----------------------|
| Superset | | |
| Front Squat | 3 | 15 |
| GSP Pushup | 3 | 6 - 8 Each Direction |
| Superset | | |
| Overhead Lunge | 3 | 10 Each Leg |
| Drop Down Plyo Pushup | 3 | 10 - 20 |
| Superset | | |
| Lunge Twists | 3 | 10 Each Leg |
| Narrow Pushups | 3 | Max Reps |
| Superset | | |
| Med Ball Rollout | 3 | 8 |
| Single Leg BW Hamstring Curl | 3 | 5 Each Leg |