VVOLT

Med Ball Warm-up

A total-body routine using a medicine ball to target all major muscle groups. For anyone needing a general full-body warm-up. Complete one round, resting 10 seconds between movements.

TIME 6 minutes

EQUIPMENT Med ball

1

MB Side-to-Side Tap

30 SECONDS

- Balance with feet off floor
- Tap ball lightly to each side



5

MB Toe Touch

30 SECONDS

- Reach MB up toward toes
- Curl back to floor slowly

MB Lunge to Twist

• Alternate legs each rep

• Twist to both sides each rep

30 SECONDS





MB Squat to Press

30 SECONDS Squat first, then press MB up



MB Head Circles

30 SECONDS

Rotate MB around head

• Alternate directions each rep







2

MB Crunch to Extension **30 SECONDS**

• Tuck MB to knees, then extend

4

MB Single-Leg RDL to Reach

30 SEC EACH SIDE • Alternate legs each rep



MB Wood Chopper

30 SECONDS Sweep MB overhead, then between legs



8

MB Golf Swing

30 SECONDS

- Sweep MB across body and up
- Alternate sides each rep



This training routine contains recommendations only. Actual exercises, volumes, and intensities are undertaken at the user's sole discretion and are performed at the user's own risk. Volt makes no express or implied warranties regarding the Volt program or content. Use of Volt's program and content is governed by the terms of use provided on Volt's website.