

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



2

MB Crunch to Extension

30 SECONDS

- Tuck MB to knees, then extend



3

MB Toe Touch

30 SECONDS

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



4

MB Single-Leg RDL to Reach

30 SEC EACH SIDE

- Alternate legs each rep



5

MB Lunge to Twist

30 SECONDS

- Alternate legs each rep
- Twist to both sides each rep



6

MB Wood Chopper

30 SECONDS

- Sweep MB overhead, then between legs



7

MB Squat to Press

30 SECONDS

- Squat first, then press MB up



8

MB Golf Swing

30 SECONDS

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



9

MB Head Circles

30 SECONDS

- Rotate MB around head
- Alternate directions each rep

