



Exercise of the Month



Rainbow Medicine Ball Slams

Purpose: A great exercise for building muscular strength and endurance in the upper body, as well as improving cardiovascular fitness.

Target Muscles: Primary: Chest and Shoulders. Secondary: Cardiovascular System and Lower Back.

Equipment: A weighted medicine ball. Depending on the type of flooring your workout area has, a soft medicine ball may be preferred over a rubberized one.

Movement:

- Begin by picking up your medicine ball and raising it overhead, while keeping it slightly in front. The medicine ball should never be directly over your head.
- Rotate your body to the right and slam the medicine ball to the ground, by forcefully bringing your hands down and letting go of the medicine ball when your hands reach hips or knees.
- While still facing the right, pick up the medicine ball and swing your arms overhead to the left in a windmill-motion .
- Rotate your body until you are facing the left, then repeat the downward slam.
- Repeat this process, back and forth, for the desired time or reps.

Benefits:

- Rainbow Medicine Ball Slams are a beneficial exercise because they develop muscular endurance and explosive power/strength of the chest, shoulders, and portions of the back. In addition, when performed for repeated bursts of more than 30 seconds, they have a positive training effect on the cardiovascular system.

