

WARM UP AND STRETCH



Scissor Ball Roll

Set on the floor with your legs scissored out in front of you. Roll the medicine ball out as far as possible, and return to the starting position.



Hip Circle

Stand with your feet together. Hold the medicine ball in one hand and pass it around your body switching hands behind your back.



Ski Bend

Stand with both your feet together and your knees slightly bent. Hold the medicine ball at your waist. Slowly bend to the waist, moving the ball to the side of one knee and then to the other.



Total Body Stretch

Stand with your feet hip width apart. Start by holding the medicine ball above with your arms straight. Slowly lift your arms by raising the ball over your head. Gently release the ball, and quickly lower your arms to catch it.

CORE



Crunches

Lie on your back with your knees bent and your feet on the floor. Holding the medicine ball at your chest, slowly lift your shoulders off the ground while curling your torso up as you contract your abdominal muscles. Hold and slowly return to the starting position.



Curl-Up

Lie on your back with your feet on the floor and knees bent at 90 degrees. Place the medicine ball on your arms. Slowly lift your shoulders and upper back off the ground as you reach towards the ball. Hold and return to the starting position. Be sure to keep your lower back on the floor throughout the exercise.



Oblique Twist

Stand with your feet hip width apart. Hold the medicine ball with both hands against your chest. Slowly twist your torso about 45 degrees, keeping your hips forward. Return to the starting position and repeat on your other side.



V-Sit

Get into your knees bent and your feet on the floor. Holding the medicine ball in both hands with your arms extended out in front of your torso, slightly lean back. Slowly twist from side to side, keeping your abdominals contracted. **Progression:** Lift your feet off the ground, keeping your knees bent to perform the exercise.



Plank

Place both your hands on the medicine ball with your legs extended behind you with your feet shoulder width apart. Be sure to tighten your abdominals, but also rest with your back. Hold this position for 30 seconds. **Progression:** Begin in the same position. Slowly lift one arm up and behind you. Hold this position for 10 seconds. Return to the starting position and lift your other arm.

UPPER BODY



Front Raise

Stand with your feet hip width apart. Hold the medicine ball with both your hands and arms fully extended towards the ground. Slowly raise the ball to your shoulder height, keeping your arms fully extended. Hold and slowly lower to the starting position.



Shoulder Press and Catch

Stand with your feet hip width apart. Hold the medicine ball at your chest. To start, then slowly press your hands up over your head as you gently lean the ball up and catch it. Lower the arms back to the chest and repeat.



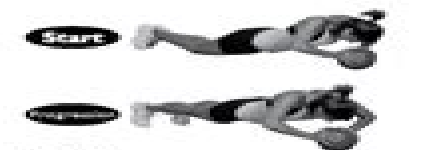
Bicep Curl

Stand with your feet hip width apart. Hold the medicine ball with both hands and arms fully extended down. Keeping your elbows at your sides, slowly bend your arms, drawing the ball upwards your chest. Slowly lower your arms to return to the starting position.



Tricep Extension

Stand with your feet hip width apart. Hold the medicine ball in both hands with your arms bent and elbows forward. Slowly extend your elbows to raise the ball above your head. Slowly bend your elbows to lower them to the starting position.



Push-Up

Start on your knees with your arms extended in front of you and both hands on the medicine ball. Be sure to keep your buttocks down and back straight. Slowly bend at your elbows, lowering your chest towards the ball. Hold and slowly press back up to the starting position. **Progression:** Place both hands on the medicine ball with legs extended behind you and back straight. Slowly bend your elbows by lowering your chest towards the ball. Hold and press back up to the starting position.

LOWER BODY



Wall Sit

Stand with your back against a wall. Your feet should be hip width apart and extended out about one foot in front of you. Hold the medicine ball at shoulder height with your arms extended out in front of you. Slowly slide down the wall until your knees are bent to approximately 90 degrees, making sure that your knees do not go past your toes. Hold and return to the starting position.



Walking Lunge

Start with both your feet together, holding the medicine ball at your waist. Take a large step forward with one foot, keeping the other in the starting position. Jump forward, keeping your front knee behind your toe. Twist your torso by moving the medicine ball to your side. Return to the starting position and repeat on your other side.



Squat

Stand with your feet hip width apart. Hold the medicine ball at your waist, keeping your arms extended. Slowly bend your knees, pushing your buttocks back and keeping your chest upright. Be sure to keep your weight on your heels and do not allow your knees to go past your toes.



Progression:

Single Leg Squat - Stand on one leg with the other leg at your knee and your feet behind your heels. Hold the medicine ball at your hips with arms fully extended. Slowly bend the knee that you are standing on about 45 degrees, keeping your knee behind your toe. Return to the starting position and repeat on your other side.

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Medicine Ball Exercise Guide

RJ Alexander

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web dec 17 2015 les 20 plus belles affiches de films à placarder sur les murs de sa chambre l'affiche de film a un rôle plus ou moins ingrat celui de donner envie aux spectateurs d'acheter un ticket pour voir le film qu'est-ce qui rend une affiche de film meilleure qu'une autre

les plus belles affiches des films e cinema com - Jan 01 2022

web may 28 2018 les plus belles affiches des films e cinema com après notre palmarès à la mode cannoise le jury e cinema com s'est réuni pour proposer le top 10 des affiches des films visibles sur la plateforme une manière de mettre en avant un art qui se perd de plus en plus ces dernières années le jugement d'une affiche n'est jamais facile

top des plus belles affiches de films senscritique - Aug 20 2023

web découvrez les plus beaux posters de films ces films qui resteront à la postérité pas forcément par leur contenu mais au moins par le caractère esthétique du choix de afficher plus compléter mon top 2417 membres ont répondu 8 3 1 pulp fiction 1994 2 h 34 min sortie 25 octobre 1994 france gangster comédie film de quentin tarantino

top 25 les plus belles affiches de films visionnés - Jul 07 2022

web top 25 les plus belles affiches de films visionnés une liste de films par tonton bernard mon top 25 très subjectif des plus belles affiches de films que j'ai vus au moins une fois bien sûr cette liste peut évoluer au fil du temps menu fermer télérama retour à la une télérama retour à la une

les plus belles affiches de films liste de 27 films senscritique - Jun 06 2022

web liste de 27 films par fannyhmn avec boyhood call me by your name her portrait de la jeune fille en feu etc

top 15 des plus belles affiches de films de l'année 2020 - Mar 15 2023

web dec 23 2020 laurence fournier une magnifique sélection À chaque fin d'année nous vous proposons notre top des plus belles affiches malgré la pandémie l'année 2020 n'aura pas été en reste pour nous proposer de magnifiques affiches qui rivalisent parfois avec de vraies œuvres d'art

les plus belles affiches de films de l'année 2022 - Apr 16 2023

web mar 6 2023 les plus belles affiches de films de l'année 2022 comme en 2021 j'ai décidé de vous faire découvrir les affiches de films qui m'ont le plus marqué durant l'année écoulée donc voilà mon top 5 des affiches de cinéma de l'année 2022 l'année précédente fut celle de la reconquête

les plus belles affiches liste de 145 films senscritique - Jun 18 2023

web les affiches que je préfère qu'éventuellement je veux bien dans ma chambre liste de 145 films par emmanazoe avec same same but different etc

les plus belles affiches de cinéma dacre richard amazon fr - Feb 02 2022

web ce beau livre regroupe plus de 100 affiches qui ont marqué l'histoire du cinéma par leur sujet leur graphisme leur originalité ou leur modernité toutes ont réussi à capter l'attention du public et à s'inscrire durablement dans les mémoires

posterama affiches de cinéma originales et de qualité - Apr 04 2022

web posterama est une boutique en ligne spécialisée dans la vente d'affiches de cinéma nous offrons une vaste sélection d'affiches de qualité supérieure pour les cinéphiles et les amateurs de décoration murale notre catalogue comprend une variété d'affiches de films classiques cultes et populaires

les plus belles affiches de film de l'année 2021 - Jul 19 2023

web oct 14 2021 les plus belles affiches de film de l'année 2021 petit top subjectif des affiches de film de l'année écoulée les plus intéressantes graphiquement avec des vrais morceaux de palme d'or et de blockbuster à l'intérieur