



Reebok

→ **Medicine Ball**

Workout Programme



Welcome to Reebok Fitness Equipment



Congratulations for selecting a product from the Reebok Training Range

The key to any effective workout plan is diversity . . . which is what the Reebok Training Range is all about. The range encompasses products designed to deliver a balanced workout, concentrating on the three key elements of fitness; muscular strength (Reebok Strength Training and Reebok Ironwear), cardiovascular fitness (Reebok Jump Training and Reebok Step) and flexibility (Reebok Stretch Training). All products are accompanied by a specialist training programme, developed in conjunction with Reebok University.



Reebok University

Reebok University was established in 1993 as a place of higher learning for sports and fitness professionals. Bringing together some of the world's top professionals, Reebok University creates quality and well-researched educational programmes to help people reach their goals for health, fitness and performance. Choose your goal and your favourite activities and Reebok will provide the guidelines to obtain the results you want.

We are committed to providing complete customer care. If you have any questions or if your product is damaged, we will guarantee total satisfaction.

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Reebok Medicine Ball Training Programme

Strength Training is one of the best ways to reshape and sculpt your body. The Reebok Medicine Ball Training Programme allows you to achieve your muscular strength and endurance goals. Whether your goal is to gain muscle tone, sculpt, or simply get stronger, the Reebok Medicine Ball Training Programme is perfect for all fitness levels.

If you have never done any strength training before you may want to start with no weight or a very light weight and increase your resistance as your strength increases over time. With a wide variety of fitness items throughout the Reebok Training range, you will always find a product to match your fitness level.

Training Goals

The chart shown right outlines your formula for success. Pick your goal and use the outline to find your current fitness level for strength training activities. Then use the Reebok Medicine Ball Training Programme in combination with your other favourite activities to reach your fitness goal.

	GOAL 1 Lose Weight	GOAL 2 Improve Muscle Tone	GOAL 3 Increase Flexibility	GOAL 4 Enhance Overall Health & Fitness
FITNESS LEVEL 1	CARDS 3x / Week 20-30 Min.	CARDS 3x / Week 20 Min.	CARDS 3x / Week 20 Min.	CARDS 3x / Week 20-30 Min.
	STRENGTH 2x / Week 20 Min.	STRENGTH 3x / Week 20 Min.	STRENGTH 2x / Week 20 Min.	STRENGTH 2x / Week 20-30 Min.
	FLEXIBILITY 3x / Week 10 Min.	FLEXIBILITY 3x / Week 10 Min.	FLEXIBILITY 3x / Week 20-30 Min.	FLEXIBILITY 3x / Week 20-30 Min.
FITNESS LEVEL 2	CARDS 4x / Week 30-40 Min.	CARDS 3x / Week 20 Min.	CARDS 3x / Week 20 Min.	CARDS 4x / Week 30 Min.
	STRENGTH 3x / Week 20 Min.	STRENGTH 4x / Week 20-30 Min.	STRENGTH 3x / Week 20 Min.	STRENGTH 3x / Week 20-30 Min.
	FLEXIBILITY 4x / Week 10 Min.	FLEXIBILITY 3x / Week 10 Min.	FLEXIBILITY 4x / Week 20-45 Min.	FLEXIBILITY 4x / Week 20-45 Min.
FITNESS LEVEL 3	CARDS 5x / Week 30-60 Min.	CARDS 3x / Week 30 Min.	CARDS 3x / Week 30 Min.	CARDS 5x / Week 30 Min.
	STRENGTH 4x / Week 30 Min.	STRENGTH 5x / Week 30 Min.	STRENGTH 3x / Week 20 Min.	STRENGTH 4x / Week 20-30 Min.
	FLEXIBILITY 5x / Week 15 Min.	FLEXIBILITY 3x / Week 15 Min.	FLEXIBILITY 5x / Week 20-60 Min.	FLEXIBILITY 5x / Week 20-30 Min.



Workout Advice

Warm Up

Prior to exercise, make sure you warm up thoroughly to protect against injury and prepare yourself for the activity to come. Warm up for 8 to 10 minutes by walking or jogging lightly on the spot or use a Reebok treadmill, bike or elliptical cross-trainer. Try to include some similar movements that make up your workout and keep the intensity low to moderate without leaving you feeling fatigued. Before starting the main workout, include stretches to target your tighter muscles. The duration of the warm up activity will depend on the intensity of your workout as well as your own fitness level.

- Ensure that you wear exercise footwear that gives good support and cushioning, eg. Reebok DMX, if necessary.
- Stop if you feel any pain or dizziness.
- Avoid locking or over extending knee and elbow joints.
- Keep breathing - don't hold your breath!
- Remember to work both sides of your body equally.
- Workout to the point of fatigue but not failure.
- Allow at least one day of rest between similar workouts.
- Rest for about 30 seconds between exercises depending on fitness level.
- Initially do 2 sets, increase to 3 or 4 as your fitness improves.

When doing repetitive resistance exercise make sure that you:

- Breath out on the exertion portion of the movement.
- Perform each repetition in a slow and controlled manner.
- Use a full range of motion but stay well within your joint's natural and comfortable range of movement.
- Take about 4 seconds to do one repetition i.e. take about 2 seconds to lift the weight and 2 seconds to lower it.
- Work up to 10 to 20 repetitions before increasing the difficulty. You can make an exercise harder by adding more weight, moving more slowly or increasing the range of motion (note point above).

Warning

Always check with your doctor before beginning any exercise programme, especially if you are pregnant or over 45. It is very important that you consult you doctor if you have cardiovascular risk factors, such as smoking, high blood pressure, high cholesterol, diabetes or a family history of heart disease.

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Exercise Tips

- Medicine Ball training is an ideal way to train with a partner. First ensure that your partner is fully briefed on what each exercise requires.
- With throwing exercises, ensure that you have plenty of space. Try incorporating this into an outdoor exercise programme.
- After a good warm up, medicine ball exercises should precede any other exercise if done in the same workout.
- Always start with a light weight and slow movements.
- For the best workout have at least one other weight of ball available.
- Due to the speed of some of the exercises, ensure that good form is maintained with every repetition to avoid injury.
- The quality of the movement is more important than the quantity. Stop the exercise if the technique becomes sloppy.
- With standing exercises, always maintain a solid stance.
- When training with a partner, be careful when throwing and catching the ball so as not to injure your fingers.

Individual Exercises



1. Abdominal Crunch (reverse)

Start in a sitting position with the ball between your knees and feet on the floor. Sit back slightly and rest on your hands. Now draw your stomach in and bring your knees up towards you. At the same time bring your chest towards your knees. Return to the starting position and repeat 8 or more times as you get stronger.



2. Reverse Wood Chop

Stand with a wide and stable stance holding the ball in front of you. Squat down, bringing the ball to the left of your lower legs. Make sure you bend your knees, keep your back straight and keep your stomach drawn in. Then extend your body and lift the ball to arms length above your right shoulder. Your torso and upper body should rotate. Repeat eight times. Rest before repeating on the other side.



3. Side Throw

Start with a similar stance as exercise 2 and stand side on to a wall about two or three metres away. Twist away from the wall then uncoil your body towards the wall, and throw the ball at the wall in one fluid motion. As it bounces back to you, pick it up and repeat. Do 6 to 8 repetitions then rest before repeating on the other side. (Can be done with a partner)



4. Chest Push

Similar to the above exercise, but stand facing the wall. Starting with the ball against your chest, throw it directly at the wall. When it rolls back to you, pick it up and repeat eight times. The ball can also be thrown from an overhead position. (Can be done with a partner)

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5. Squat and Press

Stand with a wide and stable stance holding the ball close to your chest. Allowing your hips to go back, bend your knees and squat down until your thighs are parallel to the ground. Stand up and push the ball to arms length overhead. Repeat ten times. As technique improves, accelerate out of the squat, jump up and throw the ball as high as you can in front of you. (Can be done with a partner)



6. Back Throw

Stand with a wide and stable stance holding the ball in front of you. Squat down and bring the ball between your knees. Lift the ball overhead quickly, extending your whole body and throw the ball backwards. As technique improves, try jumping to increase the power of the throw. Repeat 6 to 8 times. (Can be done with a partner)

Exercises with a Partner

If you do not have a partner to train with, some of these exercises can be done against a strong wall. Allow the ball to rebound before doing another repetition.



7. Trunk Rotation

Sit upright on the floor with knees at 90 degrees, feet flat on the floor and stomach drawn in. Place the ball on the floor behind your back. Rotate to the right, pick up the ball, bring it round to the left and place it on the floor behind you. Repeat 10 times before changing direction.



1. Standing Torso Twist

Stand back-to-back about one metre apart with your knees slightly bent. Pass the ball around the side to your partner so that it moves in circles around you. Try to keep your hips fixed facing forward whilst only twisting your torso. Do ten repetitions before changing direction. Rest in between.

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2. Leg curl

Lie flat on the ground with your elbows out and chin on your hands. Your partner should stand over you facing your feet then roll the ball along your legs. When it reaches your feet, curl your legs up and flick it back to their hands. Try to draw your navel in off the ground to ensure that you do not over extend your back. Repeat about 8 times.



3. Vertical Extensions

Stand back to back about half a metre apart. Lift the ball up, and with your arms straight pass it overhead to your partner. They should then pass it back to you between the knees. Make sure you bend your knees as you bend over. Do ten repetitions before changing direction. Rest in between.



4. Leg Toss

Face your partner with the ball held between your feet. Jump up, lifting your knees, and toss the ball to your partner. Increase the height and distance as you get stronger. Do 8 repetitions. If you are not training with a partner, catch the ball and repeat.



5. Pull over Sit up

Lie on your back facing your partner with feet flat on the floor. Hold the ball at arms length on the floor behind you. Throw the ball to your partner and roll up to a sitting position. As your partner throws it back, roll back down and repeat. Do 8 repetitions and increase as you get stronger. This exercise can also be done while lying on a Reebok Gym Ball.

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