








## Medicine Ball Circuit: for Sprinters / Hurdlers 1

Exercise	Wt. kg	Sets/Reps.	Rhythm/Speed	
<b>1. Abduction / Adduction</b> Straddle sit; ball on ground at ankles; push ball back and forth between ankles.	2-4	3 x 10	Controlled	
<b>2. StepUp</b> Straddle stand position; ball held at chest; 30-40 cm. Stable box; step up to full height; alternate lead legs. Variations: ball held: a) overhead, b) extended out from chest.	3-4	3 x 10-20	Fast	
<b>3. O/H Backwards</b> Straddle stand position with ball held extended overhead. Swing ball down between legs while simultaneously squatting and bending at the waist. Explode back up, throwing the ball back overhead for maximum distance.	3-4	2 x 10	Explosive	
<b>4. Forward Through Legs</b> Straddle stand position with ball held in the overhead position. Swing the ball down between the legs, simultaneously bending at the knees and waist. Extend the hips, legs and back throwing the ball for maximum distance.	3-4	2 x 10-20	Explosive	
<b>5. Hamstring Curls</b> Lying prone; arms out in front of the body; partner rolls the ball down the back, hips and legs to the feet; receiver curls up his legs flipping the ball back to the partner.	2-5	3 x 10	Fast	
<b>6. Frog Kick-Hang</b> Hang from overhead bar with arms extended and feet barely touching the ground; holding the ball between the ankles. Bring the knees up to the chest, and SLOWLY return to the starting position.	2-4	3 x 10	Controlled	
<b>7. Squat, Throw, Fall &amp; Chase</b> Straddle position with the ball held at the chest. Squat down then extend legs while throwing the ball forward. Upon release drop into a front support position, execute a push-up, scramble out and chase the ball.	2-4	3 x 5	Fast	

Gambetta & Odgers: Complete Guide to Medicine Ball Training

Consider variations

Progress with care ... adapting movements / weights / repetitions to the goals of your program.

Laminated copies available ... contact NWA