

# medicine ball chest press

**medicine ball chest press** is a dynamic and effective exercise that targets the chest muscles while also engaging the shoulders, triceps, and core. This functional movement combines strength training with stability, making it a popular choice for athletes and fitness enthusiasts looking to enhance upper body power and endurance. Incorporating the medicine ball chest press into a workout routine can improve muscular balance, coordination, and overall athletic performance. This article provides an in-depth exploration of the medicine ball chest press, covering its benefits, proper technique, variations, and tips for maximizing results. Understanding the correct form and execution is essential to prevent injury and achieve optimal gains. The following sections will guide readers through everything they need to know about this versatile exercise.

- Benefits of the Medicine Ball Chest Press
- How to Perform the Medicine Ball Chest Press
- Common Variations of the Medicine Ball Chest Press
- Tips and Precautions for Safe Practice
- Incorporating the Medicine Ball Chest Press into Your Workout

## Benefits of the Medicine Ball Chest Press

The medicine ball chest press offers numerous advantages that make it a valuable addition to strength training programs. Unlike traditional chest press exercises performed with dumbbells or barbells, the unstable nature of the medicine ball forces the body to recruit additional stabilizer muscles, particularly in the core and shoulders. This leads to improved muscular coordination and balance. Additionally, the explosive movement often used with the medicine ball chest press can enhance power output and speed, which are beneficial for athletic performance.

## Upper Body Strength and Muscle Development

The primary muscles targeted by the medicine ball chest press include the pectoralis major, anterior deltoids, and triceps brachii. Regularly performing this exercise promotes hypertrophy and strength gains in these areas, contributing to a well-defined and functional upper body. The dynamic nature of the movement engages both concentric and eccentric muscle contractions, maximizing muscle fiber recruitment.

## **Core Engagement and Stability**

Maintaining balance while pressing the medicine ball requires significant core activation. This engagement strengthens the abdominal muscles, obliques, and lower back, enhancing overall stability. Improved core strength from the medicine ball chest press can translate to better posture and reduced risk of injury during other physical activities.

## **Enhanced Athletic Performance**

For athletes, the medicine ball chest press is particularly beneficial due to its focus on power and coordination. The exercise mimics the pushing actions required in many sports, such as football, basketball, and martial arts. Incorporating explosive medicine ball chest presses into training helps develop fast-twitch muscle fibers and reaction time.

## **How to Perform the Medicine Ball Chest Press**

Executing the medicine ball chest press with proper form is crucial for safety and effectiveness. The exercise can be performed on a flat surface, bench, or stability ball depending on the fitness level and specific training goals. The following instructions outline the standard technique for the medicine ball chest press.

### **Setup and Starting Position**

Begin by selecting an appropriate medicine ball weight that challenges the muscles without compromising form. Lie on your back on a bench or the floor with knees bent and feet flat. Hold the medicine ball with both hands at chest level, keeping elbows bent and positioned slightly below shoulder height. Engage the core to maintain a neutral spine throughout the movement.

### **Execution of the Press**

Press the medicine ball upward by extending the arms fully overhead while maintaining control of the ball. Focus on contracting the chest muscles and keeping the shoulders stable. Avoid locking the elbows at the top of the movement to reduce joint strain. Slowly lower the ball back to the starting position, resisting gravity to maintain muscle tension.

### **Breathing Pattern**

Inhale while lowering the medicine ball toward the chest, and exhale during the pressing phase. Proper breathing helps maintain intra-abdominal pressure and supports core stability.

# Common Variations of the Medicine Ball Chest Press

To target different muscle groups or increase the challenge, several variations of the medicine ball chest press can be incorporated. These variations modify body position, movement speed, or equipment to provide diverse training stimuli.

## Incline Medicine Ball Chest Press

This variation involves performing the press on an incline bench, which shifts the emphasis to the upper chest and anterior deltoids. It is effective for developing upper pectoral strength and improving shoulder stability.

## Explosive Medicine Ball Chest Pass

Instead of pressing the ball slowly, this dynamic variation involves throwing the medicine ball explosively from the chest to a partner or against a wall. It enhances power and fast-twitch muscle activation, making it ideal for athletes focused on speed and force generation.

## Single-Arm Medicine Ball Chest Press

Performing the chest press with one arm at a time increases the demand on core stabilization and unilateral strength. This variation helps correct muscular imbalances and improves coordination.

## Stability Ball Medicine Ball Chest Press

By lying on a stability ball while pressing the medicine ball, the exerciser challenges balance and engages additional stabilizer muscles. This variation is excellent for enhancing overall functional strength.

## Tips and Precautions for Safe Practice

Safety and effectiveness during the medicine ball chest press depend heavily on proper technique and awareness of potential risks. The following guidelines help minimize injury and maximize performance benefits.

- **Choose the Right Weight:** Start with a manageable medicine ball weight to maintain control and avoid strain.
- **Maintain Proper Form:** Keep the shoulder blades retracted and avoid excessive

arching of the lower back.

- **Control the Movement:** Press and lower the ball in a controlled manner to engage muscles fully and reduce momentum.
- **Warm Up Thoroughly:** Prepare the muscles and joints with dynamic stretches and light cardio before performing the exercise.
- **Avoid Overtraining:** Allow adequate recovery between sessions to prevent fatigue and overuse injuries.
- **Consult a Professional:** Seek guidance from a fitness expert if unsure about technique or appropriate progression.

## Incorporating the Medicine Ball Chest Press into Your Workout

The medicine ball chest press can be integrated into various training programs, including strength training, circuit workouts, and sport-specific conditioning. Its versatility allows for adaptation to different fitness levels and goals.

### Programming Recommendations

For muscle hypertrophy and strength, perform 3 to 4 sets of 8 to 12 repetitions with moderate to heavy medicine ball weights. For power development, use lighter weights with explosive movements and 3 to 5 sets of 5 to 8 reps. Incorporate the exercise 2 to 3 times per week, ensuring sufficient recovery.

### Combining with Complementary Exercises

Pairing the medicine ball chest press with exercises that target antagonistic muscle groups, such as rows or pull-ups, promotes muscular balance. Additionally, integrating core strengthening movements and lower body exercises contributes to full-body functional fitness.

### Progression Strategies

Increase the challenge by gradually adding weight, increasing the number of repetitions, or incorporating advanced variations such as single-arm presses or instability challenges. Tracking progress and adjusting the workout accordingly supports continuous improvement.

# **Frequently Asked Questions**

## **What muscles does the medicine ball chest press target?**

The medicine ball chest press primarily targets the pectoral muscles (chest), triceps, and shoulders, while also engaging the core for stability.

## **How do you perform a medicine ball chest press correctly?**

Lie on your back with knees bent and feet flat on the floor. Hold a medicine ball at chest level with both hands. Press the ball straight up until your arms are fully extended, then slowly lower it back to your chest.

## **What are the benefits of doing a medicine ball chest press?**

Benefits include improved upper body strength, enhanced core stability, increased muscle endurance, and better coordination due to the unstable nature of the medicine ball.

## **Can the medicine ball chest press help with rehabilitation?**

Yes, when done with appropriate weight and under professional guidance, the medicine ball chest press can aid in rehabilitation by strengthening chest and shoulder muscles and improving joint stability.

## **How heavy should the medicine ball be for chest press exercises?**

Choose a medicine ball weight that challenges you but allows you to maintain proper form, typically between 4 to 12 pounds for beginners to intermediate users.

## **Is the medicine ball chest press suitable for beginners?**

Yes, it is suitable for beginners as it allows control over weight and range of motion, but starting with a lighter ball and focusing on form is important.

## **Can the medicine ball chest press improve athletic performance?**

Yes, it can improve explosive power, upper body strength, and coordination, which are beneficial for many sports and athletic activities.

## How many sets and repetitions are recommended for the medicine ball chest press?

Typically, 3 to 4 sets of 8 to 12 repetitions are recommended, depending on your fitness goals and experience.

## What variations of the medicine ball chest press can increase difficulty?

Variations include performing the press on an unstable surface like a stability ball, adding a push-up after each press, or using a heavier medicine ball.

## Can the medicine ball chest press be incorporated into a HIIT workout?

Yes, the medicine ball chest press can be integrated into HIIT workouts to add upper body strength training and increase overall workout intensity.

## Additional Resources

### 1. *Medicine Ball Chest Press: The Ultimate Guide to Strength and Conditioning*

This comprehensive guide explores the fundamentals of the medicine ball chest press, including proper techniques and workout routines. It provides step-by-step instructions for beginners and advanced athletes alike. The book also covers variations to target different muscle groups and improve overall upper body strength.

### 2. *Functional Fitness with Medicine Balls: Chest Press and Beyond*

Focused on functional fitness, this book integrates medicine ball chest press exercises into broader workout plans. It emphasizes improving athletic performance, coordination, and core stability. Readers will find practical tips for incorporating medicine ball training into daily routines for maximum benefit.

### 3. *Medicine Ball Training for Upper Body Power*

This volume delves into the science behind developing explosive upper body power using medicine ball exercises, with a strong focus on the chest press. It includes workout programs designed for athletes aiming to enhance speed, strength, and endurance. Detailed illustrations help ensure correct form and reduce injury risks.

### 4. *Strength and Conditioning with Medicine Balls: Chest Press Techniques*

Aimed at fitness trainers and enthusiasts, this book highlights effective strength and conditioning methods using medicine ball chest presses. It covers progressive overload strategies and recovery protocols. The text also addresses common mistakes and how to correct them for safe training.

### 5. *The Complete Medicine Ball Workout: Chest Press and Total Body Conditioning*

This all-in-one resource combines medicine ball chest press exercises with full-body conditioning workouts. It offers diverse routines catering to different fitness levels and goals. Nutrition advice and injury prevention tips complement the training plans for holistic

fitness improvement.

#### *6. Medicine Ball Chest Press for Rehabilitation and Injury Prevention*

Designed for physical therapists and patients, this book focuses on using the medicine ball chest press as part of rehabilitation programs. It details modifications for various injury types and stages of recovery. The approach promotes safe strengthening of the chest muscles while enhancing joint stability.

#### *7. Explosive Power Training: Medicine Ball Chest Press and Plyometrics*

This book combines medicine ball chest press exercises with plyometric training to boost explosive power. It is tailored for athletes in sports requiring quick upper body movements and strength. The training plans emphasize speed, agility, and muscle coordination for peak performance.

#### *8. Core and Chest Strength with Medicine Balls*

Highlighting the synergy between core stability and chest strength, this guide features medicine ball chest press exercises integrated with core workouts. It explains how strengthening these areas improves posture, balance, and athletic ability. The routines are adaptable for home and gym settings.

#### *9. Medicine Ball Workouts for Women: Chest Press and Upper Body Toning*

Specifically designed for women, this book offers targeted medicine ball chest press exercises to tone and strengthen the upper body. It includes programs that focus on building lean muscle and enhancing endurance. Motivational tips and progress tracking tools help maintain consistency and achieve results.

## **Medicine Ball Chest Press**

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**medicine ball chest press: The Women's Health Big Book of Exercises** Adam Campbell, 2016-10-25 Revised edition includes 100 new exercises! The Women's Health Big Book of Exercises is the essential workout guide for anyone who wants a better body. As the most comprehensive collection of exercises ever written specifically for women, this book is a body-shaping power tool for both beginners and longtime fitness buffs alike. This book contains hundreds of useful tips, the latest

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**medicine ball chest press:** *Men's Health Power Training* Robert Dos Remedios, Editors of Men's Health Magazi, 2007-09-18 One of the nation's elite strength and conditioning coaches presents a unique training program designed to help men achieve functional strength and muscular balance throughout their bodies For decades, the conventional measure of an individual's strength was the amount of weight he could bench press. Now, that measure is being challenged by expert trainers like Robert dos Remedios who argue that the variety of movement patterns used in functional training is the real key to getting bigger, stronger, and more powerful. In Men's Health Power Training, this acclaimed collegiate strength and conditioning coach describes in detail the methods he has used to develop hundreds of Division I scholarship athletes, including several current NFL players. The key features that make this book a standout in the fitness field include: • exercises geared toward functional strength that can be utilized in real-world situations, from playing sports to lifting furniture • training sessions that are short, intense, and highly effective • compound, multijoint exercises that replace the less-effective isolation exercises found in many fitness books • no-nonsense dietary information utilizing a new and innovative food pyramid developed by the UCLA Center for Human Nutrition that will optimize strength gains, recovery, and physical progress

**medicine ball chest press:** *Exercise Balls For Dummies* LaReine Chabut, 2005-05-06 If you want to shape up or lose weight, get on the ball! It's inexpensive. It's something you can do at home. It's effective! However, unless you have a personal trainer, using the exercise ball correctly to get maximum results can be tricky. That's where Exercise Balls For Dummies comes in. You'll discover how to turn an ordinary workout into a super workout that builds strength, increases flexibility, and sculpts a great-looking body. The book includes: Step-by-step details on using exercise balls in your regular workout program Tips on selecting and maintaining equipment Illustrated exercises covering a complete muscle workout: shoulders and upper back; biceps, triceps, and forearms; chest abdominals and lower back; legs and hips: flexibility in general Specific applications for Pilates, weight training, stretching, and aerobic exercise Mat workout routines Admitted couch potatoes can start at the beginning; fitness fanatics can jump right in and integrate the exercise ball into their routines. Exercise Balls For Dummies was written by LaReine Chabut, a fitness model, actress, and writer who owns a women's workout spa and stars in workout videos. Of course, she makes it look easy!

**medicine ball chest press:** *Developing the Core* NSCA -National Strength & Conditioning Association, Jeffrey M. Willardson, 2024-08-15 It's no secret that a strong midsection is a necessity for elite-level athletes. In fact, research has established a direct correlation between core strength, performance, and injury risk reduction. With Developing the Core, Second Edition, you can gain the performance edge by strengthening your core and achieving greater stability and mobility. Written by the National Strength and Conditioning Association with contributions from an experienced group of sport coaches and practitioners, Developing the Core, Second Edition, is the most comprehensive and up-to-date resource on the science for core training and its application. Along with the latest testing and assessment procedures and new insights regarding the neural control of the core muscles, you will find the following: Core training guidelines and sample programs for 15 sports, including basketball, football, soccer, lacrosse, rugby, and mixed martial arts Step-by-step instructions and detailed photos for 74 exercises Expert advice and strategies for varying exercises and customizing programs Developing the Core is the authoritative resource for strengthening the core and maximizing performance. It is an absolute must-have for serious athletes, strength and conditioning professionals, and coaches alike. Earn continuing education credits/units! A continuing education exam that uses this book is also available. It may be purchased separately or as part of a package that includes both the book and exam.



**medicine ball chest press: NASM Essentials of Personal Fitness Training , 2008**

Developed by the National Academy of Sports Medicine (NASM), this book is designed to help people prepare for the NASM Certified Personal Trainer (CPT) Certification exam or learn the basic principles of personal training using NASM's Optimum Performance Training (OPT) model. The OPT model presents NASM's protocols for building stabilization, strength, and power. More than 600 full-color illustrations and photographs demonstrate concepts and techniques. Exercise color coding maps each exercise movement to a specific phase on the OPT model. Exercise boxes demonstrate core exercises and detail the necessary preparation and movement. Other features include research notes, memory joggers, safety tips, and review questions.

**medicine ball chest press: Ageless Intensity Pete McCall, Gunnar Peterson, 2022**

High-intensity training has no age restriction, so why slow down? You don't have to. However, there is a better way to train ... one that reduces stress on your body, decreases risk of injury, and maximizes the results you're looking for. Ageless Intensity is a straightforward science-based guide on how to structure and implement high-intensity workouts to increase strength and power, add lean muscle mass, improve mobility, burn fat, reduce heart rate, and, ultimately, reduce the biological effects of time. Inside, you will discover not only the impact aging has on your body but also how high-intensity exercise actually slows that process. You'll learn the importance of adding challenging strength and mobility exercises to your routine as well as how to monitor and adjust recovery between workouts. You'll even find predesigned workouts that can be used as is or be customized to increase the intensity and push your body to its limits. So, if you're not ready to slow down, Ageless Intensity will show you how to keep going strong. Book jacket.

**medicine ball chest press: *Strength Training for Baseball* A. Eugene Coleman, David J.**

Szymanski, NSCA -National Strength & Conditioning Association, 2021-07-27 Strength Training for Baseball will help you create a baseball-specific resistance training program to help athletes at each position--pitchers, catchers, middle infielders, corner infielders, center fielders, and corner outfielders--develop strength and power that will serve them on the field.

**medicine ball chest press: *Evidence-Based Practice in Exercise Science* Amonette,**

William E., English, Kirk, Kraemer, William, 2016-01-28 Evidence-Based Practice in Exercise Science: The Six-Step Approach equips readers with the basic skills and competencies to discern the value of scientific research and become evidence-based practitioners.

**medicine ball chest press: Lesson Planning for High School Physical Education Lynn**

Couturier MacDonald, Robert J. Doan, Stevie Chepko, 2017-10-16 Lesson Planning for High School Physical Education provides standards-based, ready-to-use lesson plans that enhance student learning and help students become physically literate. Designed to complement the successful elementary and middle school books in the series, this book also provides guidance on how to plan effective lessons that align with SHAPE America's National Standards and Grade-Level Outcomes for K-12 Physical Education. Lesson Planning for High School Physical Education is written by master teachers and edited by SHAPE America. In this book, you'll find: • More than 240 lesson plans that provide deliberate, progressive practice tasks and integrate appropriate assessments to evaluate and monitor student progress • Innovative and unique modules on topics such as fly fishing, rock climbing, line dance, yoga and stress management, and more, as well as more traditional modules • Introductory chapters that present the key points for the grade span, putting the lessons in context and providing teachers and PE majors and minors a clear roadmap for planning curricula, units, and lessons • Lessons that reflect best practices in instruction, helping teachers enhance their effectiveness • Expert guidance in delivering quality lessons that are designed to reach objectives and produce outcomes, and not just keep students occupied The lessons correspond to each category in SHAPE America's National Standards and Grade-Level Outcomes for K-12 Physical Education, and are sequential and comprehensive—you get complete, ready-to-use units and not just individual lessons that don't connect. The lessons include resource lists, references, equipment lists, and student assignments. The accompanying web resource offers easy access to printable PDF files of the lessons. Your administrator will be able to see at a glance that the lessons in the book are

designed to meet the national standards and outcomes created by SHAPE America. The lessons in Lesson Planning for High School Physical Education can be used as they are or modified to fit the needs of your students. They also are perfect models for teachers and college students to use in creating their own lessons. The text includes instructional strategies such as how to teach for transfer, utilize grids and small games, differentiate instruction for varying ability levels, integrate conceptual material, and more. The book is organized into two parts. Part I explores issues pertinent to planning for high schoolers' success, including how to plan lessons using SHAPE America's Grade-Level Outcomes, meeting the National Standards and Grade-Level Outcomes, developing an electives-based program for high school students, and the importance of teaching for student learning. The lesson plans themselves are found in Part II, and each lesson aligns with SHAPE America's National Standards and Grade-Level Outcomes for K-12 Physical Education. Part II offers plans in these categories: • Outdoor pursuits • Individual-performance activities • Net and wall games, such as badminton and tennis • Target games • Dance and rhythms • Fitness activities, such as Pilates, resistance training, and yoga • Personal fitness assessment and planning Each category contains modules of 15 or 16 lessons, each of which incorporates various National Standards and Grade-Level Outcomes. For example, you can address Standard 4 outcomes—which are about personal and social responsibility—during lessons on net and wall games, lessons on dance and rhythms, and so on. With the high-quality lesson content and the many tools and resources provided, Lesson Planning for High School Physical Education will help teachers foster their students' physical literacy and help students develop physically active lifestyles that they can maintain throughout their adult lives.

**medicine ball chest press: Maximum Interval Training** Cissik, John, Dawes, Jay, 2015-05-05 Are you ready to challenge yourself, and turn up the intensity of your workouts? Are you ready for a proven program that burns fat, increases muscle, and sculpts the physique you've always wanted? If so, then Maximum Interval Training is for you! Maximum Interval Training combines high-intensity exercises and nontraditional equipment with a variety of modalities and training options to stimulate muscle growth, avoid plateaus, and produce results.

**medicine ball chest press: High-Powered Plyometrics, 2E** Radcliffe, James , Farentinos, Robert, 2015-04-03 High-Powered Plyometrics presents exercises and programs used by today's top athletes, coaches, and conditioning experts for development of explosive power, strength, and speed. Along with exclusive access to an online video library, it features 23 programs for 21 sports and the latest training methods, equipment, and assessments as well as 79 exercises for increasing power.

**medicine ball chest press: Strength Training for Football** NSCA -National Strength & Conditioning Association, Jerry Palmieri, Darren Krein, 2019-09-10 Absolute strength. Sharp acceleration. Explosive power. The modern era of football demands that athletes in all positions are exposed to quality strength training programs that translate strength gains into better performance on the field and limit athlete vulnerability to injury. Developed with the expertise of the National Strength and Conditioning Association (NSCA), Strength Training for Football shows you how to design resistance training programs that will help athletes excel on the field. The book will help you understand the specific physical demands of the six groups of positions—offensive and defensive linemen; tight ends, fullbacks, and linebackers; wide receivers and running backs; defensive backs; quarterbacks; and kickers and punters. You will also find the following: 11 testing protocols for measuring and assessing athletes' strength, power, speed, agility, endurance, and anaerobic capacity 11 total body exercises with 14 variations 20 lower body exercises with 13 variations 23 upper body exercises with 29 variations 15 core exercises with 35 variations 115 sample programs—90 of which are position-specific—for off-season, preseason, in-season, and postseason resistance training Each resistance training exercise consists of a series of photos and a detailed list of primary muscles trained, beginning position and movement phases, breathing guidelines, modifications and variations, and coaching tips to guide you in selecting the right exercises for a program. You'll also learn how to structure those programs based on the goals and length of each season and for each position. Backed by the NSCA and the knowledge and experience of successful

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**medicine ball chest press: Fitness Professional's Handbook** Edward T. Howley, Dixie L. Thompson, 2022-06-02 Fitness Professional's Handbook, Seventh Edition With HKPropel Access, provides current and future fitness professionals with the knowledge to screen participants, conduct standardized fitness tests, evaluate the major components of fitness, and prescribe appropriate exercise. The text uses the latest standards, guidelines, and research from authorities in the field to prepare readers for certification and arm them with the knowledge to work with a variety of clients and populations. This full-color text incorporates information from the 10th edition of ACSM's Guidelines for Exercise Testing and Prescription and the Physical Activity Guidelines for Americans exercise and physical activity recommendations for adults, older adults, children, and those with special needs. The text embraces the importance of communication between allied health and medical professionals with those in the fitness arena to provide readers with a foundation for prescribing exercise and delivering need- and goal-specific physical activity and fitness programs. Every chapter has been updated, allowing readers to explore the newest theories and research findings and apply them to real-world situations. The following are among the most significant changes to the seventh edition: Related online content delivered via HKPropel that includes an online video library containing 24 video clips to help readers better apply key techniques covered in the book, as well as fillable forms that students can use beyond the classroom A new chapter, "Training for Performance," helps professionals expand their practice to work with recreational athletes who have performance-related goals New information, including the consequences of exercise-induced muscle damage (rhabdomyolysis), devices used to track physical activity and estimate energy expenditure (e.g., accelerometers), relative flexibility and the role of lumbopelvic rhythm in back function, the importance of progression in an exercise prescription, and the professional standard of care associated with HIIT programs reflects recent topics of interest and research Updated statistics on CVD and CHD from the American Heart Association, adult and childhood obesity, and the prevalence of COPD, asthma, bronchitis, and emphysema ensure accurate representation of data With a comprehensive and practical approach, this text enables readers to help individuals, communities, and groups gain the benefits of regular physical activity in a positive and safe environment. It provides background to the field, scientific fundamentals, and up-to-date recommendations to help readers better understand the role of physical activity in the quality of life and guidelines for screening, testing, supervising, and modifying activity for various populations. Note: A code for accessing HKPropel is not included with this ebook but may be purchased separately.

**medicine ball chest press: Ultimate Plank Fitness** Jennifer DeCurtins, 2015-02-18 A safe, challenging, and effective method of core conditioning, planking is one of the best ways to get fit and toned. Variations of planks are used across many fitness domains including traditional group exercise, personal training, home workouts, yoga, pilates, barre, CrossFit and plenty more! In no time, planks will craft: -Abs -Shoulders -Pectorals -Biceps -Triceps -Glutes -Quads -Hamstrings Not to mention the fact that planking increases heart rate, offering calorie-busting cardio exercise, and creating healthy muscle tone. Ultimate Plank Fitness features 100 different variations of planks that can be used to customize your workout. Easily increase the difficulty of your core strengthening exercises by adding stability balls, gliders, and weights. Each exercise includes a step-by-step photo demonstration, points of performance, where to engage, along with common faults to detect ways to improve your fitness. Finally, CrossFit coach, personal trainer, and fitness instructor, Jennifer DeCurtins provides you with ten 5-minute workouts incorporating several planks that you can use to target trouble areas and build strength. With countless variations of the exercise, ranging from traditional planks to side plank variations and planks using external weights or unstable surfaces, your entire workout can be programmed around the plank! Work your way to a healthy core with Ultimate Plank Fitness.

**medicine ball chest press: The Handbooks of Sports Medicine and Science** William J. Kraemer, Keijo Häkkinen, 2008-04-30 A high-quality complement to the handbooks on particular sports, the handbook on Strength Training for Sport presents both the basic concepts and theoretical

background for sports-specific strength training as well as the practical consideration in designing the overall program. Separate chapters deal with periodization, gender differences, detraining, and over training. Sample programs are presented for soccer, volleyball, wrestling, endurance running, swimming, and shot put and discus.

**medicine ball chest press: Personal Training: Theory and Practice** James Crossley, 2014-03-18 Personal Training: Theory and Practice draws together the personal, practical and business skills central to becoming a successful personal trainer in one unique volume. This accessible new book introduces the fundamentals of applied exercise prescription and programme design, as well as advanced concepts such as nutritional intervention, postural analysis and the psychology of behaviour change. It provides authoritative coverage of: · practical aspects of personal training - stability, functional exercise, sport specific training and speed development · all the latest fitness methods · weight loss, diet and nutrition · key business skills including professional conduct, presentation and marketing Personal Training: Theory and Practice is the ideal companion both for those embarking on a career in personal training and for experienced trainers.

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