

# Medicine & Slam Ball Training Essentials



## Overview

Why Slam / Medicine Ball?

- Very versatile and dynamic, enables explosive and/or ballistic movement
- Excels at higher speed dynamic actions either as the primary implement or simply as static resistance
- Decelerations
- Conditioning

General Movement Categories:

- Holds
- Lifts
- Chops
- Throws
- Rotations

These can take place in all 3 Planes of Motion

TRX

TRX

## TRX BALL TRAINING - HOLDS



TRX

## TRX BALL TRAINING - HOLDS

Exercise
Rack Hold
Front Hold
Overhead Hold
Rotational Hold (chest & hip)
Low Cradle
Single Arm (Rack, Front, Side, Overhead)
Shoulder Carry

TRX

## TRX BALL TRAINING - SQUAT



TRX

## TRX BALL TRAINING - SQUAT

Exercise
Squat (Front Rack)
Squat (Front / OH Hold)
Squat Press
Squat Jump Press
Squat Jump Throw
Squat Tap to Jump Press / Throw
Squat with Rotational Partner Throw

TRX

## TRX BALL TRAINING - HINGE



TRX

## TRX BALL TRAINING - HINGE

Exercise
Deadlift (Low Cradle)
Deadlift to Front Hold
Deadlift to Overhead Hold
Deadlift to Overhead Throw
Single Leg RDL
Slam / Jump Slam
Rotational Slam

TRX

## TRX BALL TRAINING - LUNGE



TRX

## TRX BALL TRAINING - LUNGE

Exercise
Lunge (Rack Hold)
Lunge with Low Cradle
Lunge to Front Press
Lunge with Overhead Press
Lunge with Low Reach
Lunge Matrix
Lunge with Rotation
Lunge with Rotational Throw

TRX

## TRX BALL TRAINING - PUSH



TRX

## TRX BALL TRAINING - PUSH

Exercise
Supine Plyo Push
Variable Distance Chest Pass (Wall or Partner)
Elevated Push Up
Elevated Push Up with Plyo Transition
Horizontal Chest Press / Chest Pass
Overhead Press / Wall Ball Throw
Shoulder to Shoulder Press
Single Arm Overhead Press
Alt. Single Arm Overhead Press
Single Arm Overhead Press, Wide Stance

TRX

## TRX BALL TRAINING - CHOPS & ROTATIONS



TRX

## TRX BALL TRAINING - CHOPS & ROTATIONS

Exercise
Hip to Shoulder Chop
Shoulder to Hip Chop
Hip Toss
Russian Twist

TRX

## TRX BALL TRAINING - LIFTS



TRX

## TRX BALL TRAINING - LIFTS

Exercise
Squat
Lunge (Forward, Side, Rotational)
Step Up
Deadlift
Good Morning
Single Leg RDL
Horizontal Chest Press
Overhead Press
Single Arm Overhead Press
Alt. Single Arm Overhead Press
Single Arm Overhead Press, Wide Stance
Shoulder to Shoulder Press

TRX

## TRX BALL TRAINING - THROWS



TRX

## TRX BALL TRAINING - THROWS

Exercise
Slams
Rotational Slams
Rotational Throw (Wall or Partner)
Hip Toss (Wall or Partner)
Supine Toss
Knee / Knee / Double Knee Supine Toss

TRX