

SLAMBALLs

Part	Quantity
Workout Medicine Ball	1

Uses:

This medicine ball can be used for multiple different workouts. A few are listed below.

Body Weight Squats

1. Stand with feet shoulder width apart holding Medicine Ball close to chest.
2. Bend at the knees, keeping your back straight. Keep your knees from extending in front of your feet when bending by leaning back slightly.
3. Return to the start position

Crunches

1. Begin lying on your back with your heels pulled up to your backside. Hold the Medicine Ball above your head.
2. Perform a classic sit up while holding the Medicine Ball above your head.