

Tomahawk Med Ball Workout

1. Plank: Maintain a prone position with both hands on the medicine ball directly underneath your shoulders. Your weight will be supported by your hands and your feet. Perform this exercise for 30 – 60 seconds. A more advanced version of this exercise includes lifting one arm up and behind you. Hold for several seconds, return to the starting position, and repeat with the opposite arm.

2. Russian twist: In a sitting position with your legs straight in front of you, hold the medicine ball above your lap with both hands. Twist your torso to the right and put the ball behind you. Now twist all the way around to your left, pick up the ball and bring it back to the starting position. That's one repetition. Do 10 – 20 repetitions per side.

3. V-up: Lie on your back with your legs straight in front of you and your arms extended above your head, holding the medicine ball with both hands. In one smooth motion, engage the core and lift your feet and the medicine ball to form a "V" position. Slowly lower your arms and legs to the starting position and repeat. Perform 5 – 15 repetitions.

4. Walking Lunge: Hold a medicine ball above your head and lunge forward with your right leg, moving the ball in front of your right knee. Shift your weight to your right foot and lift your body up to the "runner position" while also lifting the medicine ball back to the starting position. Repeat on the opposite side in one controlled movement. Be sure to maintain a straight back. Perform 10 – 20 lunges total.

5. Single-leg Deadlift with Press: Stand on your left leg in the runner position with the medicine ball above your head in your right hand. Perform a single-leg deadlift while lowering the ball to the ground with both hands and extending your right leg behind you. Return to the starting position and press the ball above you with one arm. You can skip the press if this part of the exercise is too difficult. Be sure to maintain a neutral back with your foot planted firmly on the ground. Perform 6 – 15 repetitions per leg.

6. Twisting Lunge: Hold the medicine ball in front of you with both arms straight. Perform a forward lunge with a twist at the waist. When you lunge down with your right leg, rotate your torso to the same, right side. Step back and repeat with the opposite leg, keeping the ball extended in front of you at all times. Perform 6-14 lunges total while remaining as stable as possible.

7. Hay Bale: With your feet about hip-width apart, squat down and bounce the medicine ball in front of your body. Catch the ball as you squat back up and lift the medicine ball over one shoulder and rotate your torso like you're throwing a hay bale behind you. Repeat on the opposite side.

Perform 10 – 30 repetitions while maintaining a straight back and controlled movements.

- Beginners should start with the lowest number of reps, a 2-4lb ball, and the easier version of each medicine ball exercise
- Take about 1-2 minutes between exercises 5 between sets
- Perform 1-3 sets of this routine depending on your fitness level