


Medicine Ball Basics Chart– PF009

<p>Description</p>	<ul style="list-style-type: none"> ◆ The medicine ball is an excellent tool for functional training (movements that mimic real life movements), as well as sport-specific training for explosive power and strength. Train your entire body with exercises that improve your balance, strength and overall fitness level. ◆ See how to do crunches, push-ups, reverse lunges and squat & reach. ◆ Round these out with a medicine ball roll-out, crossover & twist, T-exercise, side twist, standing side reach, shoulder twist and the ever-popular basketball move, the under leg pass. ◆ Keeping safety in mind, learn how to stabilize your torso to help protect your spine while performing exercise movements. ◆ The medicine ball poster is the ultimate fitness guide designed to develop your core strength and coordination.
<p>Details</p>	<ol style="list-style-type: none"> 1. Dimension: 24" x 36" 2. Material: gloss paper laminated with clear polyester both sides
<p>Image</p>	 <p>The poster is titled "MEDICINE BALL EXERCISES Basics" and features 10 numbered exercises. Each exercise is illustrated with a diagram and includes a short text description of the movement and its benefits. The exercises are: 1. Torso Stabilization, 2. Side to Side, 3. Crunch, 4. Ball Roll Out, 5. Crossover Twist, 6. T-Exercise, 7. Squat and Reach, 8. Reverse Lunge, 9. Side Twist, 10. Push-up, 11. Standing Side Reach, and 12. Shoulder Twist. At the bottom, there are safety rules and contact information for Productive Fitness Products Inc.</p>