

Medicine Ball Exercises, By Jay Johnson

General Strength Exercises for Runners – This example done with 6 & 8 pound med balls.

Hay Bales



Feet hip width apart. Let the ball do the work on the way down, the exercise is in bringing the ball back up and over your shoulder

Single Leg Hay bale



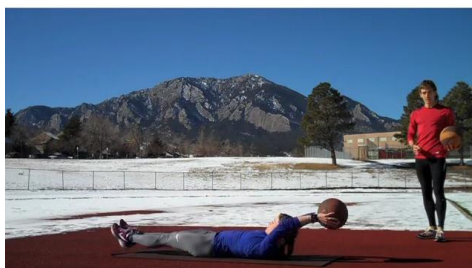
Same as the regular hay bale, but one leg at a time.

Medicine Ball Flips



Grab a partner. Roll the med ball down their back side. Once it hits their ankles, they will quickly “flip” the ball back up to you using their hamstrings.

V-Ups



Lay down with med ball over your head. Form a “V” to touch med ball to your toes.

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Med Ball Toss



Squat down with the ball.
Toss it high as you can.
Let the ball bounce, then
squat down as it falls. Use
ankle, knee then hip joint
to get triple extension.

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