

EXERCISE

Medicine Ball Slam

By Cathal Fanning

- **Description**
- **Coaching Points**
- **Main Muscles Involved**

Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

This exercise is called Medicine Ball Slam. Primarily the muscles that we're working here are the shoulders, upper back, and arms.

Once your client is in position, you're going to get them to step forward to the ball. Once they're ready, we're going to get them to squat down nice and low, picking the ball up to chest level, setting themselves in a ready position.

Then from there up overhead and accelerate as hard as they can to the floor. Then moving forwards to receive the ball.

Particularly with this one, don't feel as though you need to be in a rush in between each rep. We want to think about quality of repetitions, thinking that each rep is better than the last.

Keep going for me, Dom.

Good thing to do as well is change your body position so that you have a better coaching view all the way throughout.

Let's have two more - really hard and accelerated reps – excellent.

So just one more repetition for me, Dom. That's it - overhead. Accelerate. And relax there.

Give it a go.

Main Muscles Involved

- Shoulders
- Upper back
- Arms

