

Download Medicine Ball Exercise Guide

Time to get schweddy with some balls! Medicine balls, that is. Available in varying sizes and weights (some up to 150 pounds!), these weighted spheres can help improve muscular power and sports ...[Magic Pearl Qigong A Tai Chi Medicine Ball Exercise Routine and Meditation Technique Part I: Movements 1-8 Introduction](#)
[Movement Names](#) [Movement Lessons](#) . [Part II: Movements 9-16](#)
An exercise ball, also known as a Swiss Ball, is a ball constructed of soft elastic with a diameter of approximately 35 to 85 centimeters (14 to 34 inches) and filled with air. The air pressure is changed by removing a valve stem and either filling with air or letting the ball deflate. It is most often used in physical therapy, athletic training and exercise. Use our illustrated exercise guide to discover new exercises to try in your workouts, learn which muscle groups different exercises target and how to perform them correctly. The clear images show correct form and the written instructions will guide you through the exercise movement. Want to build your own workouts with these exercises? You can do exactly that and much more with a Fit account. - [Medicine Ball Exercise Guide](#)