

Medicine Ball Push Up



- Facing the floor, place your hands shoulder width apart, supporting your lower body on your feet or in a modified push up position on your knees.
- Place one hand on a solid medicine ball. This creates an unstable platform that requires a lot of assistance from the stabilizing muscles of the shoulder and core.
- With your elbows pointed away from your body, push your body away from the floor.
- Push back to the start position and repeat as desired.
- Your fingers should be pointing away from your feet, fingers spread wide for stability.
- Repeat the desired number of repetitions on one side; repeat on the other side for balance.
- You can also use a stable object that is about 8-12” high if the ball is too unstable. The resulting staggered hand position will require different muscles to be used.



- For more intensity, place both hands on the medicine ball and complete the push up. The instability of the ball will make this very challenging.
- To get the most out of your workout, aim for 1-3 sets of 8-12 repetitions.

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
