

## Medicine Ball Toss

### GREAT ATHLETIC TRAINING EXERCISE SERIES

**Do it Right!**  
Exercises you Should Do

The medicine ball is one of the first sports conditioning tools, but was forgotten for many years. Now the use of medicine balls in sports training is growing as practitioners and coaches see the wide range of skills that can be trained or simulated. The versatile med ball is a great training tool for achieving a multitude of fitness goals: strength, endurance, balance, flexibility, agility and more. It does not focus on an isolated muscle or joint. Medicine ball training involves multiple joints and muscle groups. It is a type of functional training designed to engage your body in movements that simulate and reinforce real-world activities. Medicine ball training has been suggested to be safe and effective for all age groups, fitness levels and genders say some websites ([science behind MB training](#)). I somewhat disagree with this. The key thing is there are some great exercises and some poor ones so talk to your trainer about which are the most safe and effective and more importantly which are right for you. I have a comprehensive list of appropriate functional exercises, which include many medicine ball exercises ([see list](#)). There are several ways you can use a medicine ball for a workout that I like. You can simply throw the medicine ball back and forth against the wall, ball slams, ball throws with partner, as well as other variations. **IF YOU ARE GOING TO DO MED BALL TRAINING DO IT RIGHT. IT SHOULD NOT BE YOUR SOLE FORM OF TRAINING.** What does research say: Research is lacking when it comes to medicine ball training. A study found that those who participated in the medicine ball training program made greater gains on all fitness tests as compared to the control group. Another study found that medicine ball training can enhance selected measures of speed, agility, power and muscular endurance when incorporated into a high school physical education class ([study](#)). It can also be used as a test. A study suggest that the medicine ball throw test is a valid and reliable test for assessing explosive power for an analogous total-body movement pattern and general athletic ability. ([study](#), [study 2](#)).