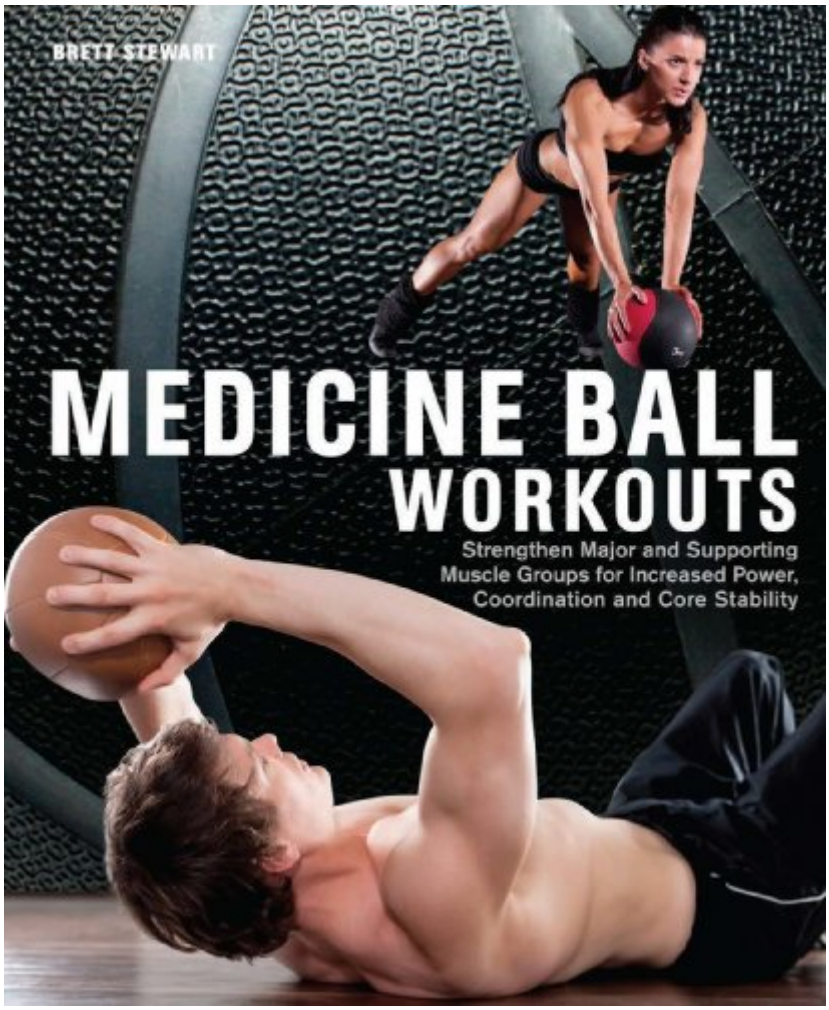
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# Medicine Ball Workouts: Strengthen Major And Supporting Muscle Groups For Increased Power, Coordination, And Core Stability




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## Synopsis

SUPER-CHARGE YOUR WORKOUT WITH A MEDICINE BALLTap the power of the weighted medicine ball to tone your whole body and build lean muscles and a shredded core. Medicine Ball Workouts shows how to use one of the most useful and versatile fitness tools out there to curl, press, toss and catch your way to getting in the best shape of your life. Perfect for beginners and advanced athletes alike, this book details medicine-ball exercises like:Ã¢â ¬Â¢PUSH-UPS for increased upper-body & core strengthÃ¢â ¬Â¢SQUATS , LUNGES & THRUSTERS to build a strong powerful lower bodyÃ¢â ¬Â¢BURPEES & TOSSES to improve explosive speed & full-body powerÃ¢â ¬Â¢TURKISH GET-UPS to develop flexibility & dexterityWith day-by-day programs and easy-to-follow , step-by-step exercises, Medicine Ball Workouts transforms simple moves into fun, challenging and highly effective functional cross-training workouts for total-body fitness and a ripped physique.

## Book Information

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## Customer Reviews

Nothing very special many other sources could have provided the same for free if googled. Would

have liked to see much more exercises in detail for each body part.

Just started reading I will get back to it so sat so good

Great book. Thank you.

Awesome product, Awesome seller! *****

Excellent workout

Exciting

This is an excellent book and is very helpful for having a good and thorough workout. We are both using it and it has from beginner to advanced exercises

Provided specifics and gives specific workouts. Everything you need to use your medicine ball.

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Medicine Ball Workouts: Strengthen Major and Supporting Muscle Groups for Increased Power, Coordination, and Core Stability Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Swim Workouts for Triathletes: Practical Workouts to Build Speed, Strength, and Endurance (Workouts in a Binder) Ab Wheel Workouts: 50 Exercises to Stretch and Strengthen Your Abs, Core, Arms, Back and Legs Pilates: 20 Minute Workouts for Strength, Weight Loss, and Flexibility. Improve Your Performance, Strengthen Your Core Muscles, and Change Your Body for Life. (Work out,Flat Stomach,Weight loss) Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) Infrared and Raman Spectra of Inorganic and Coordination Compounds, Applications in Coordination, Organometallic, and Bioinorganic Chemistry Infrared and Raman Spectra of Inorganic and Coordination Compounds, Part B: Applications in Coordination, Organometallic, and Bioinorganic Chemistry, 5th Edition Groups and Symmetries: From Finite Groups to Lie Groups (Universitext) Introduction to Aircraft Flight Mechanics: Performance, Static Stability, Dynamic Stability, Classical Feedback Control, and State-Space Foundations (AIAA Education) Boxing WOD Bible: Boxing Workouts &

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