

# Medicine Ball Push-Up

**Purpose:** Strengthen upper body while challenging the core

**Target Muscles:** Chest and abdominal core

**Assisting Muscles:** Triceps, shoulders, and lower back

**Equipment Needed:** 5-10 lb. medicine ball

**Start:** Begin in elevated plank position with one hand on the ball and one hand on the floor. Hands are aligned beneath the shoulders and positioned slightly wider than shoulder width apart. Engage the core to maintain a straight spine, avoid arching or sagging of the back.

**Lower:** From start position, inhale and slowly bend at the elbows to lower the chest towards the floor. Aim for a 90-degree bend in the elbow to reach a good depth in the pushup. Continue to use your core to work against the instability created by having one hand on a ball.

**Pushup and Roll:** Exhale and then push the upper body back up into elevated plank (start) position. Roll the ball to the other side, lifting the opposing hand to stop the ball by positioning that hand on top. If desired, you can perform the pushup and roll in a single, explosive action for a higher intensity option.

**Repeat:** Perform the same lowering action with the ball now under the opposite hand. Continue to pushup and roll, alternating sides to complete 2-3 sets of 8-12 reps. Allow 30-60 seconds of rest in between sets.



## Modification

There are several ways to modify this exercise. One is to perform all of the above steps while resting on the knees. You can use a mat or towel for extra cushioning. Another is to take away the ball and alternate positioning the right and left arms out wide, pushup to bring the hands together, then back out wide.

