



SLAM MEDICINE BALLS

Instruction Manual & Exercise Guide



**CLASSIC SLAM
MEDICINE BALL**



**TREAD SLAM
MEDICINE BALL**

Disclaimer, Terms and Conditions

IMPORTANT

Please read this entire manual before using the ProsourceFit Slam Medicine Ball. Failure to follow these instructions can lead to significant injury and/or property damage.

ProsourceFit recommends that you always obtain a complete physical examination before beginning any exercise program. If you experience any discomfort while using ProsourceFit Slam Medicine Balls discontinue use & consult your physician.

Please use caution & carefully follow all exercise instructions and use proper technique when using our Slam Medicine Balls. Always modify exercises as needed for your fitness level.

Use & Safety Instructions

1. Inspect Slam Medicine Ball before and after every use for scratches, holes, tears, or worn areas. If you find any defect, **DO NOT USE** and contact ProsourceFit Customer Service for a replacement.
2. **DO NOT USE** Slam Medicine Ball on concrete or other rough surfaces, which may weaken or scratch the ball. Ensure that all obstructions and sharp objects are removed from the workout area.
3. Only use Slam Medicine Ball as intended and demonstrated in this guide for exercise purposes. Inappropriate use of Slam Medicine Ball may lead to serious injury, disfigurement or property damage.
4. Slam Medicine Ball is not a toy or plaything. **KEEP OUT OF REACH OF CHILDREN**, pets, or any individual who may require supervision.
5. Only use in a clear area to avoid damage to ball, property, or other persons.
6. Begin all exercises slowly and use smooth, controlled movements. Begin workout slowly to build strength and stamina, especially if you are new to exercise. **DO NOT** perform exercises that are beyond your ability to maintain control.
7. Stop exercising immediately if you experience discomfort, nausea, dizziness, or pain. See a physician immediately if you experience chest or stomach pain, palpitations, or difficulty breathing.

Care & Storage Instructions

Wipe clean with a damp cloth or sponge and mild, soapy water. Store in a cool, dry place away from moisture, heat, and direct sunlight.

EXERCISE GUIDE

OVERHEAD SLAM



1. Start standing with feet shoulder distance apart and core engaged. With ball in both hands, lift arms overhead until arms are straight.
2. Throw the ball onto the ground in front of you as hard as you can.
3. Squat down and pick up the ball, being careful to lift with your legs and not your back.
4. Return to start position, then repeat for as many reps as desired.

SLAM BURPEES



1. To start this exercise, repeat steps 1 and 2 from the Overhead Slam exercise.
2. Once ball is on the ground, quickly squat down and place hands on the ball. Immediately jump both legs back behind you, landing in a plank position.

SLAM BURPEES (Cont'd)



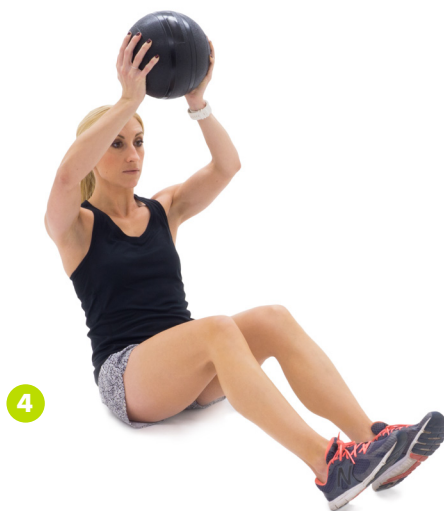
- 3.** Then, jump both legs back in toward the ball so feet are approximately shoulder distance apart, then squat and pick the ball up.
- 4.** Press up and return to the starting position. Repeat as many times as desired.

RUSSIAN TWIST



1. Start seated on the floor with legs bent in front of you, then lean back at about a 45-degree angle.
2. Hold the ball in both hands at your chest, then twist to one side, lowering ball toward the ground.
3. Begin rotating toward the other side, bringing the ball up higher to prepare to slam it down. Forcefully throw the slam ball onto the ground on the opposite side.

RUSSIAN TWIST (Cont'd)



- 4.** Pick it up, then repeat on the other side. Continue for the desired number of repetitions.
- 5.** To make it easier, don't slam the ball, simply rotate from side to side. To make it more challenging, lift your feet off the ground.

ROLLING PUSH-UP



1. Start in the top position of a push-up with one hand on the floor directly under your shoulder, and one hand on top of the ball. The rest of your body should be off the floor in one straight line, core engaged. **(To make it easier, you can also perform this on your knees).**
2. Bend elbows and lower chest toward the floor.
3. Push up to the start position, then roll the ball over to the other hand. Repeat the push-up, then return the ball to the starting hand.
4. Repeat as many times as you can with good form.

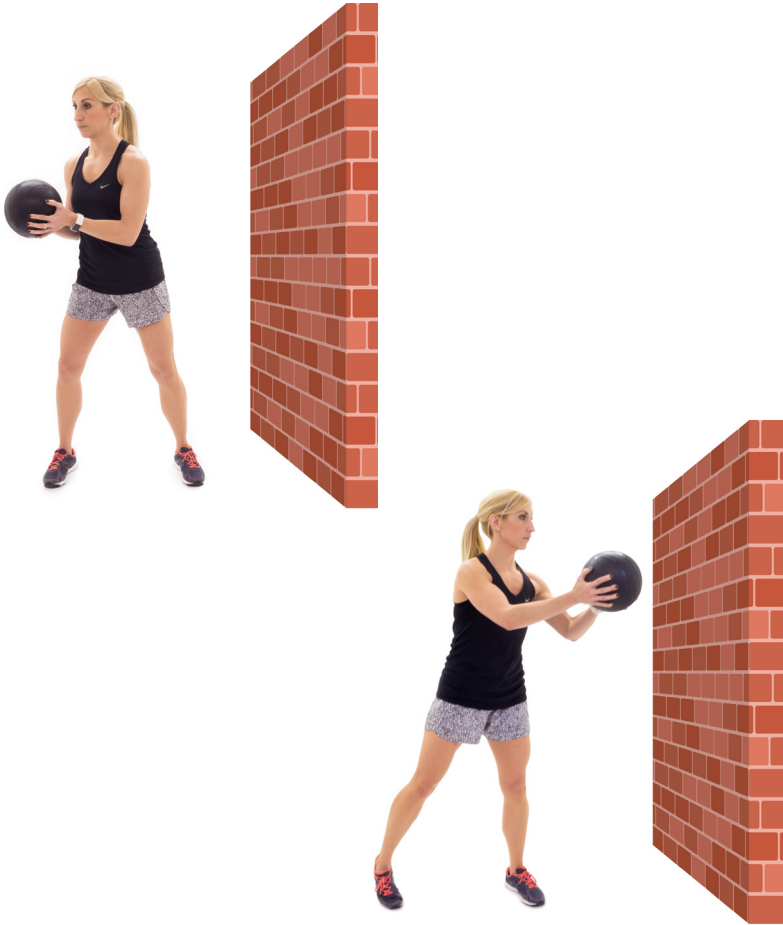
SQUAT & THROW



1. Hold the ball with both hands in front of your chest, feet shoulder distance apart.
2. Squat down, then as you press up, powerfully throw the ball forward and slightly upward as far as you can.
3. Jog or sprint to where the ball landed, then repeat for the desired number of reps.

Note: This exercise should only be performed where there is enough space to throw a long distance without any obstructions in the way.

LATERAL WALL THROWS



- 1.** Stand perpendicular to a concrete or brick wall, about 2-3 feet away, with knees bent slightly and core engaged.
- 2.** Start by holding the ball near your outer hip, then powerfully rotate and pivot the outside foot as you throw the ball at the wall with as much force as you can.
- 3.** Quickly catch and return to the start position, maintaining a tight core.
- 4.** Repeat for as many reps as desired.

WARNING:

Do not use this product in ways not intended by its manufacturers. Failure to do so may result in severe injury or death. Consult your physician before engaging in any regular exercise. Do not use ProsourceFit products for anything other than their intended use. ProsourceFit is not responsible for any problems that arise from the misuse of this product.

2 YEAR INDIVIDUAL USE/ 1 YEAR COMMERCIAL LIMITED WARRANTY

Covers manufacturing defects including any defects in materials and workmanship. ProsourceFit has sole discretion to determine manufacturing defects. This warranty does not cover: normal wear and tear, misuse, failing to follow use, care, and safety instructions, loss and/or theft. This Warranty applies to all types of defects or failure during standard use.

QUESTIONS, CONCERNS OR COMMENTS

Contact Customer Support by email: **support@prosourcefit.com** or by phone at **1 (855) 552-2637** and we will be happy to help you.



www.prosourcefit.com

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