

# MUSCLESQUAD

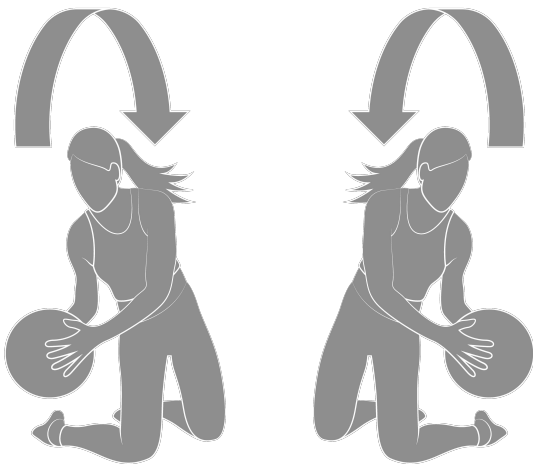
## NOT JUST FOR SLAMMING!

### IMPORTANCE OF THIS MUSCLE PLAN

The slam ball allows for exercises, ranges of motion, and movement speeds that cannot be obtained with gym equipment like barbells, dumbbells and kettlebells.

Slam balls are also effective for athletic training because they improve muscle mass, cardiovascular endurance and hand-eye coordination

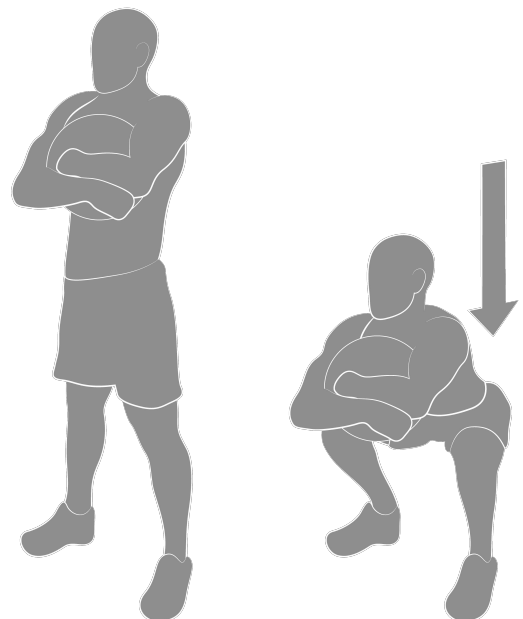
#### KNEELING ROTATIONAL SLAMS



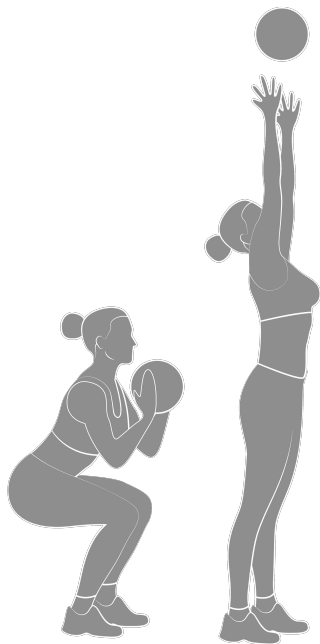
In a high kneeling position, place the slam ball to one side of your body. Brace your core before picking up the slam ball. Trying to keep your arms with only a slight bend at the elbow, pick up the ball and in a rainbow motion bring up and over the head and slam to the other side of the body. Repeat returning to the starting side to complete one repetition.

#### BEAR HUG SQUATS

Hugging the ball in tight to the chest perform a squat. Ensure you stay tall through the chest, feet stay flat on the floor with weight distributed evenly through heel to toe. Push through the floor to return to standing and complete one repetition.

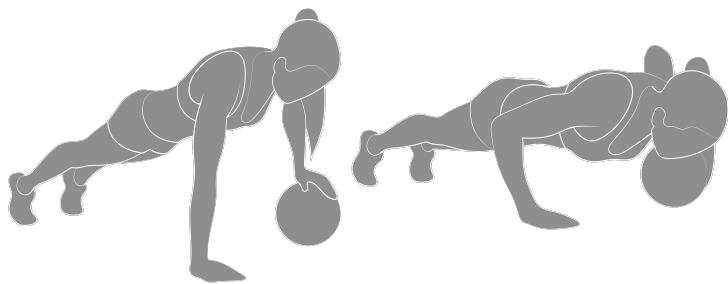


## SQUAT THRUSTERS



Pick the ball up from the floor using your legs to lower to the ball and lift to the chest. This low squat position is the starting point of the move. With the slam ball racked and loaded at the chest, drive through the heels to explode up to a standing position. At the same time as coming to a standing position, push through the arms to extend fully and throw the slam ball as high into the air as you can. DO NOT try to catch the ball as it comes back down – allow the ball to drop to the floor and then begin the sequence of moves again.

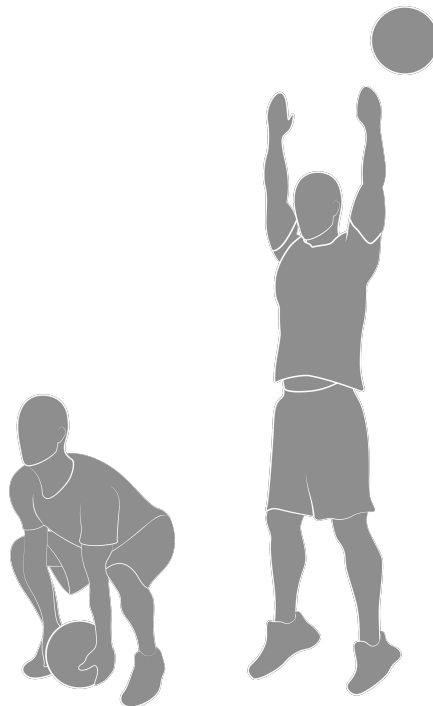
## SIDE TO SIDE PUSHUPS



Set yourself up in a high plank position with one hand on the slam ball and one hand on the floor. Engage your core to ensure your body forms a straight line from toes to head. Bending at the elbow but keeping the body in a straight line, lower the chest to the floor. Push through the hands to bring body back to the high plank position and complete one repetition. Switch the side of the ball by remaining in a straight body position and pushing the ball through to the other hand under the body. To simplify this exercise, drop to the knees and ensure a straight line is maintained from knee to head throughout the exercise.

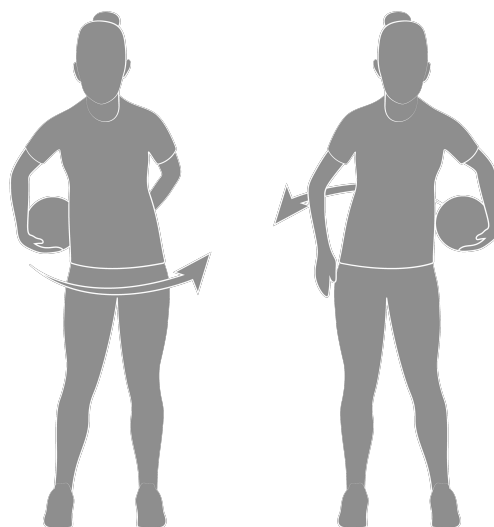
## UP AND OVERS

The simplest exercise but so effective and a full body burner that's guaranteed to get your heart rate up! Simply pick up the slam ball and chuck it over your shoulder. Make sure when you pick up the ball you are using your legs to pick up the ball not your back. Engage your core before picking up the ball and when throwing over your shoulder.



## BASKETBALL CIRCLES

Holding the slam ball in one hand and remaining tall through the torso, pass the ball behind the back from one hand to the other and continue in this circular motion. Each time you return to the starting hand this is one repetition. Repeat this movement going in the opposite direction. Draw the belly button towards the spine to ensure the core is engaged throughout the movement.



## CONTACT INFORMATION

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**WARNING:** Before beginning this or any other exercise programme, we recommend you consult your doctor. This is important for people with pre-existing health problems or those returning to exercise after some time. We assume no responsibility for personal injury or property damage sustained by or whilst using this product.

We recommend the following: 1) Work out in a clear 2m x 2m area 2) Exercise indoors on a level surface using a mat in order to protect floors and carpets 3) Keep children under the age of 16 and pets away from the equipment at all times, the equipment is designed for adult use only 4) Wear appropriate clothing when exercising, loose clothing may get in the way of equipment or get caught 5) If you feel faint or dizzy while exercising stop immediately and cool down