

WORKOUT 101

So That's How You Use...a Medicine Ball

Medicine balls, those weighted rubber ones you see people hoisting in the gym, can seem intimidating. Handle one like a pro—and work all your major muscle groups—with these moves from Steve Feinberg, creator of Speedball Fitness. Use a 2- to 10-pound ball (4-pound Nike Med Ball, \$24.95, power-systems.com).



◀ **TARGETS ARMS**

Triple Press

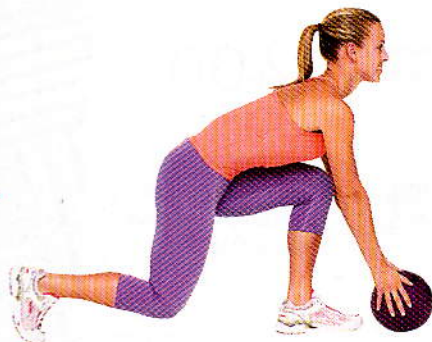
Stand with feet shoulder-width apart, ball in hands, arms extended toward floor. Curl ball up toward chest, then press it overhead, with arms straight. Next, bend elbows 90 degrees so ball is behind head, then straighten. Slowly return ball to chest and down to start. Do 15 reps.



◀ **TARGETS OBLIQUES AND LOWER BACK**

Monkey Swing

Stand with feet shoulder-width apart, holding ball with both hands, arms extended toward floor. Bend at waist 90 degrees. Slowly rotate and lift upper body to left while raising ball to shoulder height. Pause, then slowly swing down and around until ball is on your right. Do 30 reps.



▲ **TARGETS SHOULDERS, CORE AND LEGS**

Warrior Touchdown

Stand with feet hip-width apart, holding ball in both hands at chest level. Lunge back with right foot, keeping left knee behind toes. Lower ball to the floor. Return to start. Do 20 reps; switch legs and repeat. Then do 20 reps, alternating legs.

YOU CAN DO THIS MOVE!

TARGETS Back, core, butt and legs

SIDE PLANK ROND DE JAMBE Lie on right side with knees bent, right elbow directly under shoulder, forearm pressed into mat. Engage abs and slowly lift hips toward ceiling, forming a straight line from knees to head. Extend left leg and point toes. Turn left leg slightly out and form small circles in the air, bringing leg forward, up, back, then back to start. Do 5 reps, keeping hips and leg lifted, body aligned and abs engaged. Lower hips. Lift back up and do 5 circles in opposite direction. Switch sides; repeat.

Source: Erika Bloom, Pilates instructor and owner of Erika Bloom Pilates Plus in NYC



◀ **Model/athlete Ashley, 25,** is a certified kickboxing and cycling instructor.

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