

The Warm-Up BLASTER

The medicine ball “BLASTER” provides efficient, total body training and is perfect to use as a warm up and allows you to hit the ground running when the fitness session starts. The chopper provides 10 vertical chops, 10 rotations and 10 diagonal chops to each side; that’s a total of 40 reps per set. Start your session with 3 sets of the blaster, giving 120 reps of this total body tri-planar protocol

HOW?

- Beginners use 3kg med ball, advanced use 5kg to 6kg med ball
- Perform as a circuit
- 10 reps of each exercise
- 3 sets at the beginning of a workout
- Use full ranges of movement that are pain free
- Keep core tight throughout movements
- In hale on upward motion
- Exhale on downward motion



The Warm-up Blaster

1-Vertical chop



- Stand with feet shoulder width apart
- Stand up straight while bringing the med ball behind head
- Chop in a downward movement using whole body
- Move dynamically but with control
- Chop to an area between feet without touching the ground
- Keep hips, knees and feet aligned during the downward motion
- Repeat 10 times

2-Rotational chop



- Stand with feet shoulder width apart
- Keep the elbows comfortably bent and the med ball in front of chest
- Rotate 90 degrees to the right pivoting on left foot
- Move dynamically but with control
- Keep weight centered between feet
- Rotate 180 degrees to the left pivoting on right foot
- Repeat 10 times

3-Diagonal chop to left



- Stand with feet shoulder width apart
- Keep the elbows comfortably bent and the med ball in front of chest
- Rotate 90 degrees to the right pivoting on left foot
- Fully extend your body and bring the med ball high and over right shoulder
- Move dynamically but with control
- Chop downward and to the left in a diagonal fashion
- Repeat 10 times

4-Diagonal chop to right



- Stand with feet shoulder width apart
- Keep the elbows comfortably bent and the med ball in front of chest
- Rotate 90 degrees to the right pivoting on right foot
- Fully extend your body and bring the med ball high and over left shoulder
- Move dynamically but with control
- Chop downward and to the right in a diagonal fashion
- Repeat 10 times