



FOX FITNESS
TRAINING

■ MEDICINE BALL CARDIO PROGRAM

- Perform 10-16 cycles per workout. A cycle includes a work interval plus an active rest interval.
Work Intervals: Throw the ball, chase after it, and repeat.
Active Rest: Recovery through walking, stretching, or low intensity sport or reaction ball drills.
- Cycle through one or two arm variations of the following throwing techniques:

CPS: Chest pass, stationary feet **CPF:** Chest pass, stepping forward **SL:** Standing Lateral
KL: Kneeling Lateral **SBO:** Standing Back Overhead **KO:** Kneeling Overhead
SO: Standing Overhead **KBO:** Kneeling Back Overhead **SG:** Slam into ground
SC: Scoop Toss Straight Up **SU:** Spread Eagle Sit Up Throw **SP:** Shot Put Throw
RLP: Running Lateral Toss alongside Partner **MRO:** Holding a V-sit, roll ball around body.

DATE	CYCLES	BALL WEIGHT	THROWING TECHNIQUES	WORK INTERVAL	ACTIVE REST
				60	60
				62	58
				64	56
				66	54
				68	52
				70	50
				72	48
				74	46
				76	44
				78	42
				80	40
				82	38
				84	36
				86	34
				88	32
				90	30

To print out more copies of this program, visit the client section at www.FoxFitness.ca