

EXERCISE GUIDE

- Warm up before each session, and perform each selected exercise 3–5 times without the Slam Ball.
- Complete 1–3 sets of 8–12 repetitions of each exercise selected.
- Rest approximately 30–60 seconds between each exercise set.
- Perform each exercise selected in a smooth and controlled manner.
- When applicable, perform an equal number of exercise repetitions in each direction to avoid the development of muscle imbalances.
- If unable to complete 8 exercise repetitions with proper form, increase rest time between exercise sets or select a Slam Ball that provides a lesser amount of resistance.

—OR—

- If unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets or select a Slam Ball that provides a greater amount of resistance.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24–48 hours of complete rest between each Slam Ball exercise session.

***USE SLAM BALL ON CEMENT OR MASONRY WALLS. Conventional wood/drywall walls will be damaged.**

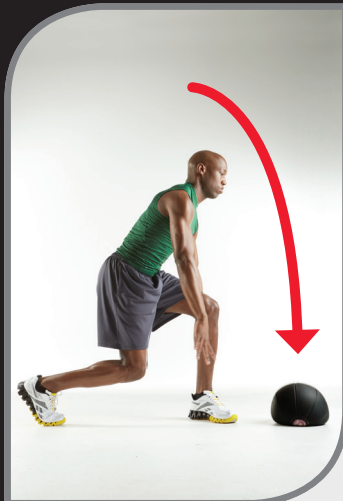
OVERHEAD FRONT SLAM



Start: Grasp ball and extend arms overhead, stand with feet shoulder-width apart, straighten legs, arch low back slightly with chest high and eyes looking straight ahead.

Finish: Bend legs and push hips backward while quickly pushing arms down toward floor and releasing ball in front of body. Pick ball up, return to start position and repeat in a continuous up and down pattern.

OVERHEAD SIDE SLAM



Start: Grasp ball and extend arms overhead, stand with feet shoulder-width apart, straighten legs, arch low back slightly with chest high and eyes looking straight ahead.

Finish: Bend legs, push hips backward, pivot legs and rotate body in the same direction while quickly pushing arms down toward side of body. Pick ball up, return to start position and repeat in a continuous up/down, side to side pattern.

SQUAT JUMP FRONT SLAM



Start: Grasp ball and extend arms directly below shoulders in front of body, stand with feet shoulder-width apart, bend legs with knees over feet, hinge slightly forward at the hips with chest high and eyes looking straight ahead.

Finish: Quickly extend legs, push hips forward, point toes toward the floor and jump straight upward while lifting arms up and forward above the shoulders. Push arms down quickly while in the air, release ball, land on balls of feet and bend knees. Pick ball up, return to start position and repeat in a continuous up and down pattern.

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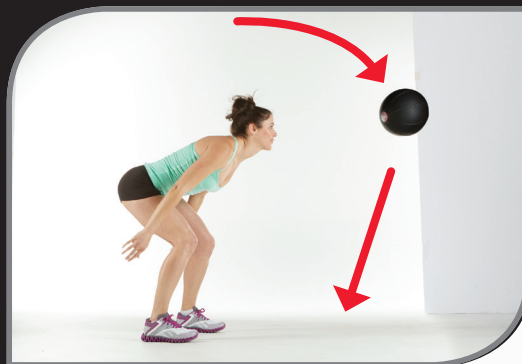
UNDERHAND WALL SLAM*



Start: Grasp ball and extend arms between legs, stand and face wall with feet shoulder-width apart, bend legs with knees over feet, hinge forward at the hips with back straight and eyes looking straight ahead.

Finish: Quickly extend legs, push hips forward while quickly lifting arms up and forward above the shoulders. Release and pick ball up, return to start position and repeat in a continuous up and down pattern.

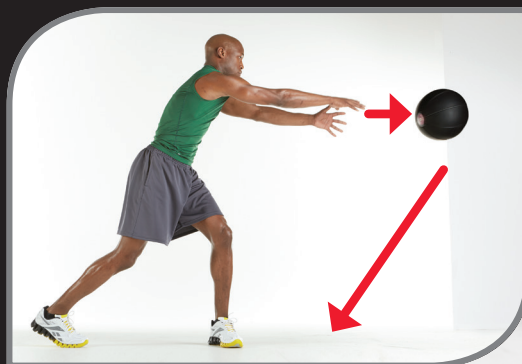
OVERHEAD WALL SLAM*



Start: Grasp ball and extend arms overhead, stand and face wall with feet shoulder-width apart, straighten legs, arch low back slightly with chest high and eyes looking straight ahead.

Finish: Bend legs and push hips backward while quickly pushing arms down in front of body. Release and pick ball up, return to start position and repeat in a continuous up and down pattern.

SIDE WALL SLAM*



Start: Grasp ball and extend arms across front of body, stand with shoulder facing wall, feet shoulder-width apart, bend legs and rotate upper body away from wall.

Finish: Pivot back leg and rotate trunk and upper body toward wall while quickly pushing arms across front of body. Release and pick ball up, return to start position and repeat in a continuous side to side pattern.

***USE SLAM BALL ON CEMENT OR MASONRY WALLS. Conventional wood/drywall walls will be damaged.**