

WALL BALLS MANUAL & EXERCISE GUIDE



WALL BALLS

Wall Balls are a functional exercise using approximately 11 different muscles. Also working your heart and lungs and increasing your explosive power.

In the interest of your safety, it is important to check with your physician before beginning any exercise program if you have a chronic health condition or injury. Always exercise according to your fitness level and capabilities. If you have any questions, please seek the guidance of a health professional.

TIPS:

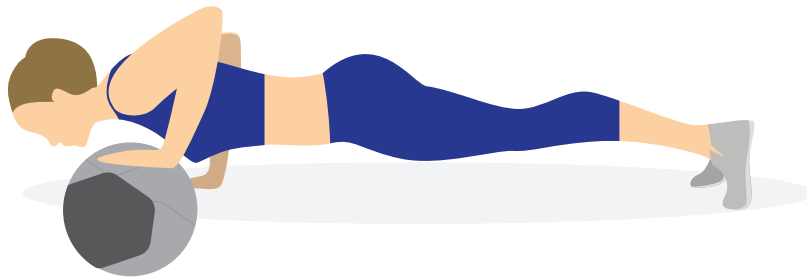
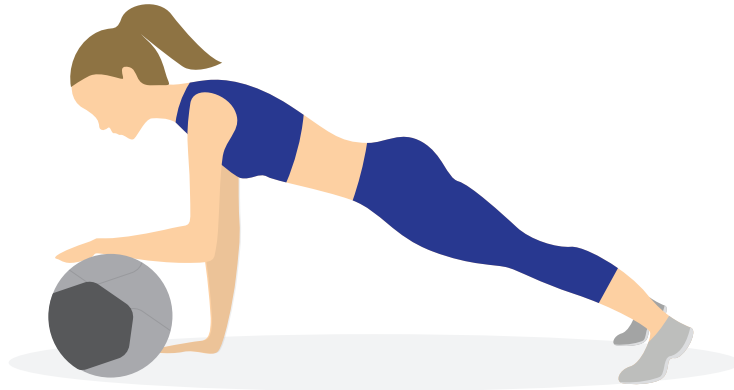
- Do NOT slam the wall balls, excessive force can cause the seams to burst. We refer you to our D1 Fitness slam balls for slamming exercises.
- Store in a cool dry place, out of direct sunlight.
- Wall Balls can be wiped clean with a mild soap/cleaner and water, be sure to wipe off all residue to keep the texture/tackiness of the outer skin.

WALL BALL TOSS EXERCISE:

- Stand at correct distance away from the wall. With arms fully outstretched holding the ball, touch the wall. This is your proper distance from the wall.
- Position your hands to the sides and slightly towards the bottom of the ball while catching.
- Keep the ball as close to your body as possible during the entire movement.
- Squat down. Go as low as if you were sitting on top of another wall ball placed on the ground under your bottom.
- After the toss bring your arms back down, give them a quick rest. Then reach back up to catch the ball.
- When you catch the ball on its descent, absorb its weight into your squat.
- Maintain a fluid movement throughout the exercise.



WALL BALL PUSH UP



- 1** Get into high plank with one hand on the wall ball, the other on the floor.
- 2** With back straight, head and shoulders aligned, lower into a push up.
- 3** Roll the ball over to the other hand and perform on opposite side.



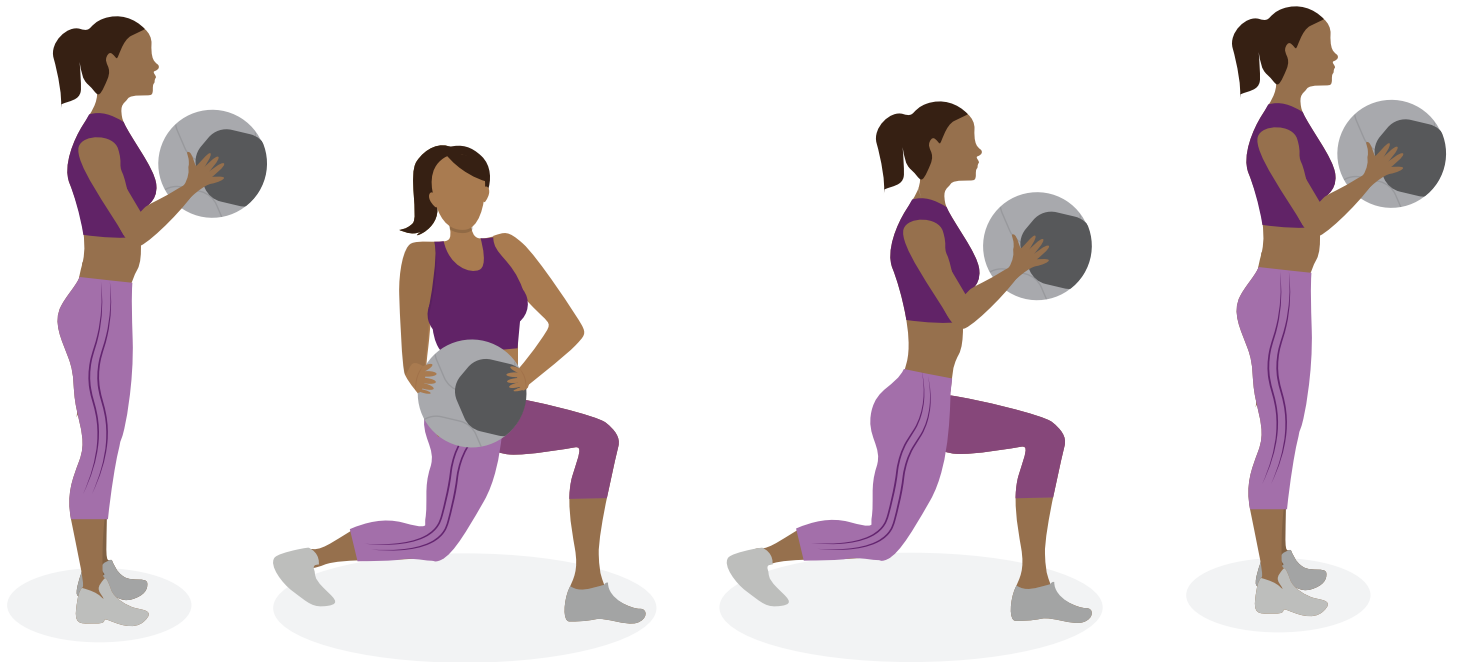
WALL BALL SIT UP



- 1** Take your sit up to the next level by holding a wall ball in both hands, lying on a mat.
- 2** Take your sit up to the next level by holding a wall ball in both hands, lying on a mat.
- 3** Lower and repeat.



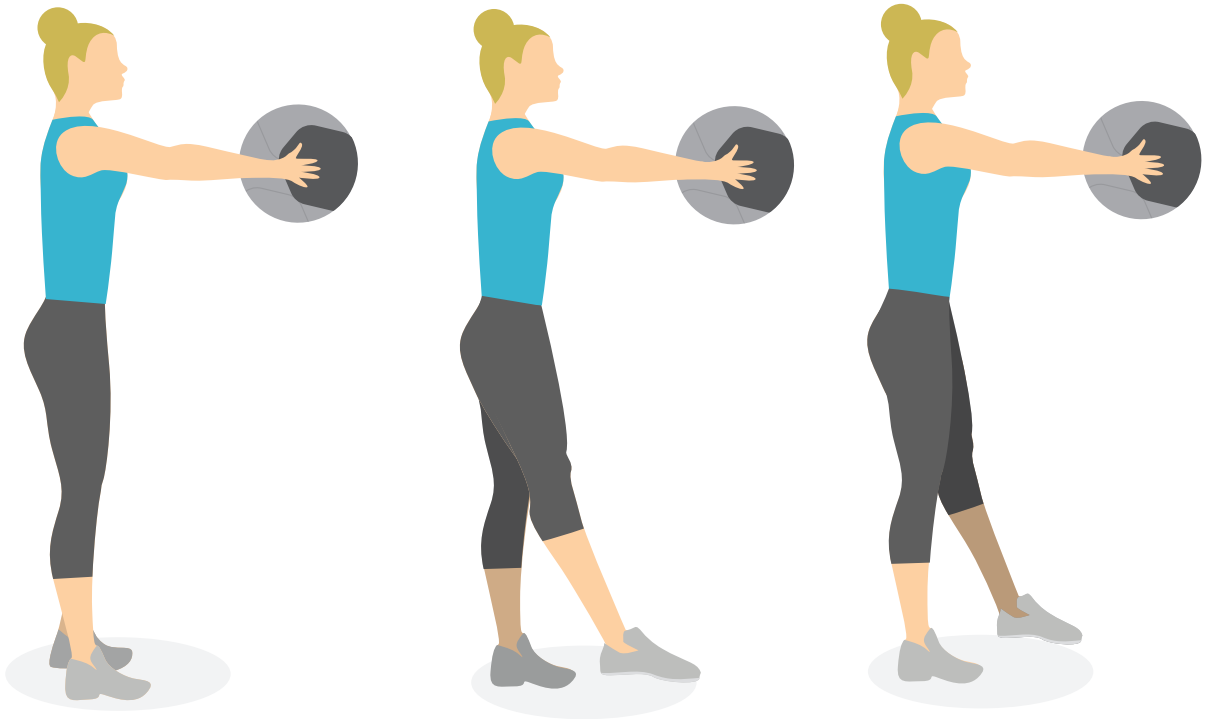
LUNGE WITH OBLIQUE TWIST



- 1** Standing with legs hip width apart, shoulders relaxed, hold a wall ball in both hands a few inches from your chest.
- 2** Take a step forward with right leg and dropping your right knee close to the floor into lunge position. Be careful to keep your knees from extending over your toes, putting extra stress on the knees.
- 3** After lowering, maintain the lunge and rotate the body to the right, then back to center.
- 4** With emphasis on the front heel, push through the heel back to standing/starting position. Repeat stepping with left leg.



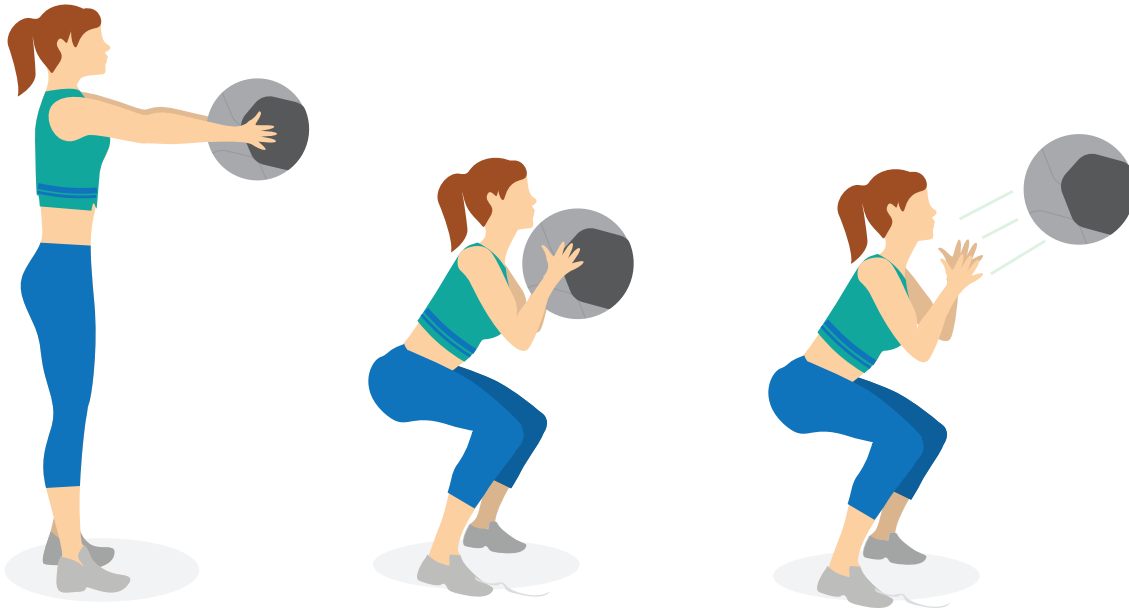
WALL BALL HOLD WITH A STEP



- 1** Holding the ball straight out in front of you step out to the right to 2 o'clock, then step back to center.
- 2** Step out to the left to 11 o'clock and then back to center.
- 3** Repeat to fatigue being careful to keep the ball out in front of you.
- 4** This exercise works several muscles by keeping the ball up and out.



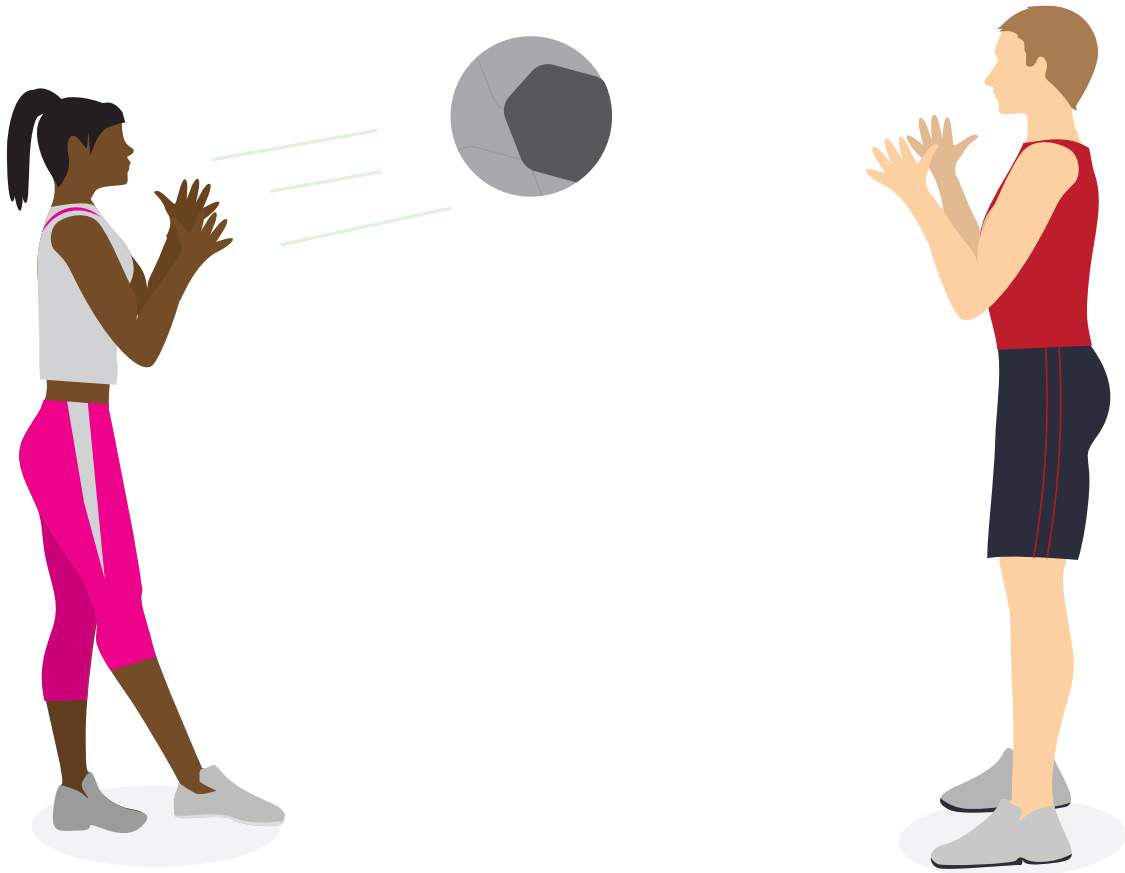
WALL BALL TOSS



- 1** Standing with feet shoulder width apart, facing the wall, about 3 - 4 ft away from the wall, holding a wall ball in both hands, shoulders back, chest high.
- 2** Descend into a full squat, while keeping the ball about chest/chin high.
- 3** Drive through your heels and stand up while explosively extending the ball into the air against the wall.
- 4** The ball should be tossed to the wall approximately 10 feet up.
- 5** Catch and repeat.



PARTNER TOSS



- 1** Grab a partner, and holding the ball chest height, with an explosive move, push the ball away from your chest while simultaneously stepping forward with one foot.
- 2** Catch the ball, bring it into your chest and repeat the toss.

