

Medicine Ball Madness and partner work (Optional Pilates 'blue' balls)



Number of participants: The number of medicine balls and safety are the two limitations for this class.

Intended Audience: All ages. Participants with arthritis in the hands can wear weight lifting or cycling gloves. Frail older adults can use a "pilates" type ball.

Format: Class members choose partners of the same shoulder strength and fitness level. Similar heights also work well.

Equipment needed: Medicine balls of varying weights; soft pilates type balls

Music: Something with a BPM of around 125-128 works well. I will also use a 'circuit' interval CD as demonstrated in the class example below.

Warm up:

- Stand back to back with partner and pass ball around using two hands
- Change direction
- Same thing but go from high to low
- Change direction
- Legs apart, go from overhead to through legs
- Change direction
- Step away from partner, still back to back, pass in figure of 8
- Change direction

The Class:

<u>3 minutes</u>	<u>1.5 minutes</u>
Walking in two lines facing forward, passing ball to partner. At end of line one person keeps ball, walks on outside back to beginning and repeat	Stop, facing partner, chest pass quickly
Change lines with partner and repeat above	Stop, wide squat, touch ball to floor, bring it up and pass
Same as above, but overhead passes to partner	Stop, lunge back right foot, touch ball to foot, bring feet together and toss ball to partner
Change lines with partner and repeat above.	Stop, Same as above but with left foot
Same as above, but instead of facing forward, side step and chest pass* to partner *Also add, overhead with bounce	Stop, face partner and overhead pass
Switch sides with partner and repeat	Sitting, face partner and toss ball
Face forward, walking lunges and pass ball	Sitting, $\frac{1}{2}$ sit back, then toss ball
Repeat above after changing places with partner	One person retrieves mat for her/himself and partner

Mat work:

- One person lying, face up, the other standing. Four hands on ball, then toss up and pass down to partner. Then toss up and toss down. Then back away and toss
- Both partners kneeling on mats facing each other; Chest pass, then bounce pass, then overhead pass
- Kneeling on mats, sideways to partner- side hook pass, then face other direction
- Both partners on back with knees bent and right feet on ball which is between the two mats. Perform bridges.
- Same as above with other feet. (Modification would be four feet on ball, or one foot per person on ball and the other on floor.)

Cool down:

- Sitting back to back with partner, slowly pass ball around backs, changing direction
- Sitting back to back hold ball up with four hands and stretch.

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