



Total
Wellbeing
Solutions

Medicine ball Woodchop

A great functional exercise that increase strength and flexibility through a range of muscles

- 1** Stand upright with a medicine ball held in both hands, with arms straight down in front of you
- 2** From the starting position, bring the ball to the side, so that it is held over one hip
- 3** Contract your abs and turn slightly toward the ball to generate a slight twist
- 4** Then, bring the ball across your body and upward in a rising, crossing motion to the opposite side, using your abs to turn your upper body slightly to follow the ball. You are moving from low on one side to high on the other, keeping your arms extended and using your abs to cross
- 5** Bring the ball back across to its starting point, with arms and shoulders, to complete the movement
- 6** Complete a set of repetitions on one side before switching the ball to the other side.



The muscles worked are :

- Back
- Core
- Shoulders
- Legs
- Arms

The benefits of Woodchop are:-

Wood chops primarily focus on your core, but working your entire body it demands strength and stretch.