

# Zoom Medicine Ball Workout

Various Dates and Times - Zoom 51 Minute Medicine Ball Workout

This is a 51 minute long interval workout using a medicine ball. A dumbbell, kettle bell, disc weight, plastic water bottle, or plastic peanut butter jar, etc can all be using in place of medicine ball. (See picture attached to this write up for examples, I use a 6 lb medicine ball). This workout combines strength, cardio and abs with intermittent use of the medicine ball.

The workout is 51 minutes in total. If I can do the workout, anyone can. I will share my screen on Zoom for the workout and try to have another screen showing myself following the workout. You may turn your video off once the workout starts if you do not wish your screen showing your movements.

You may adapt the movements however you choose, to lower intensity or make it no impact. I have some modification tips to share before it starts. Let's move together! You will need a medicine ball (or alternate) and a mat if exercising on hard surface. All are welcome.

Please contact Louise to register or for help with Zoom and for all questions.

Date:

Saturday April 3, 8am

Wednesday April 14, 7am

Thursday April 22, 6pm

Location:

via Zoom

Sign Up:

Let Louise know you're coming by email.

Deadline:  
30 minutes prior to start

Contact:

Louise Hearty, [louise@insideedgeclub.bc.ca](mailto:louise@insideedgeclub.bc.ca)