



# 'Medicine Ball For All' Training Handbook

*Patrick Mediate, Avery Faigenbaum*

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**'Medicine Ball For All' Training Handbook** Patrick Mediate, Avery Faigenbaum

Provides the most complete medicine ball training guide for youth, adults, and seniors ever written. Begins with the basics of medicine ball training and continues through advanced program design considerations, including every step necessary to develop a successful conditioning program using medicine balls for individuals of all ages and fitness levels. Covers potential health and fitness benefits, how to choose the right medicine balls, safety considerations, training principles, program variables, individual evaluation, program prescription, warm-up and warm-down exercises, lower and upper body, specialty, reaction, stability, core, and flexibility exercises, periodization, progression levels, samples workouts, special populations and much, much more. Contains dozens of photographs and illustrations.

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