



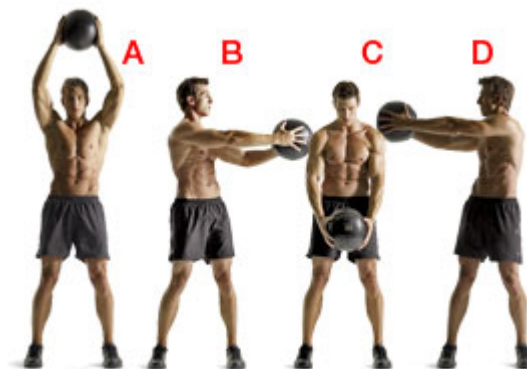
The Final Edge to Metabolic Control™

Enhancing lifestyles through proven wellness and fitness systems™

For most people, physical activity should not pose any problem or hazard. It is recommended that you consult with your doctor before starting any exercise program. By accepting this copy of a sample ski-conditioning program, you understand the nature and purpose of the activity and are aware that any strenuous physical activity involves risks. Accordingly, you release, discharge, and absolve, and hold harmless Destiny Management, LLC, their agents, instructors and employees, for nay and all liability arising form any accident, injury, or loss sustained by me as a result of activities at or present in a Facility.

Medicine Ball Program

These exercise will work your entire body, but especially your cor,e and are extremely useful for increasing power and speed.



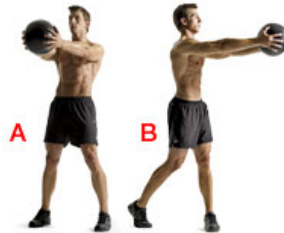
1. Big Circles Standing with your feet shoulder-width apart and knees slightly bent, hold a medicine ball with your arms extended directly above your head [A]. Without bending your elbows, rotate your arms counterclockwise [B], using the ball to draw large imaginary circles in front your body [C, D]. Do 10 circles, and then reverse direction to clockwise and do 10 more.



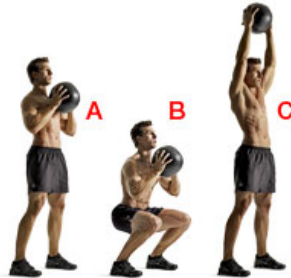
2. Woodchopper Stand with your feet just beyond shoulder-width apart. With your arms nearly straight, hold a medicine ball above your head [A]. Now bend forward at your waist and mimic throwing the ball backward between your legs—but hold onto the ball the entire time [B]. Quickly reverse the movement with the same intensity, and return to the starting position. That's 1 repetition. Perform 2 sets of 15 repetitions.



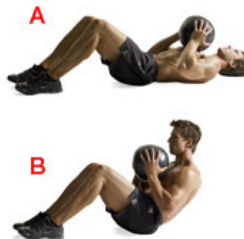
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3. Standing Russian Twist Hold a medicine ball with both hands in front of your chest and your arms straight [A]. Without dropping your arms, pivot on your right foot and rotate the ball and your torso as far as you can to the left [B]. Then reverse direction: Pivot on your left foot and rotate all the way to the right. That's 1 repetition. Perform 2 sets of 15 repetitions.



4. Squat to Press Stand holding a medicine ball close to your chest with both hands, your feet just beyond shoulder-width apart [A]. Push your hips back, bend your knees, and lower your body until the tops of your thighs are at least parallel to the floor [B]. Then simultaneously drive your heels into the floor and push your body back to the starting position as you press the ball over your head [C]. Lower the ball back to the start. That's 1 repetition. Perform 2 sets of 15 repetitions.



5. Medicine-Ball Sit-up Grab a medicine ball with both hands and lie on your back on the floor. Bend your knees 90 degrees, place your feet flat on the floor, and hold the medicine ball against your chest [A]. Now perform a classic sit-up by raising your torso into a sitting position [B]. Lower it back to the start. That's 1 repetition. Perform 2 sets of 15 repetitions.



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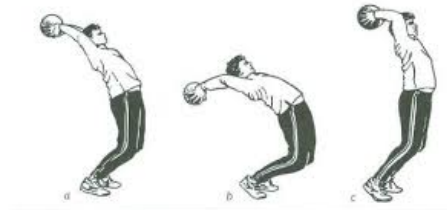


Figure 5.9 Standing medicine ball throw.

6. Overhead Throw With the ball held overhead (elbows slightly bent) throw the ball as hard as possible against a wall. Retrieve the ball as quickly as possible and repeat. This may also be performed by throwing the ball directly overhead in the air. Perform 2 sets of 15 repetitions.



7. Seated Russian Twist

Sit on the floor with your legs straight, and hold a medicine ball with both hands just above your lap [A]. Twist your torso to the right and place the ball behind you [B]. Then twist all the way to your left and pick the ball up and bring it back to the starting position [C]. That's 1 repetition. Do 10 repetitions. Immediately do another 10 repetitions, but this time start by twisting with the ball to your left.



8. Toe Touch Grab a medicine ball, lie on your back, and raise your legs so they're straight and perpendicular to the floor. Hold the ball above the top of your head with your arms straight [A]. Without moving your legs or bending your elbows, simultaneously lift your arms and torso until the ball touches your toes [B]. Lower yourself back to the starting position. That's 1 repetition. Perform 2 sets of 15 repetitions.



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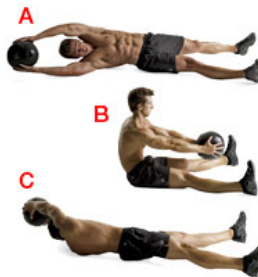


9. 45-Degree Twist Grab a medicine ball and sit on the floor. Lean back at a 45-degree angle, raise your legs and feet off the floor, and hold the ball with both hands in front of your chest, your arms straight [A]. Without dropping your legs or arms, rotate the ball and your torso as far as you can to the right [B]. Then reverse direction, rotating all the way to the left. That's 1 repetition. Perform 2 sets of 15 repetitions.



10. Suitcase Crunch

Lie on your back with your legs straight. Use both hands to hold a medicine ball above your head and barely off the floor [A]. Simultaneously raise your torso and bend your right knee toward your chest as you bring the ball over your knee and toward your foot. Reverse the movement and repeat, this time bending your left knee [B]. That's 1 repetition. Perform 2 sets of 15 repetitions.



11. Diagonal Crunch Grab a medicine ball and lie on the floor with your legs straight and spread wide. Roll onto your right hip and hold the ball with your arms straight at 10 o'clock above the top of your head [A]. To perform the movement, raise your arms and torso and then touch the ball to the floor between your legs [B]. Lower your body, but instead of rolling back onto your right hip, roll onto your left and hold the ball at 2 o'clock above your head [C] before you repeat the movement. That's 1 repetition. Repeat, alternating back and forth in this manner for 12-15 repetitions.



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12. Chest Pass Hold the ball at the chest level with the elbows out away from the body. Press the ball out as hard as possible into a wall or to a partner. Catch the ball on return as quickly as possible and repeat. Perform 3 sets of 20 repetitions.



13. Overhead Slam Take an athletic stance and lean slightly forward. Bring the med ball up over the head, engaging a stretch in the lats and core, then fire the med ball down to the floor as hard as possible, being careful not to have it bounce back up in your face. This movement is great for creating explosive power with the front of the body, balancing out against some of the other explosive movements we do throwing the ball behind us. This is an explosive and powerful movement, so go until you lose power here. This could be up to 20 reps. You will really be breathing hard. You may need longer rest here (1 minute) because more muscles are involved. Do 2 to 4 sets.



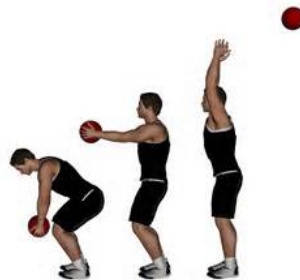
14. The Sit-Up Throw When using a partner (called the receiver) always start with the ball in his hands. The thrower starts by lying on the ground with his trunk flexed. The receiver passes the ball to the thrower who lowers his body eccentrically, tapping the ball to the ground overhead with elbows bent. He then reverses motion, crunching up and explosively throwing the ball back to the receiver. The thrower completes the motion with full follow-through of his arms before getting in position to receive the ball for the next rep. This can also be done alone throwing the ball against a wall. Perform 2 sets of 15 repetitions.



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15. Washing Machines Stand with your back to your partner (the catcher) or an appropriate wall. Maintain a strong base and initiate the movement towards the catcher by rotating your hips. Receive the ball and explosively rotate to the opposite side and release the ball towards the catcher's chest. The catcher immediately puts the ball back into the thrower's hands and the thrower rotates to the opposite direction. This can also be performed alone against a wall. Perform 2 sets of 15 repetitions.



16. The Log Toss Begin with a shoulder width stance and lower the ball to the floor by flexing at the knees and hip. Extend at the hip, knee and ankle joints while simultaneously lifting the medicine ball and throwing it vertically (either to a partner or into an appropriate wall). Be sure to fully extend at all the joints and finish with a complete follow through with your arms. This movement will help develop your vertical leap and has similar motion to the squat, deadlift and power snatch. May be performed with a diagonal pattern as well. Perform 2 sets of 15 repetitions.