


WHY CHOOSE MED-BALL TRAINING?

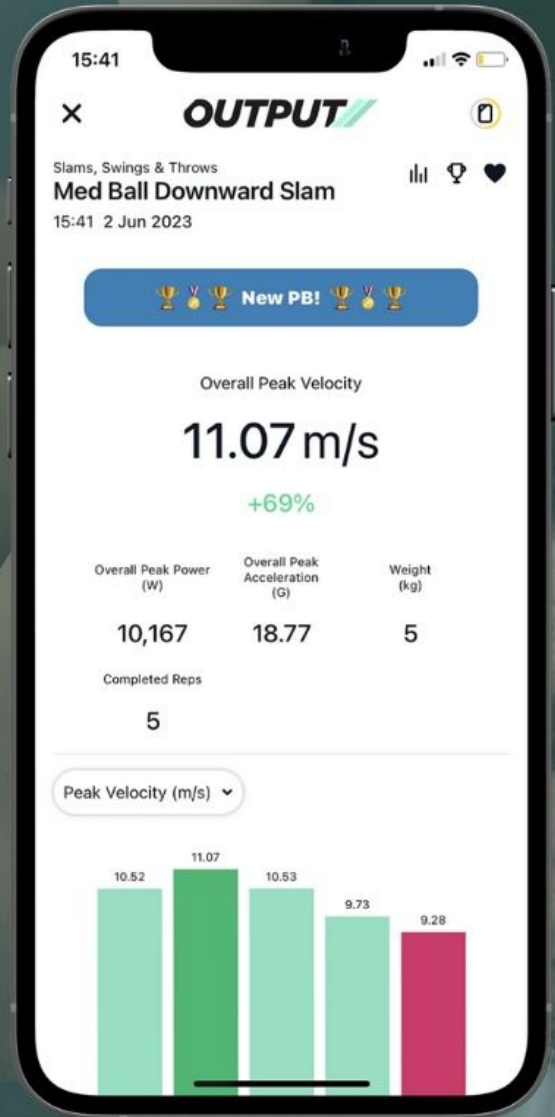
Learn the benefits:

The applications of medicine ball training are near-limitless.



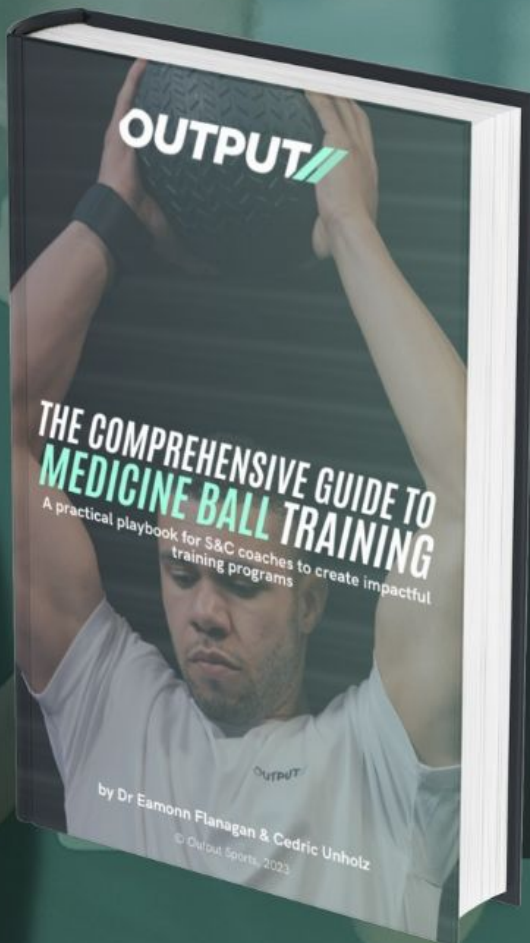
The athlete can train across **multiple planes** within the same movement.

The athlete can perform high-output training in a variety of settings with minimal equipment.



The athlete can
perform exercises
in **highly sport-specific**
postures & positions.

DOWNLOAD OUR **FREE GUIDE** TO **MED-BALL TRAINING**



A **practical playbook** for S&C coaches to create impactful training programs

by Dr Eamonn Flanagan & Cedric Unholz