

Beginner's Guide to D-Ball Workouts

The D-Ball medicine ball is a powerful training tool that can be used by everyone from beginners to professional athletes to build key skills including balance, coordination, strength, speed, and power. The D-Ball's durable construction allows users to take advantage of training indoors and out with little risk of damaging the ball or property. Exercises like throws, drops, carries, and slams with balls ranging from 4lb-300lbs provide users with an effective way to maximize physiological adaptations and reach training goals. This guide provides safety tips, recommended weights, and a simple breakdown of exercises that can be strategically applied to build stability, strength, power, and speed.

Training Safely

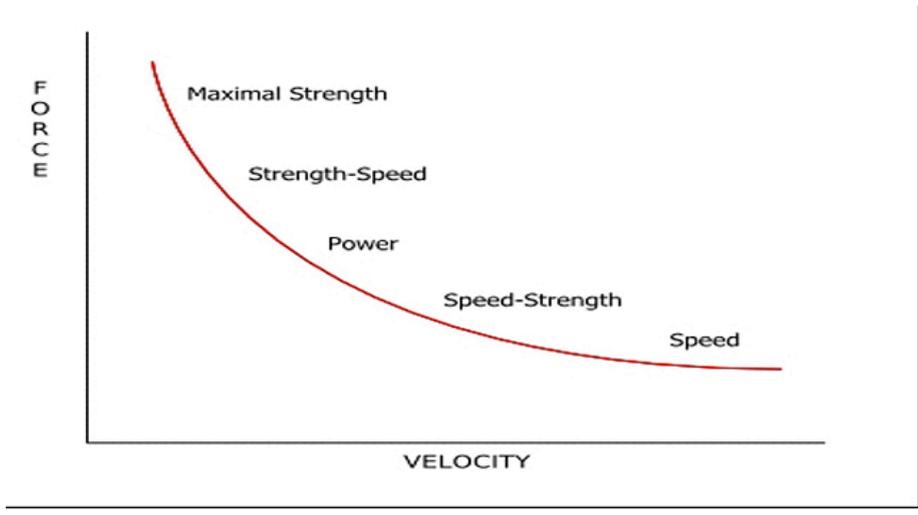
The D-Ball's limited bounce shell absorbs impact, making it a better choice than the alternative hard, high bounce medicine balls. However, weight selection (which we discuss in the next section), along with training surface selection, hand position, and posture ensures a safe and effective training session.

- Always perform D-Ball exercises after a good warm up.
- Confirm you're set up in an athletic stance with feet hip-to-shoulder width apart.
- Be sure to perform exercises on or against smooth reinforced surfaces.
- Keep hands open, ready to receive and throw the ball.



Weight Selection

Choosing the right weight is determined by training goals and the user's experience and ability. Medicine balls in general are an important, if not essential tool to develop both force and velocity.



When looking at the force-velocity curve, D-Balls are ideal for building both strength-speed and speed-strength. We recommend at least having two different weight D-Balls in your arsenal to maximize the training benefits. Having a 4lb-20lb D-Ball for more speed based, fast twitch exercises, and a 30lb-60lb D-Ball for more strength based movements is ideal. Those wanting to develop maximal strength may go even heavier. D-Ball has options as high as 300lbs!

When looking to develop **strength-speed**, we recommend starting with a light to moderate weight and progressing to a heavier ball once an exercise can be performed effectively. A good way to know if you're ready to move up in load for strength based movements is when you can perform a given number of repetitions with good form and feel you still have 2-3 additional reps left in the tank. Establishing a strong foundation is key before building speed and power on top.

Here are a few exercise progressions for building foundational skills like coordination, stability, stamina, and strength. Beginners can start with a 20-50lb ball.

Front Squats



Forward or Reverse Lunges



Front Squat to Overhead Press



Lateral Lunge



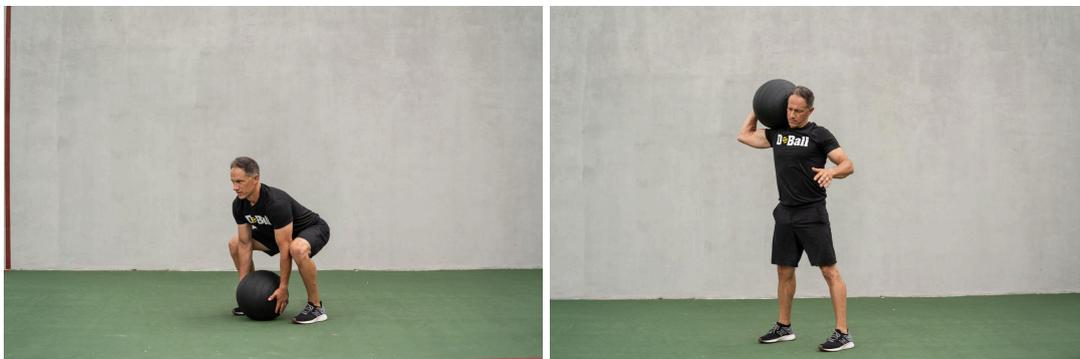
Mt. Climber on Ball



Single Leg RDL



Clean to Shoulder



There are various ways to determine the weight you should use to perform **speed-strength**, or explosive **power** exercises with the D-Ball. A good way to think about this is to remember that the goal is to move as fast as possible. However you need a load that will slow your movement, but not distort it. You're building efficiency in your neuromuscular system so moving fast is key, but how you move is just as important to maximize speed and stay injury free in the long run.

Less is often more when training for explosive power with medicine balls. When trying to increase the rate of force development selecting a ball that is no more than 5% of your bodyweight is optimal. As the athlete becomes more proficient, we recommend increasing the load to no more than 10% of their bodyweight.

Incorporate these **speed-strength** progressions into your next workout:

Overhead Jump Slam



Rainbow Slam



Wall Chest Pass Slam



Wall Scoop Slam

