

DOWNWARD SLAM THROW



Execution

1. Stand tall with feet hip-width apart. Hold the medicine ball directly overhead with the arms fully extended.
2. Initiate the movement by bending forward at the waist and dropping the torso powerfully to develop tension in the arms and shoulders.
3. Drive the ball down to the floor with the arms extended. Target a spot on the floor that is at least 12 inches away from the feet to ensure the ball does not bounce back up into your face.
4. Repeat the downward throws methodically, not rushing from repetition to repetition.

Muscles Involved

Primary: Latissimus dorsi, brachialis.

Secondary: Rectus abdominis, iliopsoas, trapezius, biceps brachii.

Exercise Notes

The downward slam throw with a medicine ball is a dynamic exercise that targets anterior musculature required for powerful swimming strokes and other sporting activities that involve throwing or grappling. The motion begins with the core musculature and is delivered by the arms. Because the throwing motion can be very stressful for the shoulders, select an appropriate medicine ball weight so you are not overloaded. Additionally, shorter repetition ranges are advisable for initial sessions to ensure technique is optimized before higher volumes of work are incorporated.

VARIATION

Rotational Downward Slam Throw

You can perform a rotational version of this exercise so that you slam the medicine ball down to either side of the body. The exercise is set up similar to a standard downward slam throw, but you begin to turn to one side once you initiate the downward motion. This variation places a greater emphasis on the oblique muscles of the core.

