



# SENGAY ARTS

## MEDICINE BALLS.

Making your own medicine ball is cheap, easy and makes a great addition to your exercise routine.

### You will need.

**Football / Basketball** (Rugby balls also make a great alternative for some exercises).

- The bigger the ball the heavier your medicine ball will be.

**A bag of sand** (the cheap stuff). One bag will be enough to make several balls.

**Tape** - eg. Gaffa, Gorilla, etc

**Decent glue** eg. Gorilla (silicone sealant can also be used).

**Wide funnel.**

**Sharp knife or scissors.**

### METHOD.

Cut a small 'V' into the ball - just large enough to get the funnel tip in - peel back the 'V'.

Through the funnel, fill the ball with sand. You'll need to remove the funnel towards the end to get the ball really full.

Use plenty of glue to reseal the 'V' and allow plenty of time for the glue to set.

Run some tape over the seal and around the ball several times in several directions.

**FINISHED!**

Remember to check your balls (!) for any splits or leaks regularly and glue/tape as necessary. For ideas on medicine ball exercises or routines just ask a **Sengay Arts** instructor :)

