

Customizing Your Medicine Ball

By Ross Enamait

Whether you call it a tethered medicine ball, a tornado ball, or a medicine ball on a rope, the underlying principle remains the same. These tools are excellent for explosive, dynamic movements.

There are a few variations to this homemade tool. Let's review each...

Basketball Net

A basketball net is a great start for your homemade creation.



Figure 1



Figure 2



Figure 3

In the illustrations, you can see that I have tied the net off with a leather shoelace. I interweave the lace at the bottom of the net (Figure 1). I have then tied off the lace in Figure 2. I proceed to tie the other end of the basketball net, just above where the ball sits. I then take the large loops from the net to create a handle. I have secured the handle with duct tape as illustrated in Figure 3. This contraption is very effective for dynamic movements.

You can perform several striking and swinging exercises with this tool. It is also easy to remove the ball from the net if you wish to include traditional medicine ball training within the same workout.

If you would like to extend the handle of this ball, tie a short piece of rope (18 – 30 inches) around the handle. Rubber or foam tubing could also be used (in place of the rope).

Other Options

This may sound a little strange, but you can actually create a durable rope-like extension with a pair of pants. Simply cut off one pant leg from a pair of old jeans or sweat pants.

As you can see in the illustration, I have simply placed the ball at the end of the pant leg. I have then secured each end with a leather shoelace. Carefully secure the shoelace to avoid heaving your medicine ball out one end.



In the illustration, I have also twisted and duct taped the end of the pant leg to create a rope-like handle to hold during the exercises.

A Canvas Bag

Another option for your rope-like attachment is a drawstring canvas bag (or even a canvas laundry bag). Simply place the ball inside the bag and secure it with a leather shoelace. You can then use the bag as is, or twist the bottom of the bag into a rope-like handle that you can secure with duct tape. The downside to securing the bottom of the bag is that you will be unable to remove the ball without unraveling the tape.

When choosing a bag for your ball, look for a **durable** material such as canvas. You can opt for a pillow case cover but the canvas material will last much longer. The ball will be slamming off the ground so choose a material that will hold up to the abuse.



Another option is a potato sack bag.

Add Your Own Rope

Another option for this dynamic training device is to insert a rope through a homemade medicine ball. First construct a medicine ball filled with sand, and then insert a one-inch thick rope through the ball. This version of the homemade ball will require more craftsmanship and patience, but is an option if you like this type of project. You will need some quality sealant to secure the rope.

One Last Option

If you really want a secure setup, I suggest starting with the basketball net method. After you have secured the medicine ball inside the net, add another layer of protection by placing this contraption inside a durable canvas bag.

Specific instructions are listed below:

1. Secure ball inside basketball net
2. Tie 1-2 feet of rope to the end (the handle) of the net
3. Place the net inside a durable canvas bag
4. Tie a shoelace or rope around the canvas bag, just under the ball
5. Allow the rope extension to hang down, through the canvas bag.



This homemade creation provides two layers of protection. The basketball net absorbs much of the shock. The canvas bag then provides extra protection.



For more information regarding homemade training equipment, please visit the link below:

Homemade Equipment Links

<http://www.rosstraining.com/forum/viewtopic.php?t=157>