



How to make a home made medicine ball

The medicine ball is a staple piece of equipment in gyms, homes and GAA Clubs around the country. They come in various sizes and weights, some are covered in leather while others are solid rubber. You can even get ones with handles, but since there are no handles on a football or sliotar this hardly matters.

Some will cost you €50 and this one costs €3.

The following instructions are what we do, we also take responsibility for what we do and so should you.

Equipment

One basketball I got mine for 3 euro in the January sale it came with a valve for a standard pump.

One piece of chewing gum chewed. You can get this from a friend for free!

One cork from a bottle of wine.

Access to a garden hose.



Step One

Cut the cork to appropriate size
Approx 2 cm long

Step Two

Shave the sides down so it will wedge up a garden hose the quickest way is using a knife (This is where **you** have to be responsible)



Step Three

Punch a hole through the cork. If you use the valve you may block it up and render it useless so best to find a nail the same diameter of the valve.



Step Four

Use your friend's piece of chewing gum to make a better seal between the cork and valve.

Step Five

Jam in the valve to the ball push it in as far as possible.



Step Six

To add water you will need to push the hose over the valve and hold it on. The ball should be deflated for this.



It shouldn't take too long to fill, but once its done you will have a med ball for life and also a valve for making more of different sizes and weights.

This could also be done to footballs, rugby balls and Swiss balls though I haven't tried it out

One use full exercise is to half fill the basket ball with water and then pump it up. With your arms held out in front holding the ball draw big circles in the air with your core engaged. The water sloshing about inside makes it very challenging.

The only draw back we have found so far is if you buy a cheap basket ball fill it to the top then pump it up it is some times liable to burst but this is easily corrected don't pressurize the ball and fill it full of water.

