

Russian Twist

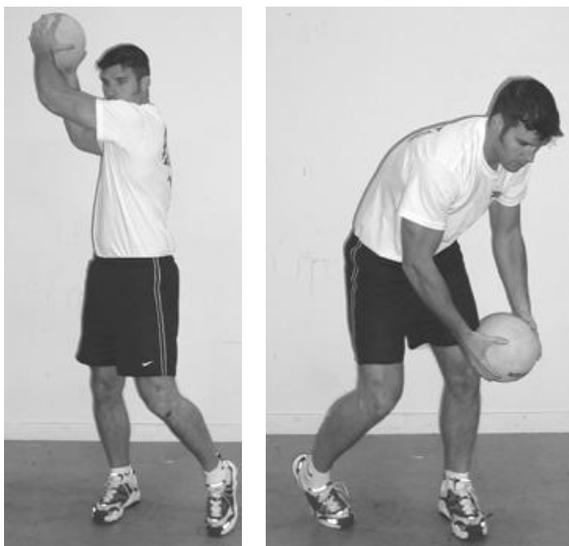


Begin by putting ball at belly button height arms length away from body and behind your right or left hip.

-Start by moving ball to the right or left.

- Keep core tight and turn/rotate back foot to allow greater range of motion on exercise.

Diagonal Chops



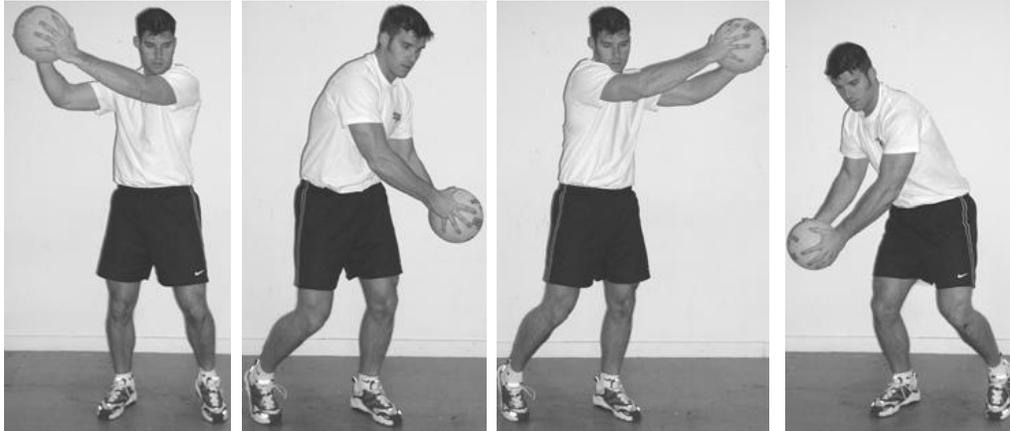
-Start with ball behind and above ear.

-Move the ball diagonally across the body, ending near knee of opposite leg or foot.

-Return with same pattern.

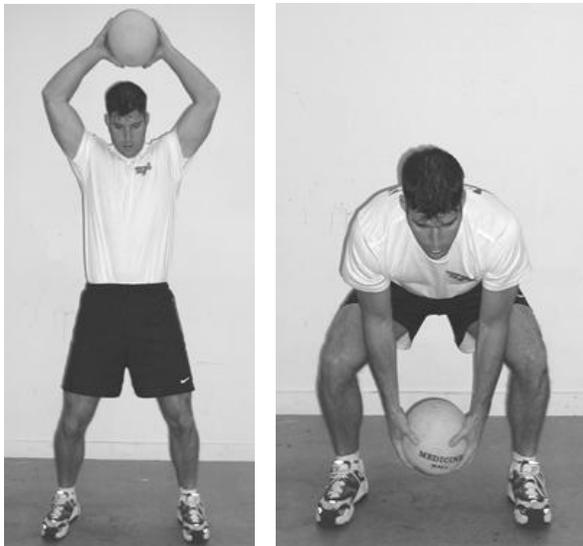
-Rotate/turn back foot to increase effective range of Exercise

Figure 8's



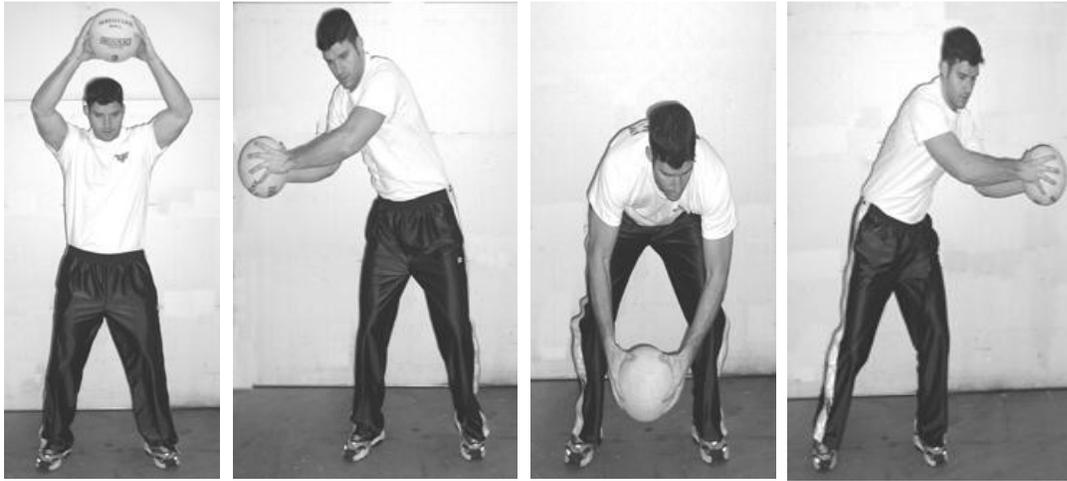
-Begin with ball at ear level with arms extended. -Move the ball through a fig. 8 pattern continuously. -Pattern will be in front and side of body taking you from right to left.

Chops



*-Start with ball overhead at arms length.
-Stop the ball when it is between your feet.
-Repeat*

Circles



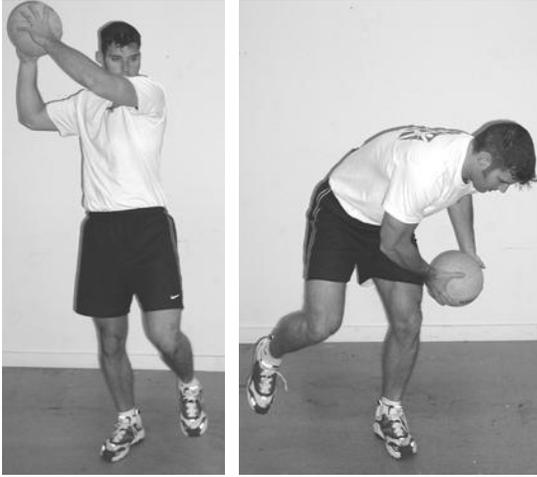
-Begin with ball overhead and move ball in a circular motion as big as possible around your body.

Single Leg Russian Twist



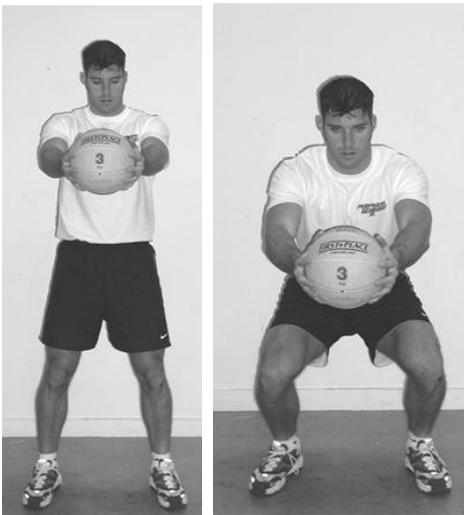
*-See Russian Twist exercise
-When weight is off of back leg take it off the ground*

Single Leg Chop



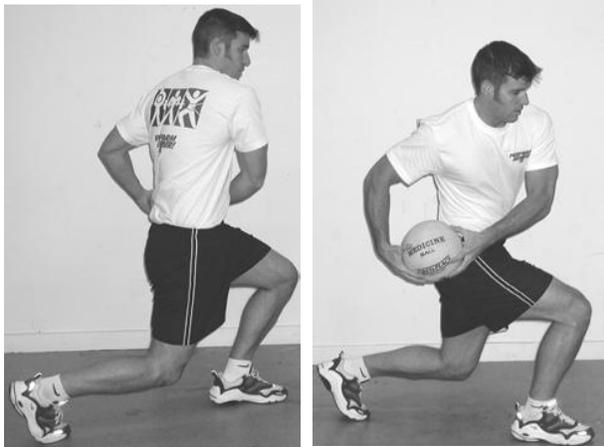
- See *Diagonal Chop* exercise
- Balance on one leg and perform the exercise

Medicine Ball Squat



- Keep ball at arms length while performing a squat.
- Variation**- Start ball at chest and press up or out when squatting, return to chest on ascent.

Medicine Ball Lunge



- Begin with ball at belly button level
- Take a step forward with one leg
- At the same time move the ball to side of lunging leg.
- Continue alternating legs by either walking or switching in place.
- Begin

Medicine Ball Lunge II



- Begin with ball at belly button.
- While lunging forward raise the ball up overhead.
- Either leave the ball overhead while continuing to lunge or return ball to belly button on each lunge.

Sagittal or Front Reach



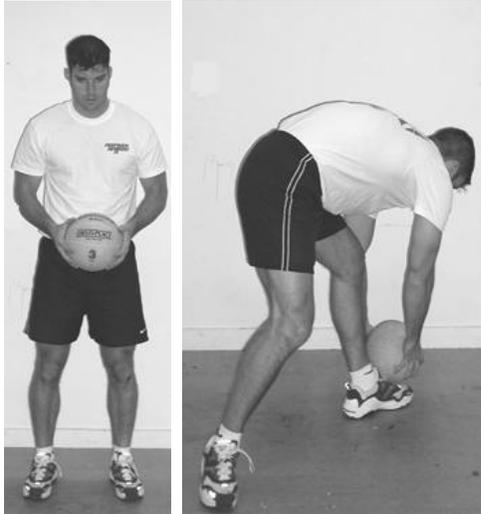
- Begin with ball at belly button.*
- Step forward and extend arms to touch or approach front foot.*
- Return and repeat in place with same foot or alternate.*

Frontal or Side Reach



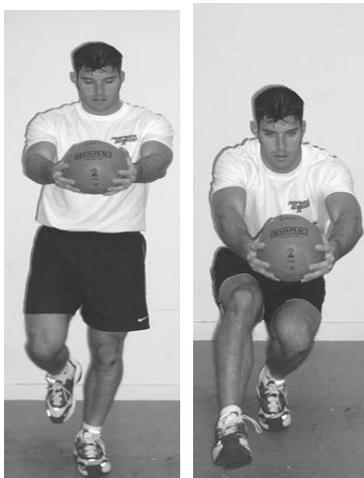
- Begin with ball at belly button.*
- Step and laterally reach to one side.*
- Continue reaching and stepping to one side or alternate legs.*

Transverse or Rear Reach



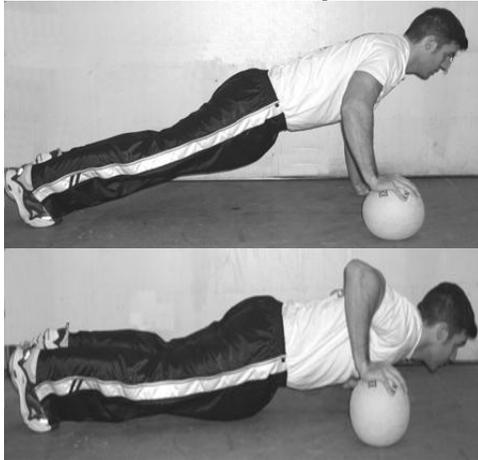
- Start with ball at belly button*
- Open and step/reach between 90 and 180 degrees to the rear.*
- Return to start and repeat with same leg or opposite leg.*

One Leg Squat



- Start with ball at arms length.*
- Squat on one leg with ball held out in front as a counterbalance.*
- Leave free leg in front.*
- Can also be done by leaving free leg to side or rear.*
- Ball can start from belly button and be pressed out when squatting.*

Medicine Ball Push Up



- Position ball under one hand and perform a pushup.
- Try doing one pushup with hand on ground, pushing hard enough to catch yourself on the ball for next rep.
- Begin to roll ball across to opposite hand between reps if you want a bigger challenge

Two Arm Wall Pass



- Begin by facing wall about arm's length away.
- Keep hands above head initially keeping throw range short.
- Work towards arms being bent and further away from wall.
- Can also be done with one arm.

Side Throws



- Begin 90 degrees to wall with ball behind one hip and more weight on that leg.
- Deliver ball at hip height, with more weight on front leg.
- Catch ball and repeat.
- Begin

Modified Hammer Throw



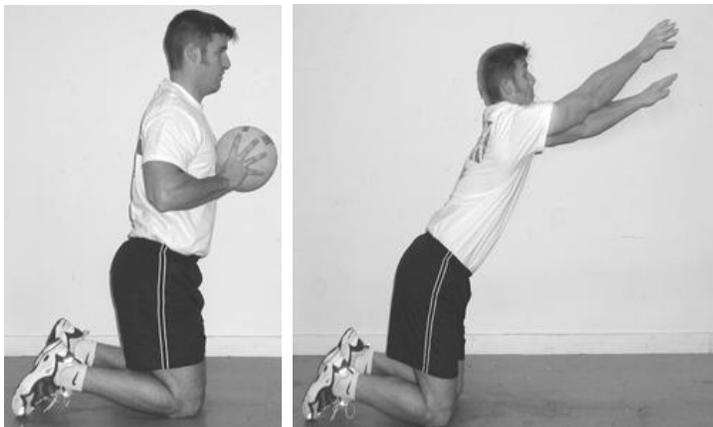
- Begin with ball near hip opposite of throw/delivery side.
- Start transferring weight from backside to delivery side by turning back foot.
- Finish with throw delivering ball at shoulder height with weight balanced over delivery side.
- Throw can also begin over shoulder.

Slams



- Start with ball overhead.*
- Throw pulling ball down with your mid section.*
- Keep ball stretched as long as possible.*
- This exercise can also be done with one arm.*

Knee Throw to Push Up



- Start with ball at chest level.*
- Kneeling down on both knees, throw the ball forward and follow it.*
- When completing extension catch yourself in a push up position.*
- This can also be done from an overhead Position*

Puts



- Start with ball behind one hip with weight more on that leg.
- Throw the ball turning the side with ball towards the direction of the throw.
- Finish in a balanced position.

Wall Throws



- Swing ball to an overhead position, stretching the upper extremities.
- Throw by pulling core down.
- Aim about 1 to 2 feet above the bottom of the wall.
- Stand about 6 to 8 feet from the wall.

One Step Wall Throws



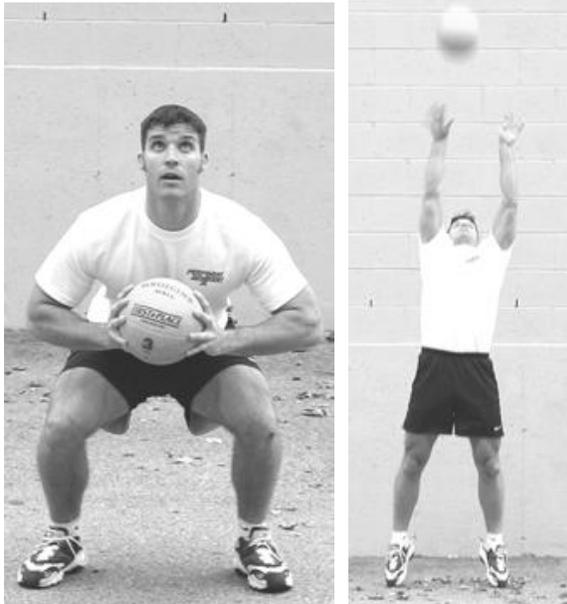
- Start with ball at belly button.*
- Then in a stretched top position with ball overhead step with one foot towards wall.*
- Shift weight completely over throwing side.*
- Aim about 1 to 2 feet above bottom of wall.*

Start Throws



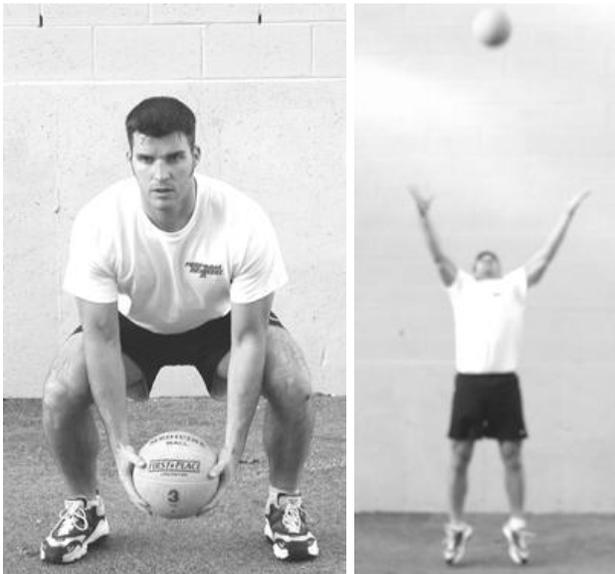
- Begin with weight evenly distributed between feet and hands.*
- Deliver ball by pushing on ground with feet and bringing ball to position near chest.*
- As you are completing hip extension, deliver the ball and in the direction of the throw and begin running.*

Squat Throw #1



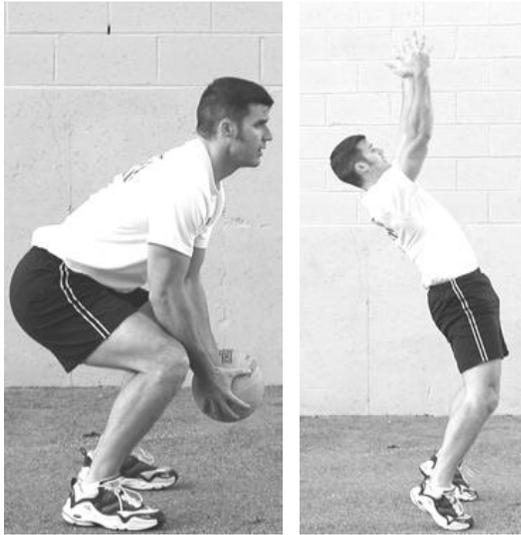
- Start with ball at chest.
- Quickly squat and jump delivering the ball as high as possible directly overhead.
- Let the ball bounce once, reposition and repeat.

Squat Throw #2



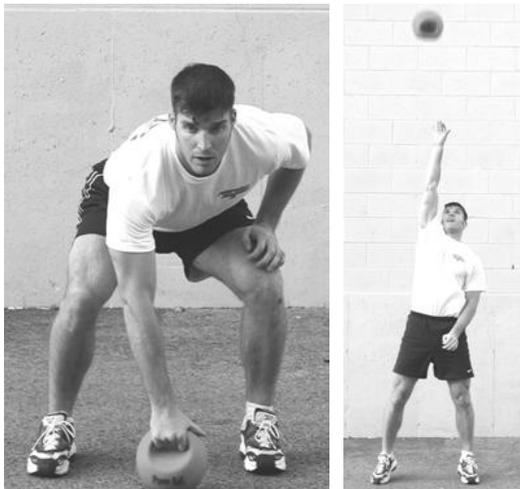
- Start with ball at belly button or overhead.
- Quickly squat to have the ball at calf level.
- Jump and throw the ball directly overhead, letting the ball bounce once then repeat.

Over the Back Toss



- Start with ball overhead and bring it down to knees.
- Begin throw as soon as ball gets to knee level.
- Throw by extending ankle, knee, hip and delivering ball overhead backwards.
- This is a great total body power test.

Single Arm Throw



- Start with ball between feet.
- Throw ball as high as possible by extending at knee, ankle and hip.
- Check that ball flies straight overhead and is not pulled backwards.
- Ball should move close to body for best height.

