

## **MEDICINE BALL EXERCISES**

□ Partner; otherwise indicated.

1. Kneel & Figure 8
2. Squat Pass
3. Chest Pass
4. Chest Pass w/ Hop
5. Seated Chest pass (feet up)
6. Overhead Pass
7. Over & Under
8. Med. Ball Push-up (self)
9. Med Ball Sit-up w/ partner
10. Med Ball Crunch (self)
11. Twists w/ partner
12. Leg Throws w/ Med. Ball
13. Partner Drops w/ flutter kicks
14. Single Arm Cross
15. Lying Trunk twist-ball btwn legs (self)
16. Forward Hikes
17. Reverse Hikes
18. Tricep Press
19. Globetrotters (btwn legs)-self
20. Behind the back (self)
21. Pelvic Thrust-ball under hips (self)
22. Russian Twists
23. Partners alternating sit-ups
24. Lying overhead throws to standing partner
25. Giant Circles