

MEDICINE BALL SEQUENCE

1. **MED BALL SMASH** – Grip the medicine ball with both hands . Lift the ball overhead and throw it straight toward a wall as hard as possible. 10 REPETITIONS
2. **MED BALL TWIST SMASH** – Grip the ball with both hands. Twist your body and throw the ball waist height at the wall as hard as possible. Throw equal amounts on the right side as the left side. 10 REPETITIONS (on each side)
3. **MED BALL HEIGHT TOSS** – Grip the ball with both hands. Bend down with the ball between your knees. Toss the ball into the air as high as possible. 10 REPETITIONS
4. **MED BALL DISTANCE TOSS** – Grip the ball with both hands. Bend down with the ball between your knees. Toss the ball up and away from you at about a 45° angle. Try to project the ball as far away from you as possible. 10 REPETITIONS
5. **MED BALL CHOPS** – Grip the ball with both hands. Raise the ball above your right shoulder, then swing the ball toward your left knee as if you were chopping down a tree. Then do the same on the opposing shoulder and knee. 10 REPETITIONS (on each side)