



## MEDICINE BALL - SQUAT

Start by standing up and holding a medicine ball at your chest height. Next, tighten your stomach muscles and squat down as you extend your arms forward so that your elbows straighten. Return to original position.

Progress to single leg

Video # XVRC8DVTT

**Repeat** 10 Times  
**Complete** 2 Sets  
**Perform** 3 Times a Week



## MEDICINE BALL - ROTATIONS

While in the standing position and holding a medicine ball in front of you, tighten your stomach muscles and rotate your trunk towards the side and then quickly return to the forward position.

Video # XVU2A2Z27

**Repeat** 10 Times  
**Complete** 2 Sets  
**Perform** 3 Times a Week



## MEDICINE BALL - LOW SQUAT CHOP

Start by holding a medicine ball and tighten your stomach muscles. Raise the ball up and over diagonally towards the opposite shoulder the downward at an angle toward opposite knee. Repeat on the other side.

Progress to single leg

Video # XVEZHAUFQ

**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 1 Times a Day



### MEDICINE BALL - CIRCLES

While in the standing position and holding a medicine ball in front of you, tighten your stomach muscles and move the ball quickly in a circular pattern. Perform one direction for several repetitions and then the other direction.

Progress to single leg

Video # XVBUP2PEV

<b>Hold</b>	1 Second
<b>Complete</b>	1 Set
<b>Perform</b>	1 Times a Day



### MEDICINE BALL LUNGE

Begin by standing and holding a medicine ball at chest height. Tighten your stomach muscles and take a step forward into a lunge as you extend your arms forward to straighten your elbows. Then return to the original position.

Video # XVRN8EK2Z

<b>Repeat</b>	10 Times
<b>Complete</b>	2 Sets
<b>Perform</b>	3 Times a Week