



Med Ball Routines to be used for strength and explosiveness development in athletes.

Routine A

- Explosive Throws Up
- Explosive Slams Down
- Toes to Overhead in Laying Down Position
- Mt. Climber Knees (slow touching opposite knee to opposite elbow)
- Squats with Med Ball Twist

Routine B

- Lunges with Med Ball Twist
- Side to Side in Seated Position for X Amount of Time
- 1 Hand on Ball Pushups (each hand)
- Press Squats
- Toss & Catch to Overhead

Extra Exercises List (Add to your routine to make more challenging) • Seated big turns (around the world)

- Seated figure – 8 (Passing ball over-under legs)
- V-up holding med ball with hands
- Two leg lift over cone with med ball
- Med ball oblique
- Reverse curls
- Med ball plank (table top with feet on med ball)
- Standing big turns (around the world)
- Standing figure – 8
- One leg ball touch to ground 9:00 to 3:00
- Hay bales with bounce. (challenge – one leg)
- Power chair raise
- Over – under with partner