

MEDICINE BALL DRILL #1

(The following exercises are performed individually)

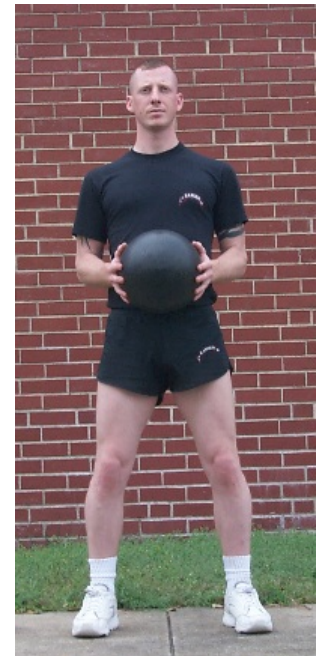
EXERCISE 1: Upright Twist

STARTING POSITION: Arms to Thrust, holding the medicine ball in front of the abdomen.

CADENCE: Slow

MOVEMENT:

1. Rotate the torso to the left, maintaining the position of the medicine ball at the abdomen and keeping the head in line with the chest.
2. Return to the starting position.
3. Repeat the action performed in #1 to the right side.
4. Return to the starting position.



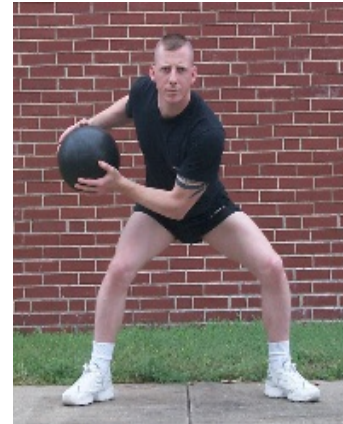
EXERCISE 2: Bent-over Twist

STARTING POSITION: Forward Leaning with the feet $1\frac{1}{2}$ shoulder widths, toes pointed out 45 degrees and knees slightly bent, holding the medicine ball in front of the abdomen.

CADENCE: Slow

MOVEMENT:

1. Rotate the torso, moving the medicine ball to the left side of the torso and maintaining the starting position with the lower body.
2. Return to the starting position.
3. Repeat the action performed in #1 to the right side.
4. Return to the starting position.



EXERCISE 3: Overhead Side Bender

STARTING POSITION: Arms Overhead, holding the medicine ball.

CADENCE: Slow

MOVEMENT:

1. Lean to the sideways to the left, maintaining the overhead position of the medicine ball.
2. Return to the starting position.
3. Repeat the action performed in #1 to the right side.
4. Return to the starting position.



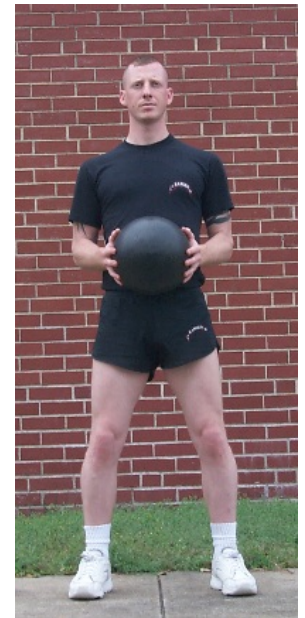
EXERCISE 4: Overhead Turn and Bend

STARTING POSITION: Arms Overhead, holding the medicine ball.

CADENCE: Slow

MOVEMENT:

1. Rotate to the left, lowering the medicine ball to the outside of the left knee while keeping the arms fully extended.
2. Return to the starting position.
3. Repeat the action performed in #1 to the right side.
4. Return to the starting position.



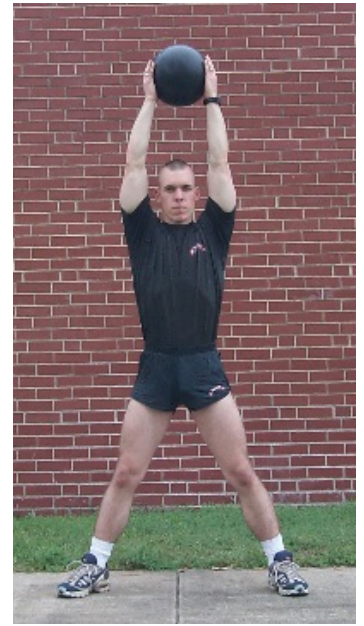
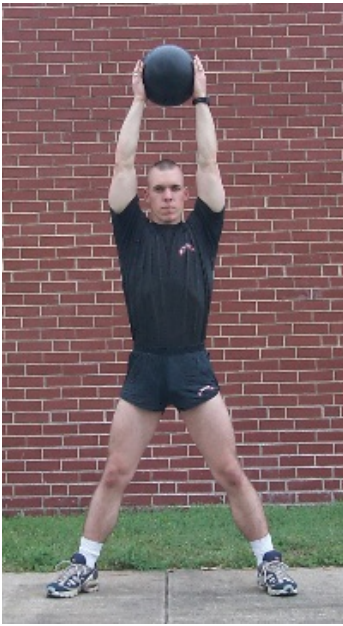
EXERCISE 5: Squat and Reach

STARTING POSITION: Arms Overhead, holding the medicine ball, with the feet $1\frac{1}{2}$ shoulder widths apart and the toes pointed out 45 degrees.

CADENCE: Slow

MOVEMENT:

1. Squat and bend forward to the Forward Leaning position, reaching between the legs with the medicine ball.
2. Return to the starting position.
3. Repeat the action performed in #1.
4. Return to the starting position.



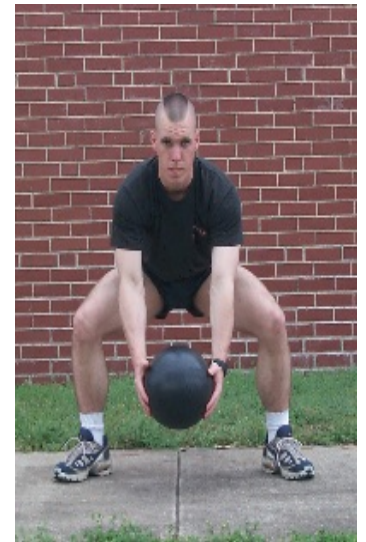
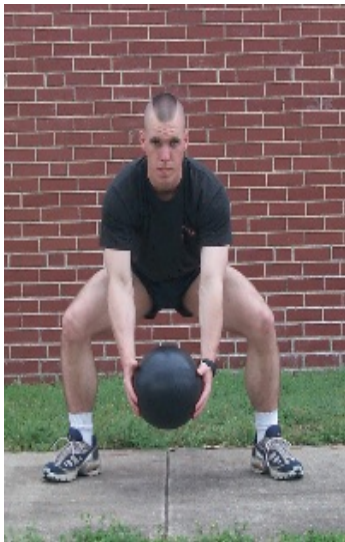
EXERCISE 6: Leg Weaver

STARTING POSITION: Forward leaning, holding the medicine ball with your feet 1 1/2 shoulder widths apart and the toes pointed out 45 degrees.

CADENCE: Slow

MOVEMENT:

1. Keeping the arms extended, lean to the left, pass ball right hand to left hand, behind the left leg.
2. Reverse the direction, lean to the right, pass ball left hand to right hand, behind the right leg.
3. Repeat the action performed in #1.
4. Repeat the action performed in #2 (return to the starting position at the end of desired repetitions/time).



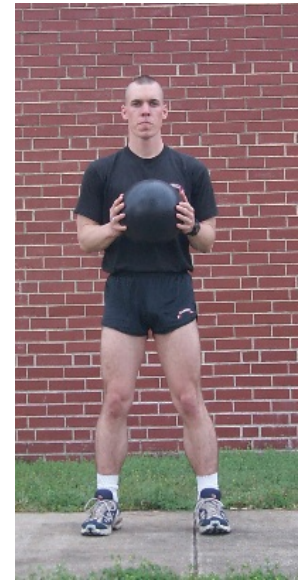
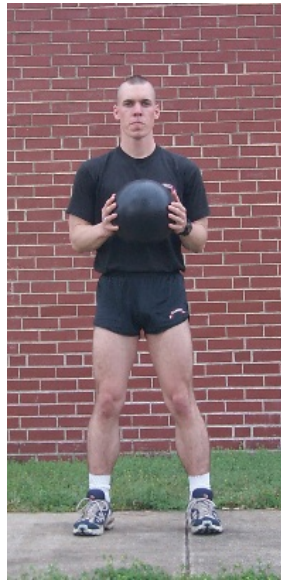
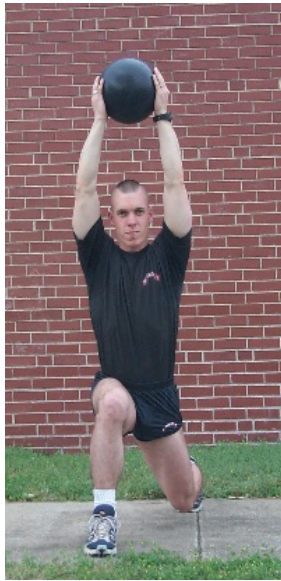
EXERCISE 7: Rear Lunge and Press

STARTING POSITION: Arms to Thrust, holding the medicine ball in front of the abdomen.

CADENCE: Slow

MOVEMENT:

1. Step straight back with the left foot, performing a rear lunge and simultaneously pressing the medicine ball to the Arms Overhead position.
2. Return to the starting position.
3. Repeat the action performed in #1 with the right foot.
4. Return to the starting position.



EXERCISE 8: Diagonal Lunge and Push

STARTING POSITION: Arms to Thrust, holding the medicine ball in front of the abdomen.

CADENCE: Slow

MOVEMENT:

1. Step diagonally with the left, performing a lunge at 45 degrees and simultaneously pushing the medicine ball away from the abdomen.
2. Return to the starting position.
3. Repeat the action performed in #1 to the right side.
4. Return to the starting position.



EXERCISE 9: Sit-up and Reach

STARTING POSITION: Position on Back, feet flat on the ground, knees bent at 90 degrees, holding the medicine ball in front of the abdomen.

CADENCE: Slow

MOVEMENT:

1. Perform a sit-up and simultaneously reach up and forward, extending the arms.
2. Return to the starting position.
3. Repeat the action performed in #1.
4. Return to the starting position.



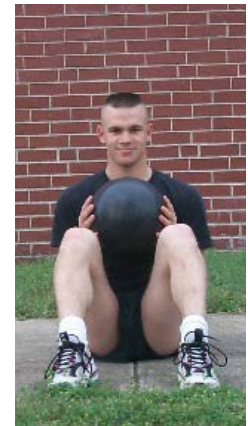
EXERCISE 10: Seated Twist

STARTING POSITION: Assume the up position of the sit-up, holding the medicine ball in front of the abdomen.

CADENCE: Slow

MOVEMENT:

1. Rotate the torso to the left and touch the medicine ball to the ground.
2. Return to the starting position.
3. Repeat the action performed in #1 to the right side.
4. Return to the starting position.



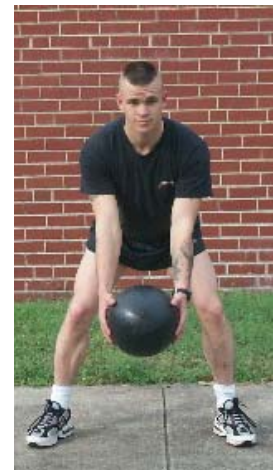
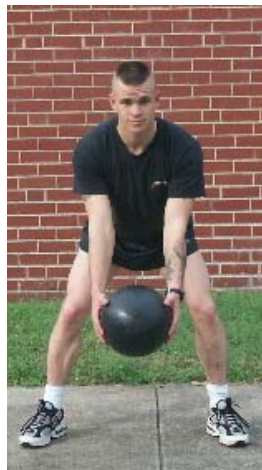
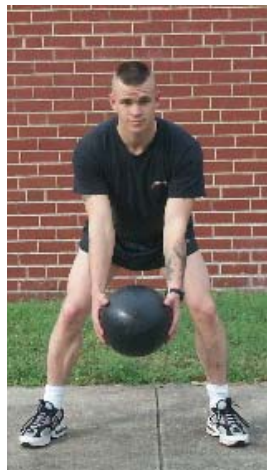
EXERCISE 11: Underhand Toss and Catch

STARTING POSITION: Forward Leaning with the feet $1\frac{1}{2}$ shoulder widths, toes pointed out 45 degrees and squat with knees bent at 90 degrees, holding the medicine ball below the waist, with the arms extended.

CADENCE: Slow

MOVEMENT:

1. Stand up on the balls of the feet and simultaneously rise to the Arms Overhead position, tossing the medicine ball one to two feet overhead.
2. Catch the medicine ball overhead and return to the starting position.
3. Repeat the action performed in #1.
4. Catch the ball as in #2 and return to the starting position.



EXERCISE 12: Overhead Toss and Catch

STARTING POSITION: Arms Overhead, holding the medicine ball.

CADENCE: Slow

MOVEMENT:

1. Bend the elbows and squat slightly, then rise up on the toes and extend the elbows to toss the medicine ball two to three feet overhead.
2. Catch the medicine ball, slightly bending the knees and elbows and return to the starting position.
3. Repeat the action performed in #1.
4. Catch the medicine ball as in #2 and return to starting position.

