


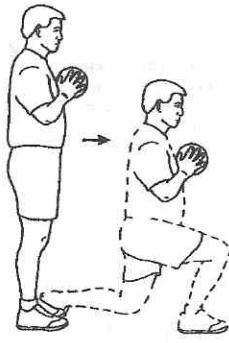
MEDICINE BALL - Lower Extremity Squat (Front)



Cross arms over chest on _____ pound ball. Squat to _____° angle at the knee

Repeat _____ times per set
Rest _____ seconds after set
Do _____ sets per session

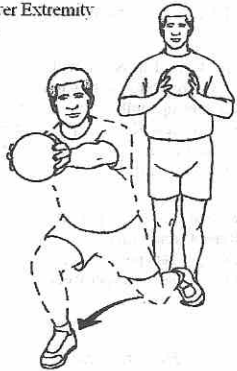
MEDICINE BALL - Lower Extremity Lunge (Forward)



Hold _____ pound ball in front of chest
Lunge forward

Repeat _____ times
____ Repeat with other leg for set
Rest _____ seconds after set
Do _____ sets per session

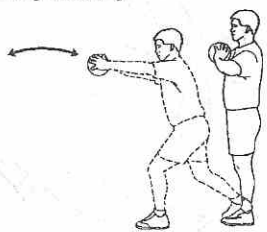
MEDICINE BALL - 14 Lower Extremity Lunge Reach (45° Forward)



Hold _____ pound ball in front of chest. Lunging diagonally forward, push ball forward over knee

Repeat _____ times
____ Repeat with other leg for set
Rest _____ seconds after set
Do _____ sets per session

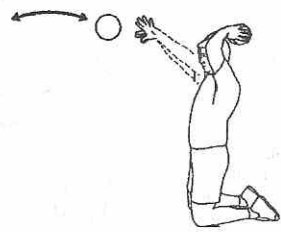
MEDICINE BALL - Upper Extremity Chest Pass Lunge (Standing)



Stand, holding _____ pound ball. Lunging forward, toss ball out to partner. Catch ball as it returns

Repeat _____ times per set Rest _____ seconds after set
Do _____ sets per session

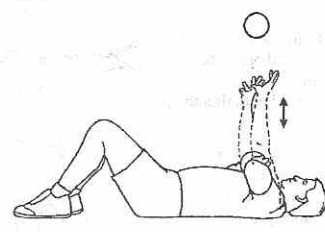
MEDICINE BALL - Upper Extremity Soccer Throw (Kneeling)



Kneel, holding _____ pound ball behind head. Throw ball forward to partner. Catch ball as it returns

Repeat _____ times per set Rest _____ seconds after set
Do _____ sets per session

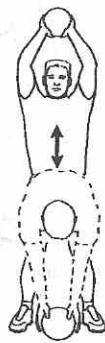
MEDICINE BALL - Upper Extremity Drop (Double Arm)



Lie on back holding _____ pound ball on chest. Toss ball straight up with both hands. Catch ball as it returns

Repeat _____ times per set Rest _____ seconds after set
Do _____ sets per session


MEDICINE BALL - Trunk Flexion Extension (Standing)



Hold a _____ pound ball over head. Touch ball to floor, bending knees as necessary

Repeat _____ times per set
Rest _____ seconds after set
Do _____ sets per session

MEDICINE BALL - Trunk Ankle Chop

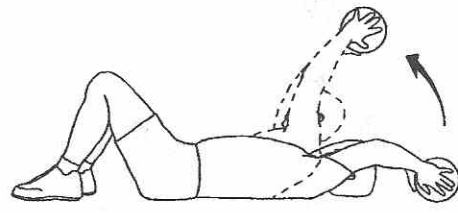


Hold a _____ pound ball outside of ankle. Quickly move ball from ankle to above opposite shoulder and return quickly

Repeat _____ times
____ Repeat from other side for set
Rest _____ seconds after set
Do _____ sets per session

NOTE: Allow hips to rotate.

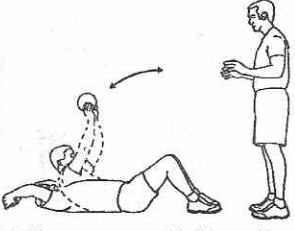
MEDICINE BALL - Trunk Sit-Up (Over Head)



Hold a _____ pound ball behind head. Perform a sit-up

Repeat _____ times per set Rest _____ seconds after set
Do _____ sets per session

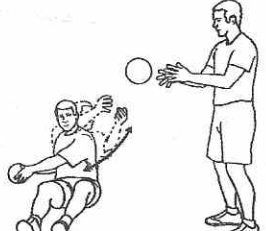
MEDICINE BALL - Partner Drill Sit-Up Ball Toss



Lie on back holding a _____ pound ball beyond head. Perform a sit-up and toss ball to partner. Catch ball while returning to start

Repeat _____ times per set Rest _____ seconds after set
Do _____ sets per session

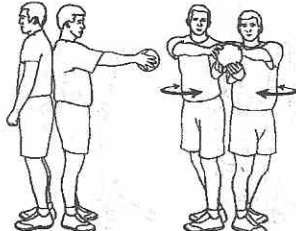
MEDICINE BALL - Partner Drill Lateral Pass



Holding a _____ pound ball at far hip, sit _____ feet from partner. Rotate and toss ball. Catch ball as it returns

Repeat _____ times ____ Repeat from other side for set
Rest _____ seconds after set Do _____ sets per session

MEDICINE BALL - Partner Drill Half Twist (Standing)



Holding a _____ pound ball, stand back-to-back. Turn to side and pass ball. Rotate to other side and receive ball

Repeat _____ times ____ Repeat in other direction for set
Rest _____ seconds after set Do _____ sets per session