

Chest (medicine ball)

Kneel to Pushup



Exercise Description:

Kneel to Pushup

Classification:

Chest (medicine ball)

Instructions:

Start Position: Your body will be in an upright position sitting on your knees.

Hold medicine ball at chest level. Keeping your torso erect fall forward and chest press the medicine ball to a partner or a wall.

Upon releasing the ball drop your hands to the floor and immediately complete a push-up.

Advanced athletes: To make this more challenging have a partner throw the ball back to you.

You will have to explode up with the push-up so that you are back in the seated upright position on your knees. Your partner will throw the ball back to you and then repeat the exercise until the desired repetitions are met.

One Arm Med Ball Pushup



Exercise Description:

One Arm Med Ball Pushup

Classification:

Chest (medicine ball)

Instructions:

1) Get on hands and knees on floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.

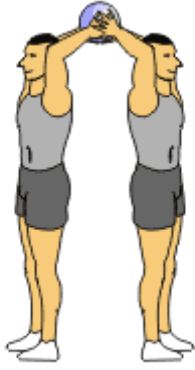
2) Place hands slightly wider than shoulder width with one hand on top of the medicine ball; extend legs and place feet at hip width with toes on floor.

3) Start position: Extend the elbows and raise the body off the floor.

4) Lower your entire body (legs, hips, trunk, and head) 4-8 inches from the floor.

5) Return to the start position by extending at the elbows and pushing the body up.

Partner Over/Under Med Ball Pass



Exercise Description:

Partner Over/Under Med Ball Pass

Classification:

Chest (medicine ball)

Instructions:

Stand with a partner back to back. One partner takes a medicine ball and reaches up over their head and hands it to the partner who is doing the same.

The other partner then brings the ball down and passes it between their legs to the partner who brings the ball back up and passes it again.

Repeat until the recommended number of repetitions is completed.

Single Leg Chest Throw on Disc



Exercise Description:

Single Leg Chest Throw on Disc

Classification:

Chest (medicine ball)

Instructions:

1. Starting position: Stand on a balance disc using one leg.

2. Take a medicine ball and while holding it at chest level press it towards a wall.

3. Catch the medicine ball and repeat chest pressing the ball towards the wall.

4. Maintain a tight core and balance throughout exercise. Repeat according to prescribed repetitions and then repeat with other leg.

Kneeling pushup with hands on med ball



Exercise Description:

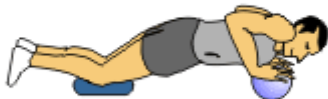
Kneeling pushup with hands on med ball

Classification:

Chest (medicine ball)

Instructions:

- 1) Get on hands and knees on floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.
 - 2) Place hands on top of the medicine ball; extend legs and place feet at hip width with toes on floor.
 - 3) Start position: Extend the elbows and raise the body off the floor.
 - 4) Lower your entire body (legs, hips, trunk, and head) 1-2 inches from the floor.
 - 5) Return to the start position by extending at the elbows and pushing the body up.
- Pushups with hands on 2 med balls



Exercise Description:

Pushups with hands on 2 med balls

Classification:

Chest (medicine ball)

Instructions:

- 1) Get on hands and knees on floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.
 - 2) Place hands slightly wider than shoulder width with one hand on top of each medicine ball.
 - 3) Start position: Extend the elbows and raise the body off the floor.
 - 4) Lower your entire body (legs, hips, trunk, and head) 1-2 inches from the floor.
 - 5) Return to the start position by extending at the elbows and pushing the body up.
- Pushup with med ball and balance board



Exercise Description:

Pushup with med ball and balance board

Classification:

Chest (medicine ball)

Instructions:

1. Start by placing your feet on a balance board and a hand on each medicine ball.
2. Move into a plank position and maintain your balance by extending your arms.
3. Proceed to bend your elbows while maintaining your balance until your elbows are bent to about 90 degrees.
4. Extend your elbows until you reach full extension.
5. Keep your abs drawn in tight to maintain good technique.

Pushup with 2 med balls



Exercise Description:

Pushup with 2 med balls

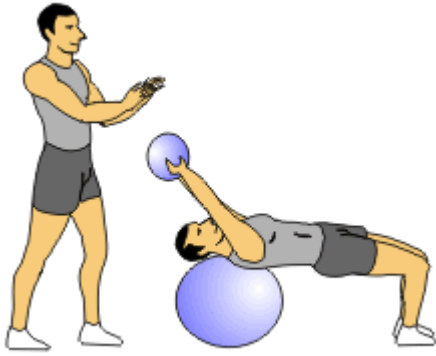
Classification:

Chest (medicine ball)

Instructions:

1. Start by placing your hands on a medicine ball and your feet on the ground.
2. Move into a plank position and maintain your balance by extending your arms.
3. Proceed to bend your elbows while maintaining your balance until your elbows are bent to about 90 degrees.
4. Extend your elbows until you reach full extension.
5. Keep your abs drawn in tight to maintain good technique.

Resisted Pullovers



Exercise Description:

Resisted Pullovers

Classification:

Chest (medicine ball)

Instructions:

1. Lie on your back with the ball under your upper back. Hold a medicine ball with your arms extended above your head.
2. Raise the ball to a 45 degree angle and have a partner push down on the ball.
3. Try to resist your partners pushing and return to the 45 degree angle to repeat.