Core (medicine ball)

Wall Throws

Exercise Description:
Wall Throws

Classification:
Core (medicine ball)

Instructions:
1. Stand with one foot in front (staggered stance) with knees slightly bent.
2. Pull medicine ball back behind head and forcefully throw ball forward as far as possible into the wall.
3. Catch ball on the bounce from the wall and repeat according to prescribed repetitions.

Single Leg Chop

Exercise Description:
Single Leg Chop

Classification:
Core (medicine ball)

Instructions:
1. Starting Position: Stand on right leg and your arms are extended holding the medicine ball up and to your right.
2. Bring medicine ball down in a wood chopping motion towards your left foot.
3. During this place motion switch feet so your left foot is now on the ground and your right foot is in the air. Repeat this motion for the desired repetitions and then repeat in the opposite direction.

Slams
Exercise Description:
Slams
Classification:
Core (medicine ball)
Instructions:
Stand with feet parallel and knees slightly bent.
Pull medicine ball back behind head and forcefully throw ball down on the ground as hard as possible.
Catch the ball on the bounce from the ground and repeat according to prescribed repetitions.
Over the Back Toss

Exercise Description:
Over the Back Toss
Classification:
Core (medicine ball)
Instructions:
1. Stand with feet slightly wider than hip-width apart. Have a partner or trainer stand approximately 10-15 yards behind you.
2. Grasp ball and lower body into a semi-squat position. Explode up extending the entire body and throwing medicine ball up and over the body.
3. The goal is to throw the ball behind you as far as you and generating most of the power in the legs.
4. Catch ball on the bounce from your partner and repeat according to prescribed repetitions.

**Single Arm Throw**

**Exercise Description:**
Single Arm Throw

**Classification:**
Core (medicine ball)

**Instructions:**
Stand with feet slightly wider than hip-width apart.
Grasp kettleball and lower body into a semi-squat position. Explode up extending the entire body and throwing the kettleball up into the air.
The goal is to throw the ball as high as you can and generating most of the power in the legs.
Catch ball on the bounce and repeat according to prescribed repetitions

**Chop**

**Exercise Description:**
Chop

**Classification:**
Core (medicine ball)

**Instructions:**
Start Position: Hold medicine ball with your arms extended overhead.
In one continuous motion bring the ball down in front of you like you are chopping
wood.
You will have to bend at your knees to complete this.
Return to starting position and repeat.

Diagonal Chop

Exercise Description:
Diagonal Chop
Classification:
Core (medicine ball)
Instructions:
Starting Position: Start with your arms extended holding the medicine ball up and to your right.
2. Bring medicine ball down in a wood chopping motion towards your left foot.
3. During this motion your feet stay stationary and you rotate at your trunk. Repeat this motion for the desired repetitions and then repeat in the opposite direction.

Figure 8

Exercise Description:
Figure 8
Classification:
Core (medicine ball)
Instructions:
Start Position: Hold medicine ball with your arms extended over your right shoulder. In one continuous motion bring the ball down in front of you like you are chopping wood and the ball should end towards your left foot.
Stand back up and raise the ball straight up over your left shoulder and now bring the ball down towards your right foot.
You will have to bend at your knees to complete this.
Return to starting position and repeat.
Frontal Reach

Exercise Description:
Frontal Reach
Classification: Core (medicine ball)
Instructions:
1) Start position: Stand with feet hip width apart. Hold medicine ball or dumbbell at waist.
2) Step laterally 2-3 feet with the heel striking first and lean torso forward. With both hands, reach down in front of you so that finger tips touch the floor. DO NOT allow front knee to extend past the big toe - may cause injury.
3) Pushing off left foot, return to start position. Continue with same leg or alternate as prescribed.
4) Remember to keep head and back in a neutral position. Reaching forward should be performed at the hips and not the low back. Shoulders and hips should remain squared at all times.

Medicine Ball Lunge

Exercise Description:
Medicine Ball Lunge
Classification: Core (medicine ball)
Instructions:
1) Start position: Stand with feet hip width apart. Place hands on waist or out to sides for stability.
2) Step forward 2-3 feet and lower body forming a 90° bend at the front hip and knee. DO NOT allow front knee to extend past the big toe - may cause injury. Take medicine ball during this movement and press the ball over your head.
3) Pushing off front foot, return to start position. Continue with same leg or alternate as prescribed.
4) Remember to keep head and back upright in a neutral position. Shoulders and hips should remain squared at all times.

Medicine Ball Squat
Exercise Description:
Medicine Ball Squat
Classification:
Core (medicine ball)
Instructions:
1) Grasp medicine ball and hold out in front of you.
2) Start position: Stand with feet slightly wider than hip width apart. Knees should be slightly bent.
3) Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly (~5°) during movement. Be sure to “sit back” so that knees stay over the feet.
4) Once thighs are parallel to floor, return to start position.
5) Remember to keep head and back straight in a neutral position - hyperextension or flexion may cause injury. Keep weight over the middle of foot and heel, not the toes.

Modified Hammer Throw

Exercise Description:
Modified Hammer Throw
Classification:
Core (medicine ball)
Instructions:
1. Stand with feet hip-width apart; place right foot approximately one foot in front of left foot.
2. Hold medicine ball with both hands and arms only slightly bent.
3. Swing ball over to the left hip and forcefully underhand toss ball forward to a partner or wall. Keep the stomach drawn in to maximize proper usage of muscle.
Catch ball on the bounce from your partner and repeat according to prescribed repetitions
One Step Wall Throws
Exercise Description:
One Step Wall Throws

Classification:
Core (medicine ball)

Instructions:
1. Stand with both feet parallel with knees slightly bent. A partner or wall should stand approximately 5-10 yards away.
2. Pull medicine ball back behind head, take one step forward and forcefully throw ball forward as far as possible.
3. Catch ball on the bounce from your partner or wall and repeat according to prescribed repetitions.

Russian Twist

Exercise Description:
Russian Twist

Classification:
Core (medicine ball)

Instructions:
1. Stand with feet hip-width apart.
2. Hold medicine ball with both hands and arms only slightly bent.
3. Swing ball over to the right hip and forcefully swing ball forward and around towards the left side. Reverse back in the opposite direction. Keep the stomach drawn in to maximize proper usage of muscle.

Side Throws
**Exercise Description:**
Side Throws

**Classification:**
Core (medicine ball)

**Instructions:**
1. Stand with feet hip-width apart; place left foot approximately one foot in front of right foot.
2. Hold medicine ball with both hands and arms only slightly bent.
3. Swing ball over to the right hip and forcefully underhand toss ball forward to a partner or wall. Keep the stomach drawn in to maximize proper usage of muscle.
4. Catch ball on the bounce from your partner or wall and repeat according to prescribed repetitions.

Single Leg Russian Twist

**Exercise Description:**
Single Leg Russian Twist

**Classification:**
Core (medicine ball)

**Instructions:**
1. Stand with feet hip-width apart.
2. Hold medicine ball with both hands and arms only slightly bent.
3. Swing ball over to the right hip and come up onto right foot. Forcefully swing ball forward and around towards the left side so that you are only standing on left foot. Reverse back in the opposite direction. Keep the stomach drawn in to maximize proper usage of muscle.

One Leg V-Up

**Exercise Description:**
One Leg V-Up

**Classification:**
Core (medicine ball)

**Instructions:**
1) Start position: Lie back onto floor or bench with knees bent, both hands behind head. Keep elbow back and out of sight. Head should be in a neutral position with a space between chin and chest.
2) Leading with the chin and chest towards the ceiling, contract the abdominal and raise
shouders off floor or bench. Extend arms and also raise one leg up toward ceiling.
3) Return to start position.
Remember to keep head and back in a neutral position. Hyperextension or flexion may cause injury. To increase resistance, hold medicine ball in hands. To decrease resistance, position hand closer towards body

Medicine Ball Back Extension

Exercise Description:
Medicine Ball Back Extension
Classification:
Core (medicine ball)
Instructions:
1. Position body face down on apparatus placing hips and ankles on respective pads.
2. Place hips (and not stomach) on pad. Place lower leg or achilles tendon area on pad. Hold a medicine ball against your chest.
3. Start position: Back should be parallel to ground with knees slightly bent.
4. Lower body until legs and hip are approximately at 90°.
5. Return to start position.
To increase resistance, place arms behind head -> arms extended overhead -> holding weight plate or weighted object across chest.

Side Flexion w/ Medicine and Stability Ball

Exercise Description:
Side Flexion w/ Medicine and Stability Ball
Classification:
Core (medicine ball)
Instructions:
Start Position: Lie on your side on top of the stability ball and separate your legs to maintain balance.
While holding a medicine ball in front of your chest laterally flex your trunk up towards the ceiling.
Return to starting position. Complete this on both sides.
Stability Ball Crunch
Exercise Description:
Stability Ball Crunch
Classification:
Core (medicine ball)
Instructions:
1. Sit in upright position on flexaball with feet flat on floor.
2. Walk feet forward allowing flexaball to roll underneath body until it is positioned on lower to mid-back region. Raise hips slightly to create a “table top” position parallel to floor.
3. Place hands across your chest. Head should be in a neutral position with a space between chin and chest.
4. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders up.
5. Return to start position.
6. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.

Oblique Crunch with Medicine/Stability Ball

Exercise Description:
Oblique Crunch with Medicine/Stability Ball
Classification:
Core (medicine ball)
Instructions:
1. Sit in upright position on flexaball with feet flat on floor.
2. Walk feet forward allowing flexaball to roll underneath body until it is positioned on lower to mid-back region. Raise hips slightly to create a “table top” position parallel to floor.
3. Place hands above head holding a medicine ball. Head should be in a neutral position with a space between chin and chest.
4. Leading with the chin and chest towards the ceiling, contract the abdominal and raise your right shoulder up toward ceiling and bring medicine ball towards opposite hip.
5. Return to start position and repeat with the other shoulder.
6. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.
**Exercise Description:**
One Arm Crunch

**Classification:**
Core (medicine ball)

**Instructions:**
1. Start position: Lie back onto floor or bench with knees bent and one hand behind head. Raise one arm straight up and hold a medicine ball. Head should be in a neutral position with a space between chin and chest.
2. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench.
3. Return to start position.
4. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.

**Reverse Curl**

**Exercise Description:**
Reverse Curl

**Classification:**
Core (medicine ball)

**Instructions:**
1. Start position: Lie with back on floor or bench with hips flexed at 90° and feet in air holding onto a ball. Position arms at sides with palms down on floor.
2. Leading with the heels towards the ceiling, raise glutes (butt) off floor or bench and twist to one side.
3. Return to start position. Repeat to the other side.
4. Remember keep legs from swinging to prevent momentum throughout the exercise.

**Lying Medicine Ball Obliques**
**Exercise Description:**
Lying Medicine Ball Obliques

**Classification:**
Core (medicine ball)

**Instructions:**
Starting Position: Lie on your back and raise your legs with your knees bent. Holding a medicine ball between your knees rotate your legs to the side and then return to the starting position. Repeat to the other side.

Medicine Ball Crunch

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**Exercise Description:**
Medicine Ball Crunch

**Classification:**
Core (medicine ball)

**Instructions:**
1. Start position: Lie back onto floor or bench with knees bent and hands above your head holding a medicine ball. Head should be in a neutral position with a space between chin and chest.
2. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench.
3. Return to start position.
4. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.

Diagonal Woodchops
Exercise Description:
Diagonal Woodchops
Classification:
Core (medicine ball)
Instructions:
1. Starting Position: Stand on both legs and your arms are extended holding the medicine ball up and to your right.
2. Bring medicine ball down in a wood chopping motion towards your left foot.
3. During this motion rotate your trunk. Repeat this motion for the desired repetitions and then repeat in the opposite direction.

Full Situp (w/ med ball)

Exercise Description:
Full Situp (w/ med ball)
Classification:
Core (medicine ball)
Instructions:
1. Start position: Lie back onto floor or bench with knees bent and hands straight over your chest. Hold a medicine ball during the exercise. Head should be in a neutral position with a space between chin and chest.
2. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench until you are seated in an upright position.
3. Return to start position.
Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.

Full Situp with Twist (Med Ball)
Exercise Description:
Full Situp with Twist (Med Ball)
Classification:
Core (medicine ball)
Instructions:
1. Start position: Lie back onto floor or bench with knees bent and hands straight over your chest. Hold a medicine ball during the exercise. Head should be in a neutral position with a space between chin and chest.
2. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench and twist your shoulders until you are seated in an upright position.
3. Return to start position and repeat to the other side.
Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.
Reverse Curl w/ Med Ball

Exercise Description:
Reverse Curl w/ Med Ball
Classification:
Core (medicine ball)
Instructions:
1. Start position: Lie with back on floor or bench with hips flexed at 90° and feet in air holding onto a medicine ball. Position arms at sides with palms down on floor.
2. Leading with the heels towards the ceiling, raise glutes (butt) off floor or bench.
3. Return to start position.
4. Remember keep legs from swinging to prevent momentum throughout the exercise.

Partner Diagonal Woodchops
**Exercise Description:**
Partner Diagonal Woodchops

**Classification:**
Core (medicine ball)

**Instructions:**
Starting Position: Have two people stand back to back with one person holding a medicine ball. One individual diagonally twists to the right foot while the other individual diagonally twists to their left foot.
Exchange the medicine ball and return to the starting position.
Repeat to the other foot.
Side Flexion w/ Med/Stability Ball (overhead arms)

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**Exercise Description:**
Side Flexion w/ Med/Stability Ball (overhead arms)

**Classification:**
Core (medicine ball)

**Instructions:**
Starting Position: Lie on your side over the stability ball and spread your legs for balance. Hold a medicine ball over your head and curl up towards the ceiling. Lay back down across the ball and repeat the movement.
Repeat with the other side.
Partner Med Ball Standing Twist
Exercise Description:
Partner Med Ball Standing Twist
Classification:
Core (medicine ball)
Instructions:
Starting Position: Have two people stand back to back with one person holding a medicine ball. One individual twists to the right side while the other individual twists to their left side. Exchange the medicine ball and return to the starting position. Repeat to the other side.

Full Ball Situp with Twist (Med Ball)

Exercise Description:
Full Ball Situp with Twist (Med Ball)
Classification:
Core (medicine ball)
Instructions:
1. Sit in upright position on flexaball with feet flat on floor.
2. Walk feet forward allowing flexaball to roll underneath body until it is positioned on lower to mid-back region. Raise hips slightly to create a “table top” position parallel to floor.
3. Place hands on chest and hold a medicine ball. Head should be in a neutral position with a space between chin and chest.
4. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders up and rotate your shoulders to the left.
5. Return to start position and repeat to the other side.
6. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.

Drop to Push Up

Exercise Description:
Drop to Push Up
Classification:
Core (medicine ball)
Instructions:
Start by placing your hands on a stability ball in a push up position. Drop your hands to the side and let your chest hit the ball.
Exercise Description:
Full Situp (w/ med and stability ball)
Classification:
Core (medicine ball)
Instructions:
1. Sit in upright position on flexaball with feet flat on floor.
2. Walk feet forward allowing flexaball to roll underneath body until it is positioned on lower to mid-back region. Raise hips slightly to create a “table top” position parallel to floor.
3. Place hands on chest and hold a medicine ball. Head should be in a neutral position with a space between chin and chest.
4. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders up to a seated position.
5. Return to start position.
6. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.

Full Situp w/ Rotation (Med/Stability Ball)

Exercise Description:
Full Situp w/ Rotation (Med/Stability Ball)
Classification:
Core (medicine ball)
Instructions:
1. Sit in upright position on flexaball with feet flat on floor.
2. Walk feet forward allowing flexaball to roll underneath body until it is positioned on lower to mid-back region. Raise hips slightly to create a “table top” position parallel to floor.
3. Place hands on chest and hold a medicine ball. Head should be in a neutral position with a space between chin and chest.
4. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders up to a seated position. Rotate your shoulders to the left and then to the right.
5. Return to start position.
6. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.

Pushup Medicine Ball Bridge

**Exercise Description:**
Pushup Medicine Ball Bridge

**Classification:**
Core (medicine ball)

**Instructions:**
1. Get on your knees and place hands on a medicine ball.
2. Start position: Align hands at nipple line, place feet hip width apart on toes, and extend the arms to raise body up. Trunk and hips should be in a straight line.
3. Hold for the recommended number of seconds.

Seated Russian Twist

**Exercise Description:**
Seated Russian Twist

**Classification:**
Core (medicine ball)

**Instructions:**
Sit on your butt and suspend your feet off of the ground. Holding a medicine ball rotate your shoulders side to side touching the medicine ball to the ground.
Repeat for the prescribed number of repetitions.

Double Crunch with Med Ball
Exercise Description:
Double Crunch with Med Ball
Classification:
Core (medicine ball)
Instructions:
1. Lie back onto floor or bench with knees bent and hands behind head. Keep elbows back and out of sight. Head should be in a neutral position with a space between chin and chest.
2. Start position: Place a medicine ball between your knees.
3. Leading with the chin and chest towards the ceiling, contract the abdominals and raise shoulders off floor or bench. During the crunch, also bring knees towards chest.
4. Return to start position.
5. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.

Toe Touch with Med Ball

Exercise Description:
Toe Touch with Med Ball
Classification:
Core (medicine ball)
Instructions:
1. Start position: Lie back onto floor or bench with legs straight and up towards the ceiling. Your hands should be straight up and holding a medicine ball. Head should be in a neutral position with a space between chin and chest.
2. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench and reach the medicine ball towards your feet.
3. Return to start position.
4. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.
**Exercise Description:**
Medicine Ball V-Ups

**Classification:**
Core (medicine ball)

**Instructions:**
1) Start position: Lie back onto floor or bench with knees straight, both hands extended behind your head holding a medicine ball. Keep elbow back and out of sight. Head should be in a neutral position with a space between chin and chest.
2) Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench. Extend arms and also raise legs up toward ceiling.
3) Return to start position.

Partner side toss on ball

**Exercise Description:**
Partner side toss on ball

**Classification:**
Core (medicine ball)

**Instructions:**
1. Start by having each partner balance on the ball using your knees.
2. Hold medicine ball with both hands and arms only slightly bent.
3. Swing ball over to the right hip and forcefully underhand toss ball forward to a partner or trainer. Keep the stomach drawn in to maximize proper usage of muscle.
4. Catch ball from your partner and repeat according to prescribed repetitions.
**Exercise Description:**
Lateral flexion with bands and med ball

**Classification:**
Core (medicine ball)

**Instructions:**
1. Start by laying across a medicine ball so that the ball is placed under your hip.
2. Grasp tubing that is attached to a fixed object and hold above your head. Laterally flex your body and raise your upper body up towards the ceiling. Keep your body parallel the entire time.
3. Repeat for the prescribed repetitions and then repeat with the other side.

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**Exercise Description:**
Med ball chest pass with balance disc

**Classification:**
Core (medicine ball)

**Instructions:**
1. Stand on a balance disc with a shoulder width stance.
2. Holding a medicine ball at chest level pass it to another partner or against a solid wall.
3. Return to the starting position and repeat.
4. Maintain your balance on the disc by keeping your core tight throughout the movement.
Medicine Ball Crunch

**Exercise Description:**
Medicine Ball Crunch

**Classification:**
Core (medicine ball)

**Instructions:**
1) Allow medicine ball to roll underneath body until it is positioned on lower to mid-back region.
2) Place hands across your chest holding a medicine ball. Head should be in a neutral position with a space between chin and chest.
4) Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders up and twist to one side.
5) Return to start position and repeat by twisting to the other side.

Medicine Ball Twister

**Exercise Description:**
Medicine Ball Twister

**Classification:**
Core (medicine ball)

**Instructions:**
1. Stand back to back with your training partner.
2. Holding a medicine ball twist to the side and hand the ball to your partner.
3. Your partner now twists and returns the ball to you on the opposite side.
4. Continue this twisting for the prescribed number of repetitions.

Oblique Crunch with med ball
Exercise Description:
Oblique Crunch with med ball
Classification:
Core (medicine ball)
Instructions:
1) Sit in upright position on flexaball with feet flat on floor.
2) Walk feet forward allowing flexaball to roll underneath body until it is positioned on lower to mid-back region. Raise hips slightly to create a “table top” position parallel to floor.
3) Place hands in over your head holding a medicine ball. Head should be in a neutral position with a space between chin and chest.
4) Leading with the chin and chest towards the ceiling, contract the abdominal and raise right shoulder up and twist towards left knee and bring the ball towards that knee.
5) Return to start position and repeat with the other side.

Pushup with med ball and balance board

Exercise Description:
Pushup with med ball and balance board
Classification:
Core (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:**
Core (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.

Supine Twist with med ball

**Exercise Description:**
Supine Twist with med ball

**Classification:**
Core (medicine ball)

**Instructions:**
1. Lie on your back with the ball under your upper shoulders and hold onto a medicine ball above your chest.
2. Keeping the ball in front of your chest rotate your shoulders and trunk until the ball is facing the side.
3. Try to keep your hips somewhat stable and facing the ceiling during this movement.
4. The movement should initiate from your trunk. Alternate sides until the prescribed repetitions are complete.
Russian Twist with med ball

Exercise Description:
Russian Twist with med ball
Classification:
Core (medicine ball)
Instructions:
1. Lie on your back with your feet extended into the air and your hips bent at 90 degrees. Hold a medicine ball between your feet while they are extended into the air.
2. Keeping your legs straight rotate them to the side until they almost touch the floor.
3. Bring your legs back up and rotate them to the other side keeping your feet together and holding the medicine ball.
4. Return to the starting position and repeat.

Lateral Flexion on stability ball

Exercise Description:
Lateral Flexion on stability ball
Classification:
Core (medicine ball)
Instructions:
1. Lie on your side with the stability ball just on top and above your hip. Spread your feet apart so that you can balance. Once your balance improves then put your feet together.
2. Holding a medicine ball at chest level laterally flex your trunk and contract your oblique muscles.
3. Return to the starting position and repeat. Switch to the other side and complete prescribed repetitions.
Lateral Flexion with med ball overhead

Exercise Description:
Lateral Flexion with med ball overhead
Classification:
Core (medicine ball)
Instructions:
1. Lie on your side with the stability ball just on top and above your hip. Spread your feet apart so that you can balance. Once your balance improves then put your feet together.
2. Holding a medicine ball above your head laterally flex your trunk and contract your oblique muscles.
3. Return to the starting position and repeat. Switch to the other side and complete prescribed repetitions.

Seated Twist with med ball

Exercise Description:
Seated Twist with med ball
Classification:
Core (medicine ball)
Instructions:
1. Sit on a stability ball with knees bent at 90 degrees and hold a medicine ball at chest level.
2. Rotate your trunk from the waist until your chest is facing to the side.
3. Return to the starting position and repeat to the other side.
Seated Reverse Wood Chop

**Exercise Description:**
Seated Reverse Wood Chop

**Classification:**
Core (medicine ball)

**Instructions:**
1. Sit on a stability ball with your knees bent at 90 degrees.
2. Hold a medicine ball and start at your right hip.
3. Rotate your trunk and arms to lift the ball above your left shoulder.
4. You should rotate at your trunk first and then lift and twist your arms.
5. Return to the starting position and repeat to the other side.

Standing Oblique Twist with med ball

**Exercise Description:**
Standing Oblique Twist with med ball

**Classification:**
Core (medicine ball)

**Instructions:**
1. Start by standing and holding a medicine ball at waist level.
2. Rotate to one side keeping the medicine ball in front of your chest.
3. Now rotate to the other side and then return to the starting position.
4. Repeat for the prescribed repetitions.

Standing Reverse Wood Chop with Med Ball
Exercise Description:
Standing Reverse Wood Chop with Med Ball
Classification:
Core (medicine ball)
Instructions:
1. Start by holding a medicine ball at knee level in a semi-squat position.
2. Rotate your trunk and extend your knees while raising the ball up towards the opposite shoulder. Keep your arms fairly straight during this movement.
3. Return to the starting position and repeat for prescribed repetitions.
4. Repeat with the other side.

Seated Balance with Med Ball and Stability Ball

Exercise Description:
Seated Balance with Med Ball and Stability Ball
Classification:
Core (medicine ball)
Instructions:
1. Start by sitting on a stability ball and placing one foot on the ground and the other on top of a medicine ball.
2. Once you have maintained your balance then slowly raise the foot on the floor off the ground and hold.
3. Maintain this balance for the prescribed number of seconds and then repeat with the other leg.
Kneeling Med Ball Chest Pass

**Exercise Description:**
Kneeling Med Ball Chest Pass

**Classification:**
Core (medicine ball)

**Instructions:**
1. Start by kneeling on a stability ball and maintaining your balance.
2. Hold a medicine ball at chest level and perform a chest pass to a partner.
3. Keeping your core tight set yourself to receive the pass back from your partner.
4. Maintain balance while receiving the ball and repeat again for prescribed repetitions.

Seated Med Ball Chest Pass

**Exercise Description:**
Seated Med Ball Chest Pass

**Classification:**
Core (medicine ball)

**Instructions:**
1. Start by sitting on a stability ball and maintaining your balance.
2. Hold a medicine ball at chest level and perform a chest pass to a partner.
3. Keeping your core tight set yourself to receive the pass back from your partner.
4. Maintain balance while receiving the ball and repeat again for prescribed repetitions.

Medicine Ball Trunk Rotation
**Exercise Description:**
**Medicine Ball Trunk Rotation**
**Classification:**
Core (medicine ball)
**Instructions:**
1. Stand a desired distance from your partner both facing the same direction with opposite shoulders facing each other.
2. Have one partner wind up their torso and toss the ball to the other partner.
3. Proceed to catch the ball and wind up your torso and then return the ball to the other partner.
4. Repeat for prescribed repetitions and then repeat with the other side.

**Partner toss with stability ball**

**Exercise Description:**
**Partner toss with stability ball**
**Classification:**
Core (medicine ball)
**Instructions:**
1. Start by each individual kneeling on a stability ball and maintain your balance.
2. Each individual should have a med ball in opposite hands.
3. While maintaining your balance toss your ball towards the hand of your partner. Simultaneously your partner will toss their ball towards your free hand.
4. Catch the ball while maintaining your balance and repeat.
Crunch with med ball chop

**Exercise Description:**
Crunch with med ball chop

**Classification:**
Core (medicine ball)

**Instructions:**
1. Start by lying on top of the ball with the small of your back towards the top of the ball.
2. Place the med ball above your head to start the movement. Crunch up and bring the ball forward and to one side of your hip.
3. Return to the starting position and crunch again bringing the ball forward to the opposite hip.
4. Continue to alternate sides and repeat for the desired repetitions.