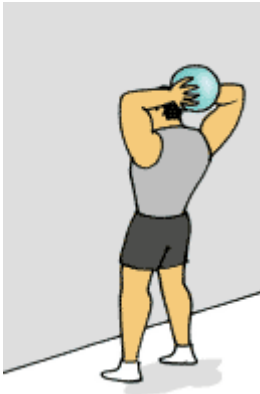


Triceps (medicine ball)

Two Arm Wall Pass



Exercise Description:

Two Arm Wall Pass

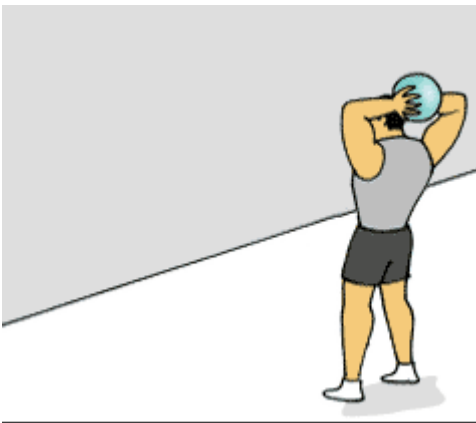
Classification:

Triceps (medicine ball)

Instructions:

1. Stand with feet together and knees slightly bent.
2. Pull medicine ball back behind head and forcefully throw ball forward into the wall.
3. Catch ball of the wall and repeat according to prescribed repetitions.

Wall Throws



Exercise Description:

Wall Throws

Classification:

Triceps (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.

Medicine Ball Lunge



Exercise Description:

Medicine Ball Lunge

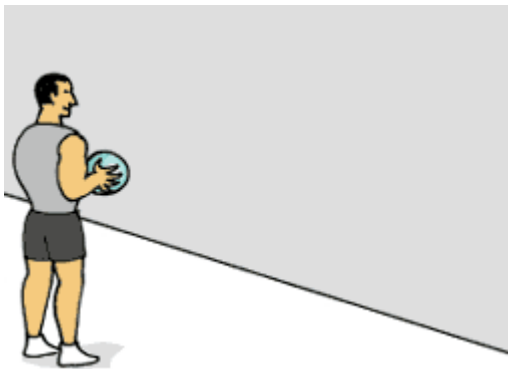
Classification:

Triceps (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.

One Step Wall Throws



Exercise Description:

One Step Wall Throws

Classification:

Triceps (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.