

TOSS IT AROUND

Strength Training with Medicine Balls

WARM UP:

Hip Circle



Ski Bends



Total Body Stretch



Overhead Lateral Flexion



UPPER BODY:

Overhead Press



Front Raise



Tricep Extension



Bicep Curl



CORE:

Back to Back Pass



CHEST:

Chest Pass



WHOLE BODY:

Diagonal Chop



LOWER BODY:

Squat



Walking Lunge



COOL DOWN:

Warrior Pose

