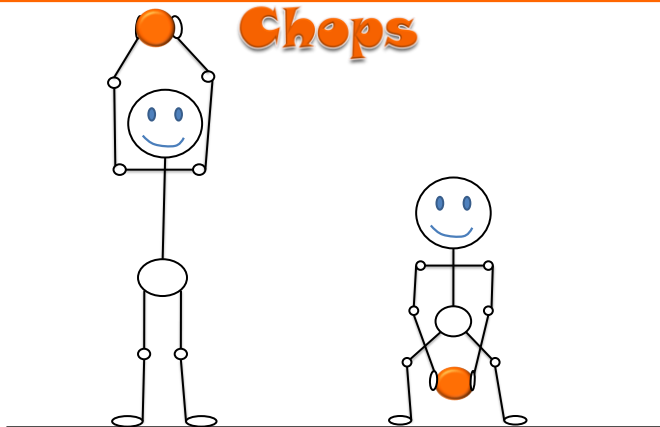




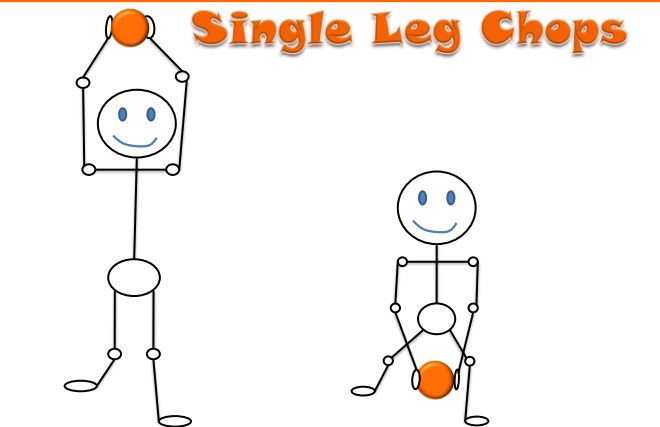
Chops



1. Start ball above head with arms extended.
2. Bring ball down between feet.
3. Repeat.



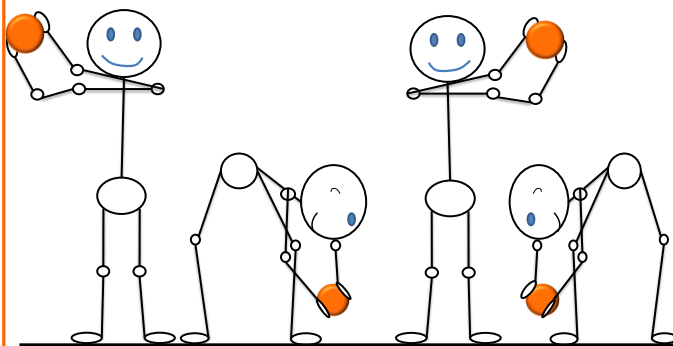
Single Leg Chops



1. Start ball above head with arms extended.
2. Balance on one foot.
3. Bring ball down between feet. Repeat.



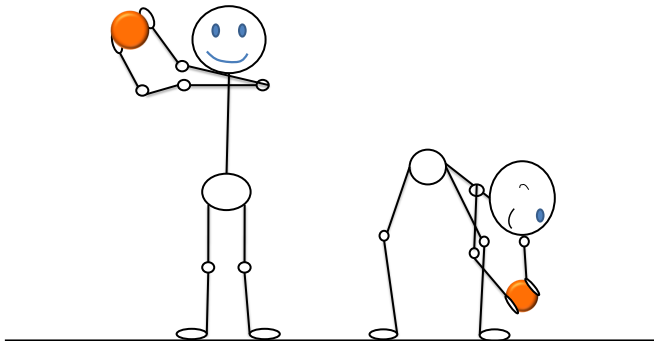
Figure 8's



1. Begin with ball at ear level.
2. Move ball in a figure 8 pattern continuously.



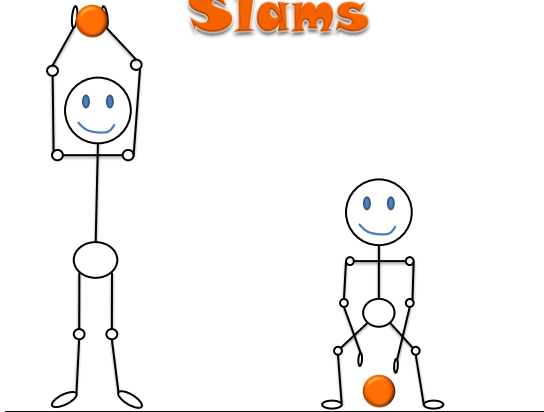
Diagonal Chops



1. Begin with ball at ear level.
2. Move ball diagonally across body
3. End at the opposite knee.
4. Repeat pattern on both sides of the body.



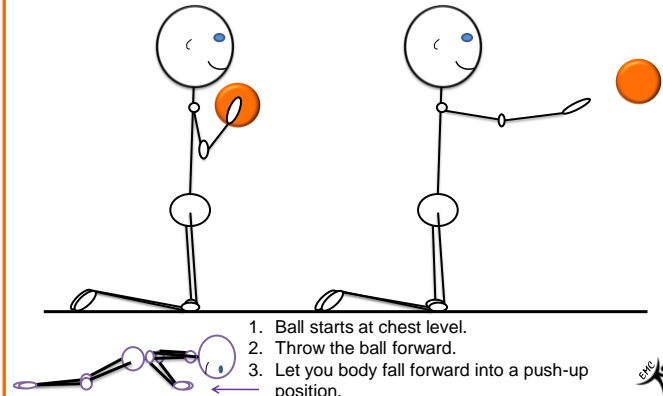
Slams



1. Bring ball above head with arms extended.
2. Throw ball down with your mid section.
3. Challenge – try a slam with one hand.



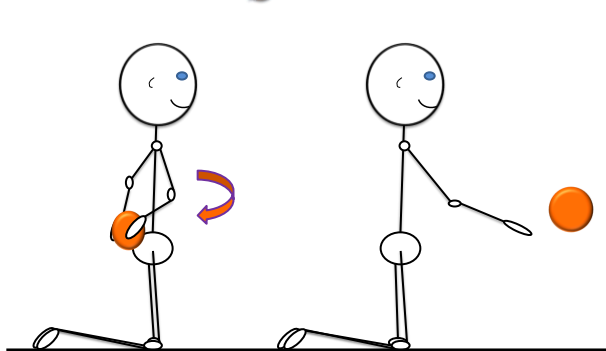
Knee Throw to Push-Up



1. Ball starts at chest level.
2. Throw the ball forward.
3. Let your body fall forward into a push-up position.



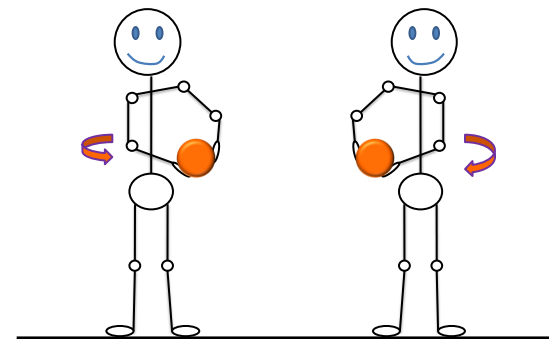
Kneeling Side Throw



1. Ball starts at hip level.
2. Release ball from hip level.
3. Throw the ball forward towards a wall.
4. Catch ball off wall.



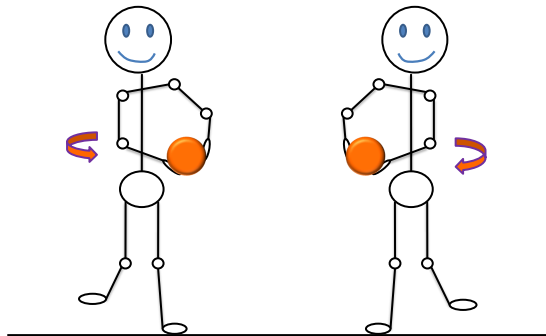
Russian Twist



1. Begin with ball at belly button
2. Keep core tight and move ball to the right and then left of your hip.



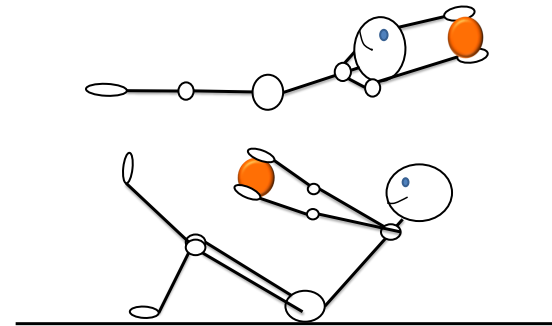
Single Leg Russian Twist



1. Begin with ball at belly button
2. Keep core tight and move ball to the right and then left or your hip.



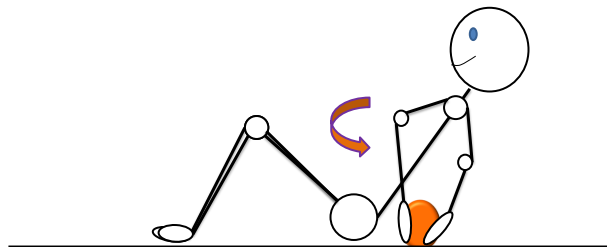
Single Leg V-Ups



1. On the ground, extend your arms above your head.
2. Sit up bringing one leg and arms together.
3. Challenge: Lift both legs off the ground.



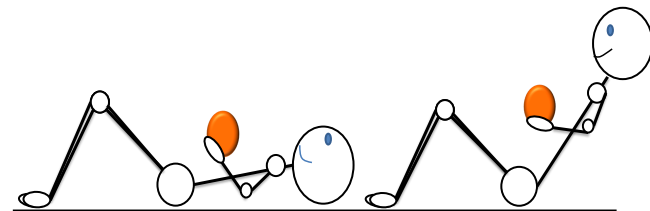
Twisting Obliques



1. In a sit-up position, hold ball.
2. Twist and touch the floor on the right then the left.



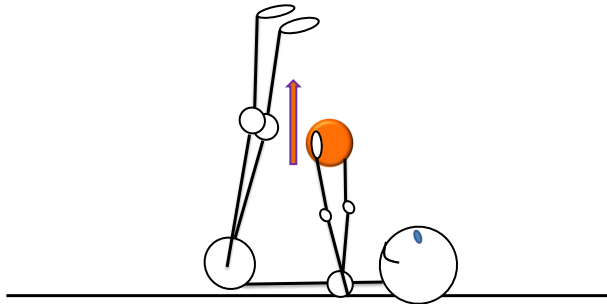
Sit-Ups



1. Hold ball to chest while performing a sit-up.



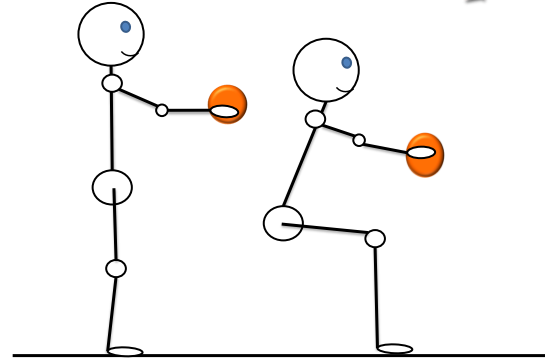
Toe Touches



1. Hold ball with arms extended.
2. Try to touch ball to knees.
3. Challenge: touch ball to toes.



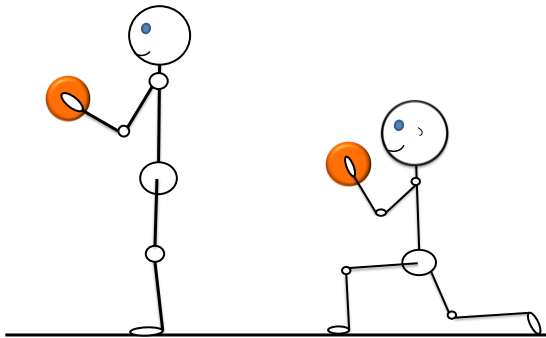
Medicine Ball Squat



1. Begin with ball arms length away from body.
2. Squat and keep knees behind toes.
3. Challenge: press ball above head while in a squat.



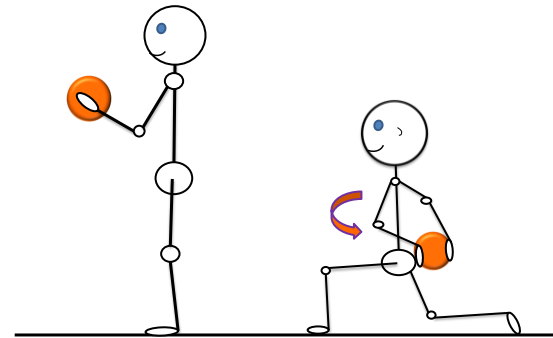
Lunge



1. Begin with ball at belly button level.
2. Take a step forward with one leg.
3. Alternate legs.
4. Keep knee from going over toes.



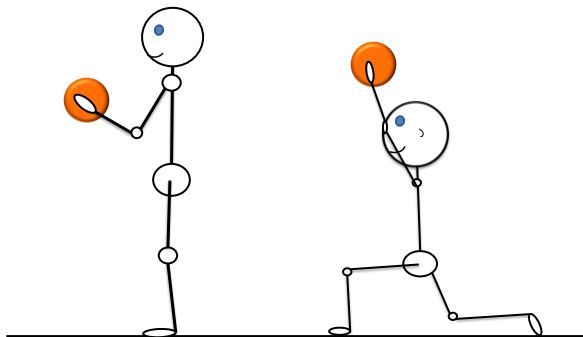
Twisting Lunge



1. Begin with ball at belly button level.
2. Take a step forward with one leg.
3. Alternate legs and alternate sides of the body.
4. Keep knee from going over toes.



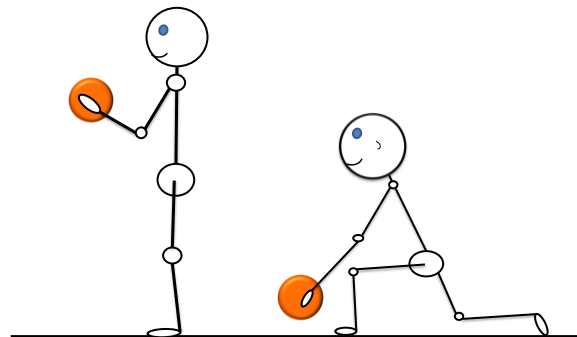
Lunge Press



1. Begin with ball at belly button level.
2. Take a step forward with one leg and press ball in front and up of shoulders.
3. Alternate legs. Keep knee from going beyond toes.



Front Reach



1. Begin with ball at belly button level.
2. Take a step forward with one leg and extend ball in front of front leg.
3. Alternate legs. Keep knee from going over toes.

