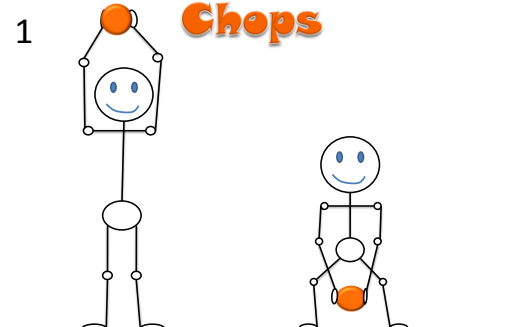
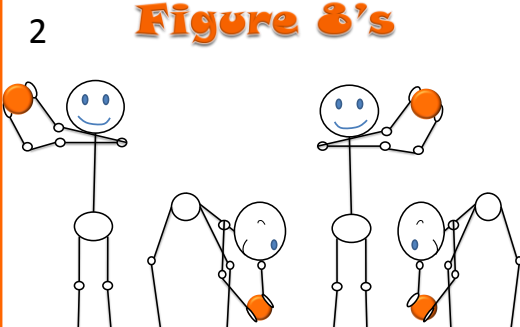


1 Chops



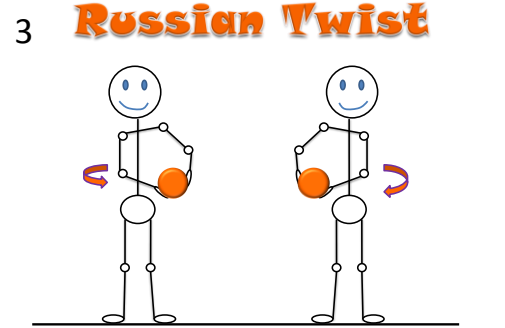
1. Start ball above head with arms extended.
2. Bring ball down between feet.
3. Repeat.

2 Figure 8's



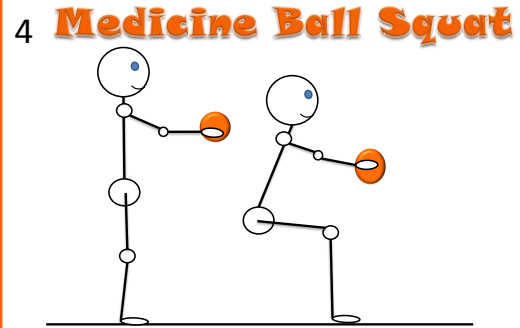
1. Begin with ball at ear level.
2. Move ball in a figure 8 pattern continuously.

3 Russian Twist



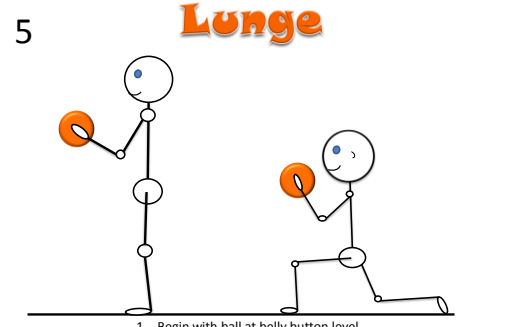
1. Begin with ball at belly button
2. Keep core tight and move ball to the right and then left of your hip.

4 Medicine Ball Squat



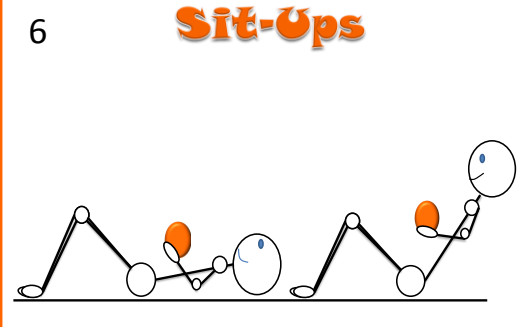
1. Begin with ball arms length away from body.
2. Squat and keep knees behind toes.
3. Challenge: press ball above head while in a squat.

5 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.

6 Sit-Ups



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