Title: Medicine Ball / Alternating Side Slams

Primary Muscle Groups: Abs, Middle Back / Lats, Obliques

Secondary Muscle Groups: Glutes &amp; Hip Flexors, Quadriceps, Upper Back &amp; Lower Traps

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Stand with your feet slightly wider than shoulder width apart and hold the medicine ball just below your chest. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Lift the ball high above your head, taking care to maintain a firm hold.  </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Bring the ball down to a slam on the right side of your body. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Squat to pick up the ball, being sure to bend your legs, and bring it back to the starting position.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Repeat the movement on the opposite side. </span></li>

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