Title: Medicine Ball Chest Pass

Primary Muscle Groups: Abs, Chest

Secondary Muscle Groups: Biceps, Shoulders, Triceps

Summary: <ul>

<li>Stand up straight, facing a wall or a partner. Make sure there is approximately 5 feet of space between you.</li>

<li>Holding a medicine ball with both hands, bring it up to your chest level.</li>

<li>Focusing the tension in your chest, explosively toss the ball straight and forward against the wall or have your partner catch it.</li>

<li>Catch the ball as it bounces back and repeat the movement in rapid succession.</li>

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