Title: Medicine Ball Floor Press / Laying Chest Passes

Primary Muscle Groups: Chest

Secondary Muscle Groups: Triceps

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Laying flat on the floor with your legs bent and knees pointing upwards, hold the medicine ball on your chest with your hands at either side.  </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Using an explosive press, drive the medicine ball up and away from your chest.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Allow the ball to leave your hands but be ready to catch it again on its descent. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Catch the ball and lower it back to your chest to repeat. </span></li>

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