Title: Medicine Ball Push-Ups

Primary Muscle Groups: Chest

Secondary Muscle Groups: Abs, Shoulders, Triceps

Summary: <ol>

<li class="p1">Kneel with feet together and toes tucked under. Bend forward placing your arms on the sides of a medicine ball, bending forward until you are in the plank position with legs straight out behind you.</li>

<li class="p1">Lower your chest towards the ball, keeping the torso rigid and body in line. Lower down until your chest touches the ball, keeping your elbows in and slightly flared outwards.</li>

<li class="p1">Press upwards to the starting plank position.</li>

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