Title: Medicine Ball Rotational Passes

Primary Muscle Groups: Abs, Chest, Shoulders

Secondary Muscle Groups: Biceps, Triceps

Summary: <ul>

<li>Stand up straight with your left side to a wall or a partner.</li>

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

<li>Twisting with your body, explosively toss the ball with the right hand against the wall or have your partner catch it.</li>

<li>Catch the ball as it bounces back and twist back to the starting position.</li>

<li>Repeat the movement in rapid succession. Once finished, do it again on the right side.</li>

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