Title: Medicine Ball Slams

Primary Muscle Groups: Abs, Chest, Shoulders, Upper Back &amp; Lower Traps

Secondary Muscle Groups: Biceps, Forearms, Triceps

Summary: <ul>

<li>With slightly bent knees and a tight core, hold a medicine ball in front of you at hip-level.</li>

<li>Begin by raising the medicine ball upward above your head with both hands.</li>

<li>Keeping your elbows bent, forcefully throw the ball at the ground.</li>

<li>Catch the ball as it bounces back up, and bring it back up above your head.</li>

<li>Repeat this slam and catch movement.</li>

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