Title: Medicine Ball Wall Throw

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

Secondary Muscle Groups: Biceps, Hamstrings, Quadriceps, Triceps

Summary: <ul>

<li>Stand up straight with a tight core and flat back.</li>

<li>Holding a medicine ball with both hands, face a wall and make sure you have distanced yourself approximately 5 feet away.</li>

<li>Bring the medicine ball up and behind your head in an arc fashion.</li>

<li>Launch the ball forward towards the wall.</li>

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

<li>Repeat the movement.</li>

</ul>