Title: Side / Lateral Medicine Ball Throw / Slam

Primary Muscle Groups: Abs, Chest, Obliques, Shoulders

Secondary Muscle Groups: Calves, Hamstrings, Middle Back / Lats

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Holding a Medicine Ball, stand with your right side next to a wall. Step out sideways and away from the wall approximately 5 to 6 feet. Keep your feet at shoulder width. Brace your core and bend slightly at the knees.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">In one fluid motion, twist your body up and to the side, releasing the medicine ball against the wall. Be sure not to move your feet.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Catch the medicine ball as it bounces back and return to the starting position in another smooth, fluid motion. Keep the core engaged throughout the exercise.</span></li>

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