Title: Single Arm Medicine Ball Push-Ups / Pushups

Primary Muscle Groups: Chest

Secondary Muscle Groups: Abs, Forearms, Shoulders, Triceps

Summary: <ol>

<li>In a push-up position, place one hand on top of the medicine ball and other hand on floor, slightly wider than shoulder width apart.</li>

<li>Keep one arm straight on floor and other arm bent with your hand on the ball. Straighten body and set feet shoulder width apart.</li>

<li>Lower body until you feel a stretch in your shoulder and / or chest.</li>

<li>Push body up in a rapid motion.</li>

<li>Repeat.</li>

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