

Medicine Ball Workout

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1) Overhead chops - 20 reps
2) Wood choppers (L/R) - 10 reps each
3) Tricep Press - 20 reps
4) Chest Press - 20 reps
5) Squats w/ Press off 1 leg (L/R) - 10 reps each
6) Swings - 30 reps
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* Do as many sets as you can. Try for 3 sets.

* Break up reps as needed

You can do it!

Medicine Ball Workout

-Lower impact version-

*On back

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- 1) Over head chops * - 20 reps
- 2) Wood choppers (L/R)* - 10 reps each
- 3) Tricep Press* - 20 reps
- 4) Chest Press* - 20 reps
- 5) Pass the ball flys* - 20 reps
- 6) Reverse sit-ups - 30 reps
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*Do as many sets as you can. Try for 3 sets.

*Break up reps as needed

You can do it!