

# Medicine Ball Workout

- 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

\* 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

- 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

\* Do as many sets as you can. Try for 3 sets.

\* Break up reps as needed

you can do it!