

Medicine Ball Circuit

5-10 x Chest Pass (on ground, sit up position)

5-10 x Overhead Pass (on ground, sit up position)

Flying 30m sprint, walk back

5-10 x Half Twist Pass (standing, straight arms)

5-10 x Full Twist Pass (standing, straight arms)

Flying 30m sprint, walk back

30-60 second Ribbon (around head)

3-5 x Lumberjack Chops (3 for each side, standing)

10-15 x Lunge with twist over front leg

Flying 30m sprint, walk back

30-60 second Plank with both hands static on ball or rolling ball from hand to hand

60 seconds Push Up (no medicine ball)

Pull Ups

Dips

½ mile jog cool down