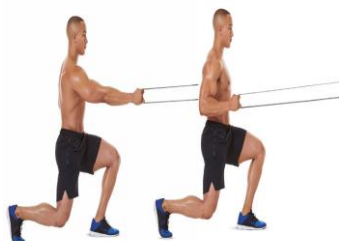


Step and Throw



Kneel on right knee and place another leg firmly in 90 deg. Grip the band and pull backwards like a rowing motion. And slowly get back to starting position.

Ball Slams



Get a medicine ball (those big heavy balls you can often find in the corner of the gym), raise it overhead, then swing your arms down as you release the ball and slam it into the ground as hard as possible.

Partner Chest Pass



You take the ball and put it to your chest like a bounce pass. Aim the ball at the person's chest. Throw the ball without it hitting the ground and try to successfully get it to the persons chest.

Sit Up and Throw



Hold a medicine ball with both hands and lie back on the floor with your knees bent and feet flat. Perform a situp and then throw the ball into a wall in front of you (or have a partner catch it and then throw it back to you). Catch the ball on the rebound and begin the next rep.

Overhead Vertical Throw



Stand with your feet shoulder-width apart and the ball between your feet. Squat down to pick up the ball underhand. Scoop the ball up and throw it vertically as high as you can. Make sure you extend your hips and squat explosively, so you reach your tip toes or even jump.

Medicine Ball (3 sets / 10 reps each)