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1. Squat to Press

Stand holding a medicine ball close to your chest with both hands, your feet just beyond shoulder-width apart. Push your hips back, bend your knees and lower your body until the tops of your thighs are at least parallel to the floor **[A]**. Then simultaneously drive your heels into the floor and push your body back to the starting position as you press the ball over your head **[B]**. Lower the ball back to the start. That's one repetition.

2. Woodchopper

Stand with your feet just beyond shoulder-width apart. With your arms nearly straight, hold a medicine ball above your head **[A]**. Bend forward at your waist and mimic throwing the ball backward between your legs—but hold the ball the entire time **[B]**. Quickly reverse the movement with the same intensity, and return to the starting position. That's one repetition.

3. Lunge with Twist

Stand with your feet hip-width apart and your shoulders relaxed. Hold a medicine ball a few inches in front of your chest, and step forward into a lunge with your right leg. Keep your front thigh parallel with the floor and your knee behind your toe. With extended arms, reach the medicine ball to the right, rotating your torso at the same time **[A]**. Maintain the lunge and return to center **[B]**. Come to standing then repeat, this time lunging with your left leg. That's one repetition.

4. Push-up

Start in a traditional push-up position with your palms on the medicine ball **[A]**. Keep your core tight and your head aligned with your spine as you slowly lower your chest toward the ball, keeping your elbows pinned tightly at your sides **[B]**. Finish the move by pressing upward through the arms until they're fully extended. Need an adjustment? Put your knees on the floor.

5. Suitcase Crunch

Lie on your back with your legs straight. Use both hands to hold a medicine ball above your head and barely off the floor **[A]**. Simultaneously raise your torso and bend your right knee toward your chest as you bring the ball over your knee and toward your foot. Reverse the movement and repeat, this time bending your left knee **[B]**. That's one repetition.

6. Rocky Solo

Sit on the floor with your legs straight, and hold a medicine ball with both hands just above your lap. Twist your torso to the right and place the ball behind you **[A]**. Then twist all the way to your left and pick the ball up and bring it back to the starting position **[B]**. That's one repetition. Do 10 repetitions. Immediately do another 10 repetitions, but this time start by twisting with the ball to your left. **[C]**