

Medicine Ball Part 1, By GoGoRunning

Overhead Arch



Overhead Arch: Bounce ball to side, bring overhead, repeat on other side

Around The World



Around the World: Swing ball in circle (Both Directions)



Sit-Up Toss: receive toss on way down, throw ball on way up

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Side Pound: Receive ball, “pound” both sides, toss back (L->R, R->L)



Push-Up Toss: Receive ball, toss back, do a push up (Receive at Chest & Overhead)



Superman Toss: Have partner roll ball, toss back

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