

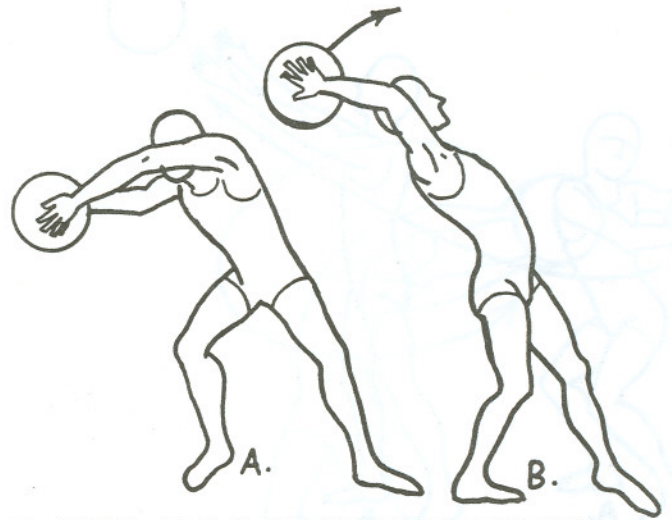
The common element shared by throws and jumps is the use of the trunk for dynamic transfer of force between upper body and lower body.

Remember as you preform these solo exercises that the goal of your medicine ball routine is to effectively engage as many muscles and joints as possible in powerful coordinated movement. Keep in mind that the most obvious part of a motion may not be the most important.

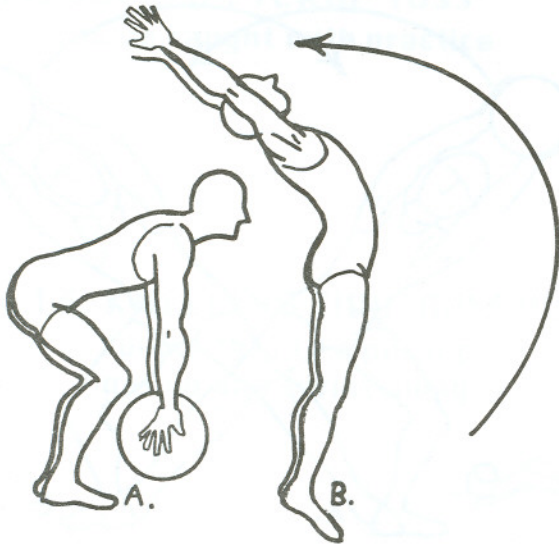
In constructing a safe solo routine utilizing the exercises illustrated, keep in mind that the number of repetitions will be reduced in relation to the "Daily Dozen". *In a Solo Routine, there must be much more power output per repetition followed by moderate movement, i.e. jogging, between the sets and repetitions to allow for a rest interval.*



1. STANDING TWO-ARM OVERHEAD THROW: Soccer style with feet together.



2. TWO-ARM OVERHEAD THROW WITH SHOULDER ROTATION: Alternate, right & left.



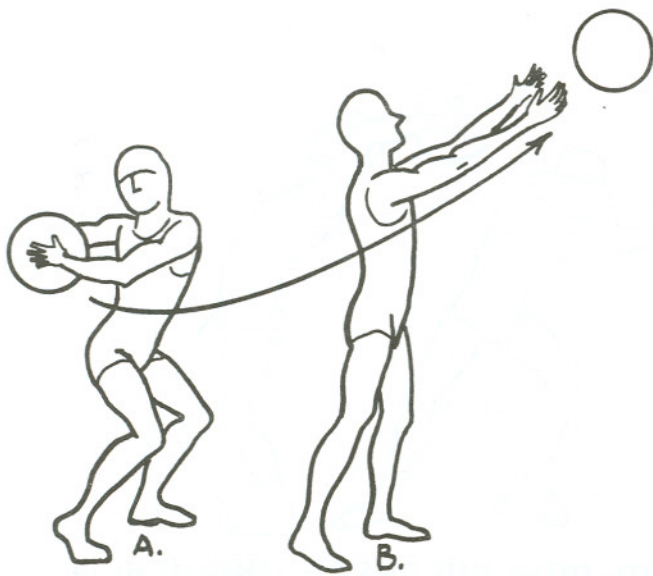
3. ANCIENT "STONE" THROW
Great for general warm-up.



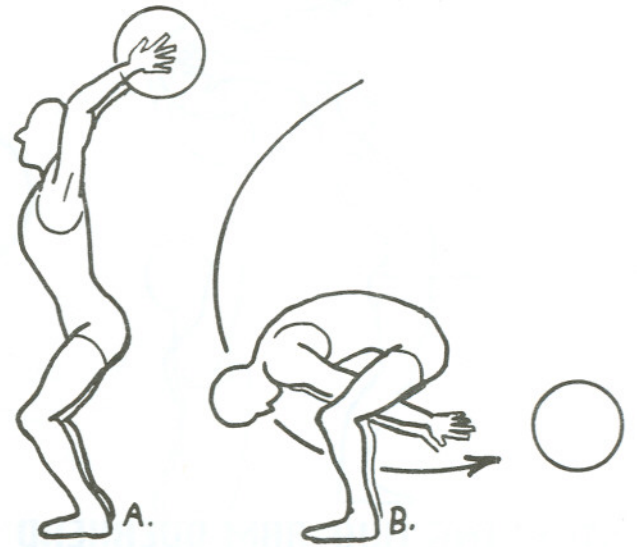
4. ANCIENT "HAMMER" THROW
Alternate, right & left.



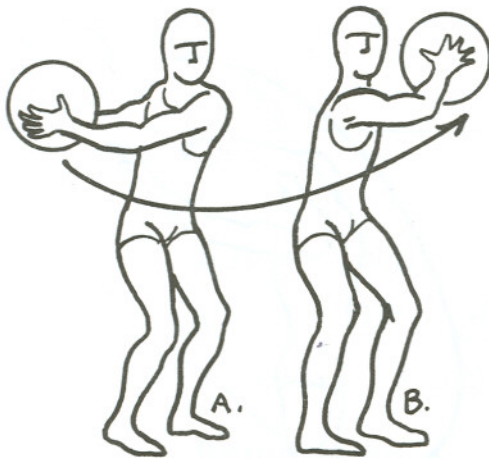
5. ANCIENT "LOG" THROW
Great for general warm-up.



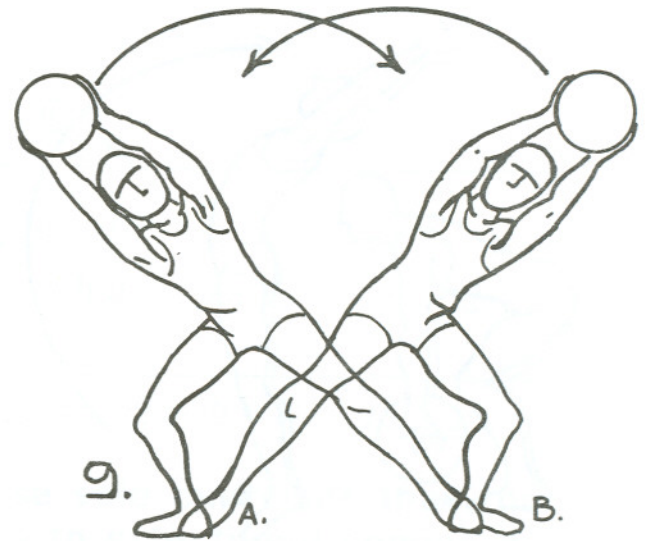
6. TRUNK TWIST TOSS
Alternate, right & left.



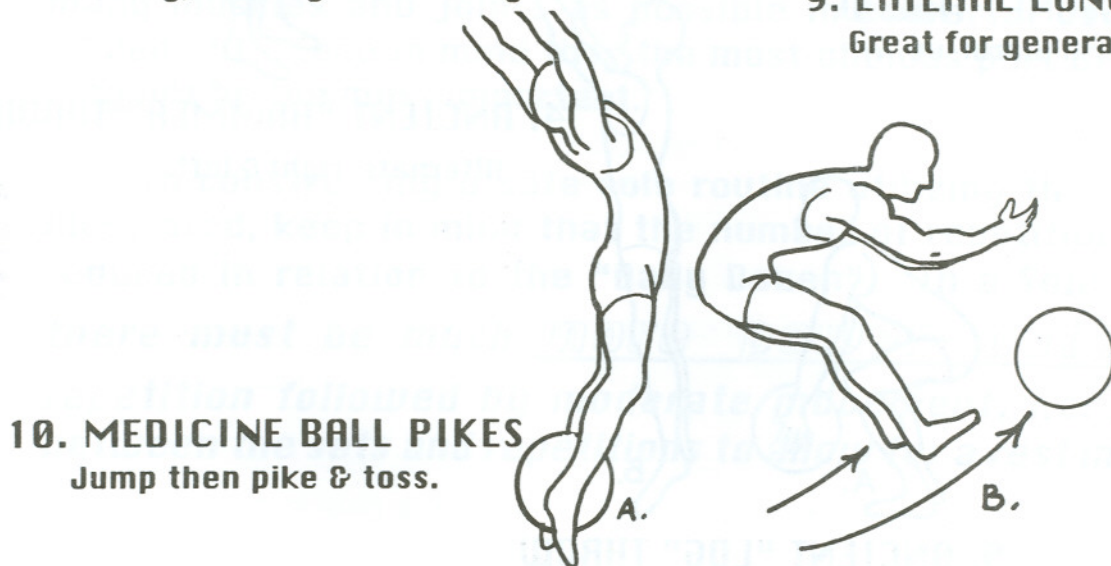
7. TRUNK EXTENDS & FLEXS
against the wall.



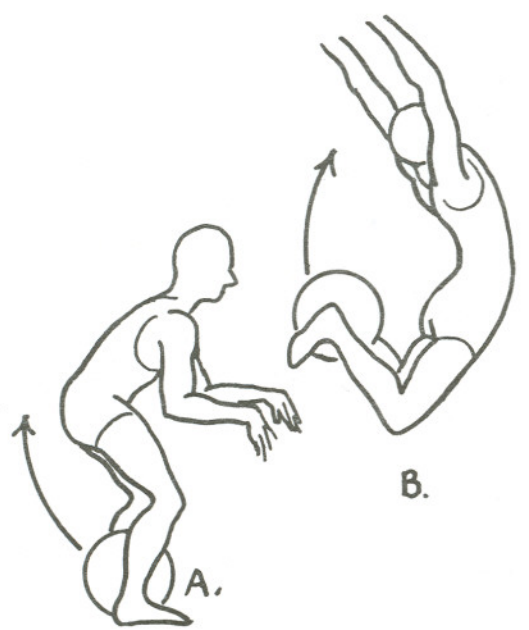
8. TRUNK ROTATIONS
while standing, walking or with lunges.



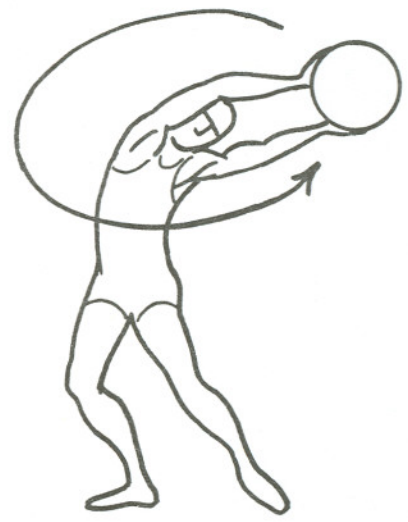
9. LATERAL LUNGES
Great for general warm-up.



10. MEDICINE BALL PIKES
Jump then pike & toss.

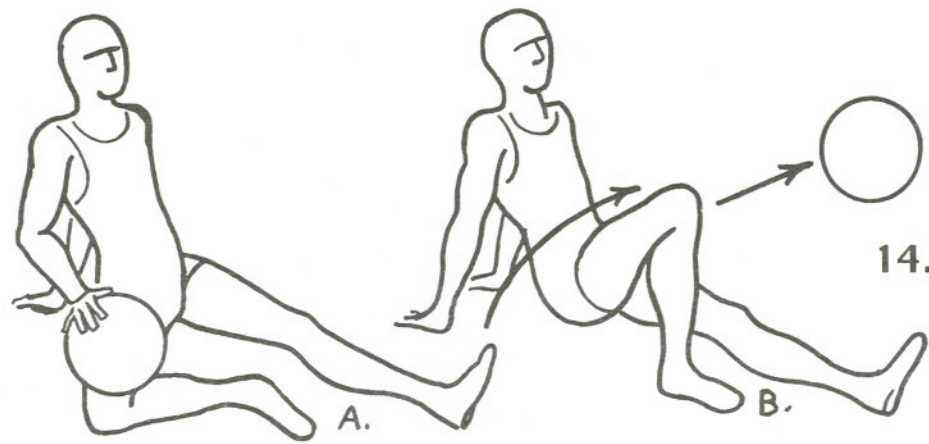
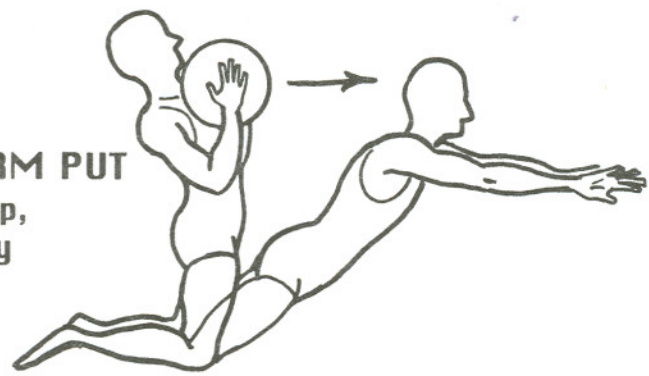


11. SOCCER PICKUP TOSS
can be caught with practice



12. OVERHEAD ORBITS
Alternating right & left

13. KNEELING TWO-ARM PUT
Follow thru to a pushup,
get up and sprint away



14. ADDUCTION KNEE TOSS
Alternating right & left,
can be done in abduction.