

Medicine Ball Throwing Program

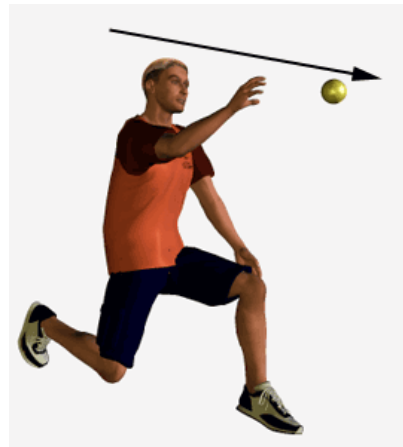
Make sure you obtain consent from your doctor before you try this or any other exercise program. This program should be done 2-3x/week.

Overhead Toss



You need a 5-8 pound medicine ball. Stand approximately five feet from a safe place to throw the medicine ball against. Throw the ball overhead as illustrated. Do it for one minute and work up to three minutes.

Forward Toss



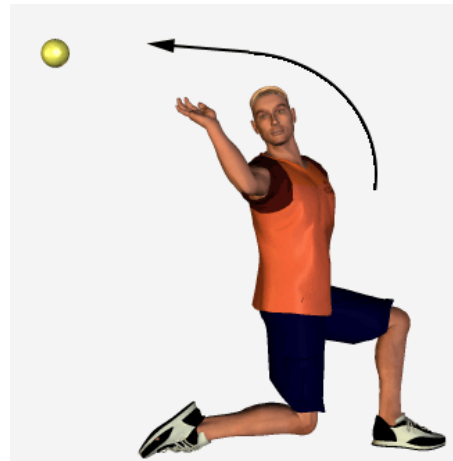
With a friend and a 1-2 pound, throw the medicine ball approximately ten feet. Repeat for one minute and work up to three minutes.

Side Toss



You need a 1-2 pound medicine ball. Stand 2-3 feet from a safe wall to toss the medicine ball against. Throw the ball against the wall and catch it in exactly the reverse manner that you threw it. Repeat for one minute and work up to three minutes.

Reverse Toss



With a friend and a 1-2 pound medicine ball, throw the ball overhead, behind you approximately 6-8 feet. Have your friend throw it back and catch the ball in exactly the reverse motion that you threw it. Repeat for one minute and work up to three minutes.