

Medicine Ball Pass and Catch



- Lie on the floor with a partner directly opposite you, legs bent. You can interlock legs for stability if desired
- Holding a medicine ball at just higher than head height, complete a sit-up, passing the ball to your partner. Aim for the space just over your partner's head. Your partner's body will slowly lower to the floor, then your partner will sit back up to pass the ball back to you
- Alternate passing and catching while performing sit ups to emphasize resistance on your abdominals, back, and arms
- Tighten your abdominal muscles throughout the exercise, paying attention to what your partner is doing for safety
- If you don't have a partner, you can throw the ball against a sturdy concrete wall. These balls range in weight from 1 to 15 pounds, so be careful, especially as you tire
- Repeat this motion about 12-15 times, 1-3 sets.

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
