

V-UPS WITH
MED BALL

180° TO 90°
MED BALL
THROW

FEET BEHIND
HEAD

DOUBLE LEG
EAGLES
(USE A LIGHTER
MED BALL?)

180° TO 90°
MED BALL
TOE TOUCH

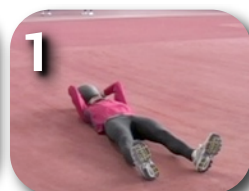
10

10

10

10

10



BIG TURNS

AROUND THE
WORLD

ROTATIONS

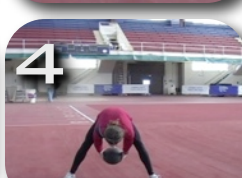
ALTERNATE
TOE-TOUCHES

10

10

10

10



PRONE
TWO-ARM
THROW

SEATED
SWINGING

PRONE
TWO-ARM
SIDE LIFT

180° TO 90°
MED BALL
TOE TOUCH

10

10

10

10

