

SEATED MEDICINE BALL THROW

(Upper Body Power)

1. Sit on the floor with your back against the wall, facing the area to which the medicine ball is to be thrown.
2. Extend your legs out in front of you and place your feet slightly apart for balance.
3. Hold the ball with your hands on the side and slightly behind the center.
4. Bring the ball back to the chest and throw the ball out as far as possible.
5. During the throw, your back should remain in contact with the wall the entire time.
6. Perform the exercise 3 times.
7. Record your best result in meters.

