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## Level One: Med Ball Throws

Horizontal pushing with med balls can offer the user a simple but effective way of improving power. Rotary power can also be trained, which is ideal for racket sport.

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### Teaching Points

- Participant lies on the mat on floor with legs bent
- Extend arms upwards with hands open ready to catch the ball
- Spotter holds medicine ball with both hands at arm's length and directly above participants chest
- Spotter drops ball above participants lower chest
- Participant catches the ball and immediately throws it forcefully upwards extending both arms vertically
- Spotter catches and repeats

### Target Muscles

**Primary Muscles:** pectoralis major, anterior deltoid, triceps

**Secondary Muscles:** serratus anterior, triceps

**Look out for:** arching of back, participant not ready to catch med ball, med ball not directly going straight up in the air

