
Med Slams

- Stand with your feet shoulder width apart, hold a bouncy medicine ball over head, arms straight but elbows not locked, looking straight ahead
- Slam the ball down, so that it touches the floor in-front of your feet (in the middle of your stance).
- As you slam the ball down, push the hips back slightly, flex the knee and squat down about a foot
- Let the ball bounce off the floor and catch it on its way back up.
- Extend your legs and stand tall with the ball positioned above your head
- Repeat



Burpees

- Standing tall with your hands by your side
- As quickly as possible position yourself in the press up position by squatting down, place your hands on the floor on the outside of your feet and jump your legs backwards
- When your feet hit the floor, jump them back up between your hands
- The jump up in the air or stand tall
- Upon landing squat down and place your hands by your side and repeat

