
Upper Body Rotary Power

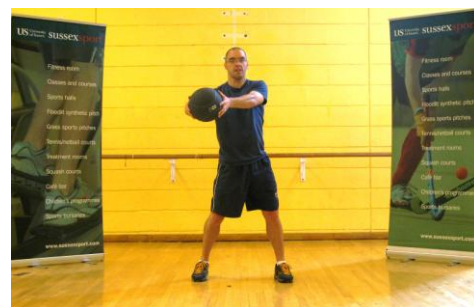
Level One: Half Kneeling Side Throw

Half kneeling position, Medball at hip rotate to throw med ball



Level Two: Standing Side Throw

Stand facing the wall in athletic position, with medball at hip, drive through the floor and release the medball at hip height directly forwards, stay tall at finish.



Level Three: Side Twist and Throw

Stand side onto wall in athletic position, with Medball at hip, step towards the wall and drive through the floor and rotate and throw, stay tall at finish

