



# YOUR BUSINESS DETAILS

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**Client Name** Sample Medicine Ball Exercises **Date:** 1/10/2005

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## 1. Abdominal Crunch - Medicine Ball



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## 2. Lateral Lunge - Medicine Ball



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## 3. Lunge - Rotation - Medicine Ball



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## 4. Pullover - Stability Ball - Medicine Ball



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## 5. Push Up - Medicine Ball



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## 6. Squat - Medicine Ball



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## 7. Torso Rotations - Stability Ball - Medicine Ball



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## 8. Front Raise - Medicine Ball

