TOSS IT AROUND
Strength Training with Medicine Balls

**WARM UP:**
- Hip Circle
- Ski Bends
- Total Body Stretch
- Overhead Lateral Flexion

**UPPER BODY:**
- Overhead Press
- Front Raise
- Tricep Extension
- Bicep Curl

**CORE:**
- Back to Back Pass
- Chest Pass
- Diagonal Chop

**LOWER BODY:**
- Squat
- Walking Lunge

**WHOLE BODY:**
- Warrior Pose

**COOL DOWN:**
- Chest Pass
- Diagonal Chop
- Tricep Extension