

## **Medicine Ball Abdominals**

### **Phase I**

Overhead Throw with Band Below Knees (Wk 1 3x10 Wk 2 3x12 Wk 3 3x14)

Front Hip Toss with Band Below Knees 4x10 – 12 - 14 Non-Dominant  
3x10 – 12 - 14 Dominant

Seated Chest Pass (Wk 1 3x10 Wk 2 3x12 Wk 3 3x14)

[http://video.kudda.com/clinic/Medicine\\_Ball\\_Core\\_Training\\_1/Overhead\\_Throw](http://video.kudda.com/clinic/Medicine_Ball_Core_Training_1/Overhead_Throw)

### **Phase II**

Staggered Stance Overhead Throw (Wk 1 2x10 Wk 2 2x12 Wk 3 2x14)

Alternating Front Hip Toss 4x10 -12 -14 Non-Dominant 3x10 – 12 -14  
Dominant

Chest Pass (Wk 1 3x10 Wk 2 3x12 Wk 3 3x14)

[http://video.kudda.com/clinic/Medicine\\_Ball\\_Core\\_Training\\_2](http://video.kudda.com/clinic/Medicine_Ball_Core_Training_2)

### **Phase III**

Overhead Throw with Step (Wk 1 2x10 Wk 2 2x12 Wk 3 2x14)

Side Throw 4x10 -12 -14 Non-Dominant 3x10 – 12 -14 Dominant

Single Arm Chest Pass (Wk 1 2x10 Wk 2 2x12 Wk 3 2x14)

[http://video.kudda.com/clinic/Medicine\\_Ball\\_Core\\_Training\\_3/Overhead\\_Throw\\_with\\_a\\_Step](http://video.kudda.com/clinic/Medicine_Ball_Core_Training_3/Overhead_Throw_with_a_Step)

### **Phase IV**

Single Leg Overhead Throw (Wk 1 2x10 Wk 2 2x12 Wk 3 2x14)

Single Leg Hip Toss 4x10 -12 -14 Non-Dominant 3x10 – 12 -14  
Dominant

Rotational Chest Pass (Wk 1 2x10 Wk 2 2x12 Wk 3 2x14)

[http://video.kudda.com/clinic/Medicine\\_Ball\\_Core\\_Training\\_4/Single\\_Leg\\_Overhead\\_Throw](http://video.kudda.com/clinic/Medicine_Ball_Core_Training_4/Single_Leg_Overhead_Throw)

## **Phase V**

Overhead Chop (Wk 1 2x10 Wk 2 2x12 Wk 3 2x14)

Reverse Twist Throw 4x10 -12 -14 Non-Dominant 3x10 – 12 -14  
Dominant

Single Leg Chest Pass (Wk 1 2x10 Wk 2 2x12 Wk 3 2x14)

[http://video.kudda.com/clinic/Medicine\\_Ball\\_Core\\_Training\\_5/Overhead\\_Chop](http://video.kudda.com/clinic/Medicine_Ball_Core_Training_5/Overhead_Chop)