Medicine Ball Circuit Workout

20 x Standing Rotation(MB) (arms extended, pivot foot when you turn)

20 x Side Bends (MB Overhead) – bend side to side

20 Split Leg Jump Squats(10 each leg)

25 Crunches

10(each side) MB Wood Choppers

20 x MB Squats

30 seconds Jump Rope

25 x Side sit ups each side

20 x MB Over unders

10 x Rocket Jumps

50 x Russian Twist (25 each side)

30 secs running arms with weights

10 x “V” ups

20 x Scorpion

30 x MB Chest Pass

15 x Tricep Dips

20 x Straight Leg Lifts

20 x MB Situps

20 x MB Squat Curl Press

20 x Iron Cross

20 x Bent Leg Crunches(controlled)

20 x MB Overhead Tricep Extensions

10 x Burpees

30 secs running arms with weights