

ALTERNATIVE EXERCISES

MEDICINE BALL CHEST PASS FROM SPLIT STANCE: PRIMARY EXERCISE

Starting Position

Facing an open area or wall that can withstand the impact of the medicine ball, assume a staggered stance with the front foot forward of the hips and the trail foot behind the hips. Hold a medicine ball slightly lower than chest level, with the elbows flexed and one hand on each side of the medicine ball. The shoulders should be extended so the forearms are parallel to the ground. Both knees should be slightly flexed.

Forward Movement

Push off the trail leg by extending the knee and the hip to propel the body forward. Simultaneously extend the elbows and flex the shoulders to push the medicine ball forward. Continue this movement until the trail foot begins to leave the ground, coming forward. At this point the elbows should be extended and the shoulders flexed so the arms are parallel to the ground. This momentum will allow the medicine ball to continue forward after leaving the hands.

Recovery Phase

As soon as the medicine ball leaves the hands, the trail leg will continue to come forward by flexing

the hip and the knee until it crosses the opposite leg (which started in front and remains on the ground throughout the movement). At this point, place the foot on the ground and continue to flex the knee and the hip to soften the landing. Recover the medicine ball and repeat with the opposite foot starting forward to complete one repetition.

Common Errors

- Starting the exercise with the forearms perpendicular to the ground
- Letting the trail leg return to the ground before the medicine ball is released
- Failing to push with the trail leg while simultaneously pushing forward with the arms
- Rotating the torso to push primarily with one arm

Major Muscles Involved

pectoralis major, anterior deltoids, triceps brachii

Field Alternative

This exercise can be completed with a sandbag or any other implement that can be thrown safely.



Starting position



Release position