

Slam Ball Exercises

Overhead Slam

Squat Throw

Single Leg RDL

Russian Twists

Straight Arm Front Raise

Overhead Squat

Tricep Extensions

Bicep Curl

Slam Ball Single Arm Push Up

Floor Press Throw

Slam Ball Woodchopper

Slam Ball Sit Up

Slam Ball Plank

Lunge and Twist

Slam Ball Pullover

Toe Taps

30 seconds per exercise x 5 rounds

1 minute rest after each round