

Partner Med Ball Drills

Med Ball Toss

Stand 8-10 feet across from your partner. The person with the medicine ball will step forward in a lunge with their right leg and toss the ball to their partner at the same time. When they are done passing the ball they return to starting position. When you catch the ball, you will step forward with the right foot and do the same exercise. Continue doing this for 10-15 reps per side.

Double Tap

Stand in front of your partner with the medicine ball on the ground in the middle of you and your partner. Both you and your partner will tap the ball with your left foot then right foot. Both perform a burpee. Continue to do this for 1-3 minutes.

Side Angle Pass

Stand back to back with your partner. The person who has the medicine ball will lift it up towards the right, and then bring it down across the body towards the lower left knee. As the ball comes across the body pivot the right leg towards the way the ball is going. Pass the ball to your partner when you get to the left side of your body. Continue doing this for 10-15 reps per side.

Plank Ball Roll

Stand in front of your partner, and position yourself into a plank. One of you will have the medicine ball under one of your hands. Roll the ball to the opposite hand, then back to the hand closest to your partner. Roll the ball to your partner and continue in the plank position. Wait for your partner to roll you the ball back. Continue for 10-15 repetitions.

Crunch Toss

Sit on the ground across from your partner. The person with the ball will slowly lower down to the ground and then return to starting position. After you get back to starting position toss the ball to your partner who will then do the same exercise. Continue to do this for 1-3 minutes.

Russian Twist

Sit side by side with your partner. One of you will start with the ball and twist to the outside away from your partner. Come back to the middle and then twist towards your partner. When you get to your partner pass the ball to them. Continue to do this for 1-3 minutes.