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Medicine Ball Total Body Circuit 1

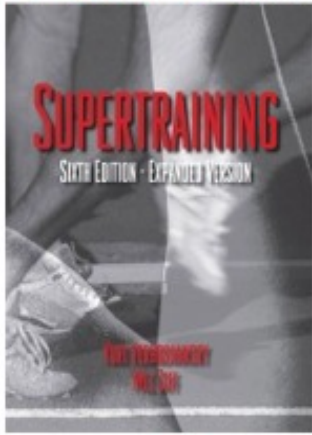
Created By: Jonathon Janz, MS, CSCS, USAW

Complete each exercise for the required amount of reps as chosen from the chart on the right. When you complete all of the exercises, start over at the beginning following the two minute rest interval. ONE FULL CIRCUIT EQUALS ONE SET. Complete the required amount of sets as chosen from the chart on the right.

1. [Med Ball Pass](#)
- Rest 1:00 Minute-
2. [Standing Partner Med Ball Side Toss](#)
(5 Reps Each Way)
-Rest 1:00 Minute-
3. [Med Ball Reverse Over Head Toss](#)
-Rest 1:00 Minute-
4. [Between Legs Med Ball Forward Toss](#)
-Rest 1:00 Minute-
5. [Med Ball Step and Over Head Toss](#)
-Rest 1:00 Minute-
6. [Med Ball Twist](#)
(5 Reps Each Way)
-Rest 1:00 Minute-
7. [Partner Over Head Sit Up Toss](#)
- Rest 2:00 Minutes-

Select the Level of Difficulty			
Level 1	Level 2	Level 3	Level 4
2 Sets 3 Reps	3 Sets 3 Reps	4 Sets 3 Reps	5 Sets 3 Reps
Level 5	Level 6	Level 7	Level 8
2 Sets 5 Reps	3 Sets 5 Reps	4 Sets 5 Reps	5 Sets 5 Reps
Level 9	Level 10	Level 11	Level 12
2 Sets 8 Reps	3 Sets 8 Reps	4 Sets 8 Reps	5 Sets 8 Reps

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Medicine Ball Total Body Circuit 2

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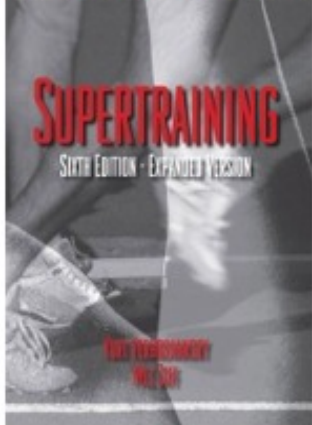
Complete each exercise for the required amount of reps as chosen from the chart on the right. When you complete all of the exercises, start over at the beginning following the two minute rest interval. ONE FULL CIRCUIT EQUALS ONE SET. Complete the required amount of sets as chosen from the chart on the right.

1. [3 Way Hamstring Touch Med Ball](#)
(Reps Are For Each Leg)
- Rest 1:00 Minute-
2. [One Leg Med Ball Side Toss](#)
(Reps Are For Each Leg)
-Rest 1:00 Minute-
3. [Med Ball Reverse Over Head Toss](#)
-Rest 1:00 Minute-
4. [Between Legs Med Ball Forward Toss](#)
-Rest 1:00 Minute-
5. [Med Ball Step and Over Head Toss](#)
-Rest 1:00 Minute-
6. [Partner Lateral Med Ball Toss](#)
(Reps Are For Each Way)
-Rest 1:00 Minute-
7. [Med Ball V Ups](#)

- Rest 2:00 Minutes-

Select the Level of Difficulty			
Level 1	Level 2	Level 3	Level 4
2 Sets 3 Reps	3 Sets 3 Reps	4 Sets 3 Reps	5 Sets 3 Reps
Level 5	Level 6	Level 7	Level 8
2 Sets 5 Reps	3 Sets 5 Reps	4 Sets 5 Reps	5 Sets 5 Reps
Level 9	Level 10	Level 11	Level 12
2 Sets 8 Reps	3 Sets 8 Reps	4 Sets 8 Reps	5 Sets 8 Reps

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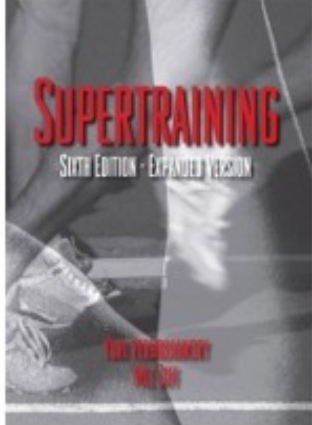
Medicine Ball Total Body Circuit 3

Created By: Jonathon Janz, MS, CSCS, USAW

Complete each exercise for the required amount of reps as chosen from the chart on the right. When you complete all of the exercises, start over at the beginning following the two minute rest interval. ONE FULL CIRCUIT EQUALS ONE SET. Complete the required amount of sets as chosen from the chart on the right.

1. [Two Handed Med Ball Push Up](#)
- Rest 1:00 Minute-
2. [Double Knee Partner Reverse Toss](#)
(Reps Are For Each Way)
-Rest 1:00 Minute-
3. [Med Ball Reverse Over Head Toss](#)
-Rest 1:00 Minute-
4. [Between Legs Med Ball Forward Toss](#)
-Rest 1:00 Minute-
5. [Med Ball Step and Over Head Toss](#)
-Rest 1:00 Minute-
6. [Partner Over Head Sit Up Toss](#)
(Reps Are For Each Way)
-Rest 1:00 Minute-
7. [Med Ball Toe Touches](#)
- Rest 2:00 Minutes-

Select the Level of Difficulty			
Level 1	Level 2	Level 3	Level 4
2 Sets	3 Sets	4 Sets	5 Sets
3 Reps	3 Reps	3 Reps	3 Reps
Level 5	Level 6	Level 7	Level 8
2 Sets	3 Sets	4 Sets	5 Sets
5 Reps	5 Reps	5 Reps	5 Reps
Level 9	Level 10	Level 11	Level 12
2 Sets	3 Sets	4 Sets	5 Sets
8 Reps	8 Reps	8 Reps	8 Reps



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Medicine Ball Total Body Circuit 4

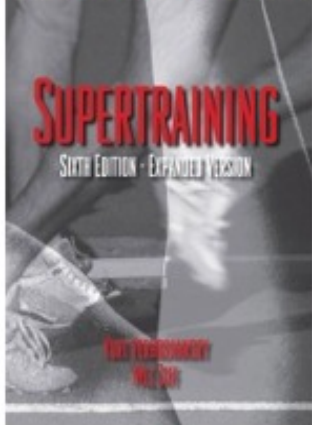
Created By: Jonathon Janz, MS, CSCS, USAW

Complete each exercise for the required amount of reps as chosen from the chart on the right. When you complete all of the exercises, start over at the beginning following the two minute rest interval. ONE FULL CIRCUIT EQUALS ONE SET. Complete the required amount of sets as chosen from the chart on the right.

1. [Med Ball Pass](#)
- Rest 1:00 Minute-
2. [Double Knee Partner Reverse Toss](#)
(Reps Are For Each Way)
-Rest 1:00 Minute-
3. [Med Ball Reverse Over Head Toss](#)
-Rest 1:00 Minute-
4. [Between Legs Med Ball Forward Toss](#)
-Rest 1:00 Minute-
5. [Med Ball Step and Over Head Toss](#)
-Rest 1:00 Minute-
6. [One Leg Med Ball Side Toss](#)
(Reps Are For Each Leg)
-Rest 1:00 Minute-
7. [Partner Over Head Sit Up Toss](#)
- Rest 2:00 Minutes-

Select the Level of Difficulty			
Level 1	Level 2	Level 3	Level 4
2 Sets 3 Reps	3 Sets 3 Reps	4 Sets 3 Reps	5 Sets 3 Reps
Level 5	Level 6	Level 7	Level 8
2 Sets 5 Reps	3 Sets 5 Reps	4 Sets 5 Reps	5 Sets 5 Reps
Level 9	Level 10	Level 11	Level 12
2 Sets 8 Reps	3 Sets 8 Reps	4 Sets 8 Reps	5 Sets 8 Reps

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Medicine Ball Total Body Circuit 5

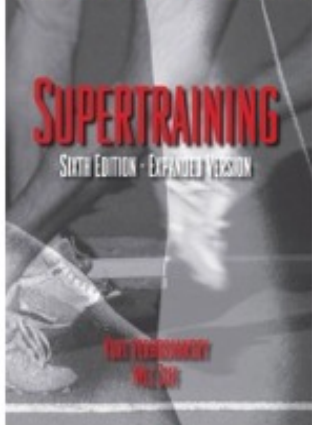
Created By: Jonathon Janz, MS, CSCS, USAW

Complete each exercise for the required amount of reps as chosen from the chart on the right. When you complete all of the exercises, start over at the beginning following the two minute rest interval. ONE FULL CIRCUIT EQUALS ONE SET. Complete the required amount of sets as chosen from the chart on the right.

1. [Med Ball Bent Leg Hip Rotation](#)
(Reps Are For Each Way)
- Rest 1:00 Minute-
2. [Standing Partner Med Ball Side Toss](#)
(Reps Are For Each Way)
-Rest 1:00 Minute-
3. [Partner Lateral Med Ball Toss](#)
(Reps Are For Each Way)
-Rest 1:00 Minute-
4. [One Leg Med Ball Side Toss](#)
(Reps Are For Each Leg)
-Rest 1:00 Minute-
5. [Standing Partner Med Ball Side Toss](#)
(Reps Are For Each Way)
-Rest 1:00 Minute-
6. [Med Ball Twist](#)
(Reps Are For Each Way)
-Rest 1:00 Minute-
7. [Partner Over Head Sit Up Toss](#)
- Rest 2:00 Minutes-

Select the Level of Difficulty			
Level 1	Level 2	Level 3	Level 4
2 Sets	3 Sets	4 Sets	5 Sets
3 Reps	3 Reps	3 Reps	3 Reps
Level 5	Level 6	Level 7	Level 8
2 Sets	3 Sets	4 Sets	5 Sets
5 Reps	5 Reps	5 Reps	5 Reps
Level 9	Level 10	Level 11	Level 12
2 Sets	3 Sets	4 Sets	5 Sets
8 Reps	8 Reps	8 Reps	8 Reps

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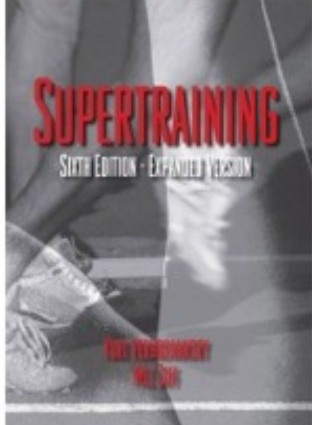
Medicine Ball Total Body Circuit 6

Created By: Jonathon Janz, MS, CSCS, USAW

Complete each exercise for the required amount of reps as chosen from the chart on the right. When you complete all of the exercises, start over at the beginning following the two minute rest interval. ONE FULL CIRCUIT EQUALS ONE SET. Complete the required amount of sets as chosen from the chart on the right.

1. [Med Ball Bent Leg Hip Rotation](#)
(Reps Are For Each Way)
- Rest 1:00 Minute-
2. [Double Knee Partner Reverse Toss](#)
(Reps Are For Each Way)
-Rest 1:00 Minute-
3. [Partner Lateral Med Ball Toss](#)
(Reps Are For Each Way)
-Rest 1:00 Minute-
4. [One Leg Med Ball Side Toss](#)
(Reps Are For Each Leg)
-Rest 1:00 Minute-
5. [Standing Partner Med Ball Side Toss](#)
(Reps Are For Each Way)
-Rest 1:00 Minute-
6. [Med Ball Twist](#)
(Reps Are For Each Way)
-Rest 1:00 Minute-
7. [Med Ball V Ups](#)
- Rest 2:00 Minutes-

Select the Level of Difficulty			
Level 1	Level 2	Level 3	Level 4
2 Sets	3 Sets	4 Sets	5 Sets
3 Reps	3 Reps	3 Reps	3 Reps
Level 5	Level 6	Level 7	Level 8
2 Sets	3 Sets	4 Sets	5 Sets
5 Reps	5 Reps	5 Reps	5 Reps
Level 9	Level 10	Level 11	Level 12
2 Sets	3 Sets	4 Sets	5 Sets
8 Reps	8 Reps	8 Reps	8 Reps



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