



## Upper Body Mobility And Stability: Sit-Up And Throw

### Equipment:

3kg medicine ball, yoga mat.

### Set-up:

Lay yoga mat out on floor with medicine ball next to mat.

### Description:

Student is required to perform a sit-up followed by a chest pass to partner and catching the return pass before repeating the process. This will help develop abdominal strength and stability.

### Instructions:

Student begins by lying on their back holding the medicine ball into their chest. The exercise begins with the student performing a sit-up with the ball against their chest. When the student is sitting upright, they will pass the ball to a partner standing 3-5 feet in front of them. The partner will pass the ball back and the student will go back down to lying on the ground after catching the pass. Repeat as many times as possible in 1 minute.

### Scoring:

Student in the group that performs the most sit-ups in a minute will score a 3. The runner-up scores a 4 and all others in the group score a 5.

