

# Exercise of the Month



## Partner Exercise: Medicine-Ball Twist Passes

**Purpose:** Improve Core Strength

**Target Muscles:** Rectus Abdominis, External Obliques, Internal Obliques

**Equipment Needed:** Medicine Ball

**Start/Movement:**

- Partners should stand facing the opposite direction from each other, approximately two feet apart. Place feet shoulder width apart, keep back straight, pull abs in tight and allow knees to be slightly bent.
- The first partner holds the medicine ball with both hands, keeping elbows bent and the ball close to the body. Both individuals rotate (twisting at the waist) to opposite sides keeping both feet planted. The first partner hands the medicine ball from behind to the second partner who retrieves the ball from behind.
- Both individuals turn to the opposite side to again exchange the medicine ball from behind. Continue to rotate the ball in one direction for 20 seconds. Start slowly, gradually increasing speed throughout the set, When finished, repeat opposite direction. Repeat exercise for 3 sets.

**See it in action!** [Click here](#) for video demonstration of this exercise.

