



Total  
Wellbeing  
Solutions

## Medicine ball Squats/Press

A great exercise to work both strength and cardio

- 1** Stand upright with a medicine ball held in both hands, with arms in line with the chest
- 2** Start by squatting. Hold the medicine ball in both hands and keep arms in line with chest
- 3** As you straighten your legs back to a standing position, lift the ball and extend arms overhead.



### The muscles worked are :

- Quadriceps
- Core
- Hamstrings
- Back
- Glutes
- Shoulders

### The benefits of Squats/Press are:-

Explosive power

Strength

Flexibility

Strength endurance.