

Station 1

Around the World

Partners stand back to back, and one holds a medicine ball. Holding the ball at waist height, they pass the ball while their feet remain stationary. The partners continue to pass the ball from one to the other. They go first to the right five times and then to the left five times.

Good Mornings

Partners face each other, and one partner has a medicine ball. The partner with the ball holds it above his or her head while the other partner places a hand above his or her head. Both partners bend forward at the waist, moving their hands down toward the floor. When they reach a full stretch position, they hold for the count of 10 and stand back up. They repeat six times, switching partners with the ball each time.

Wood Choppers

The student holds the ball between the legs, brings it up above the head, and returns it down between the legs (simulating a wood-chopping motion). The knees should be kept slightly flexed to protect the lower back.

Station 2

Lower-Body and Upper-Body Exercises

Overhead Lunges or Power Squats

Partners stand side by side, and one holds the medicine ball at the chest level (for a modification to increase intensity, the ball may be held overhead). Both partners perform 10 walking lunges. Partners then exchange the ball, change direction, and continue. They perform this sequence three times each. The knees must be kept above the toe when lunging. Students should be reminded not to arch the back and to focus on correct form.

Partner Toss (Level 1)

- **Chest toss**—Partners face each other approximately 5 feet (1.5 m) apart. Partners perform a chest pass back and forth for about 20 seconds, stepping forward with one foot as they pass. They should keep their hands out to give the partner a target and to help them catch the ball safely.

- **Overhead toss**—Partners stand approximately 5 feet (1.5 m) apart. Partners perform the overhead pass back and forth for approximately 20 seconds. Students should toss the ball above their partners' heads. Again, students should be cautioned about arching the back—they should keep the abdominals tight and back straight to protect the lower back. To help support the back, one leg should be slightly back with the knee bent and the feet shoulder-width apart.
- **Underhand toss**—Partners stand approximately 5 feet (1.5 m) apart. Using both hands, partners toss the medicine ball back and forth with an underhand motion for about 20 seconds.

Station 3

Aerobic Exercises

1, 2, 3, Switch Chest Passes

Partners face each other approximately 5 feet (1.5 m) apart. They perform three chest passes (total), pick up a jump rope, and jump for 30 seconds. They continue the activity for five sets.

Partner Switch Chest Pass

Partners face each other approximately 10 feet (3 m) apart. Partner A gives a chest pass to partner B. Partner B then returns the pass. The exercise continues for 20 repetitions.

Roll, Run, and Pass

Partners stand side by side on the end line approximately 10 feet (3 m) apart. Partner A begins with the ball and rolls it down the court. Both partners run in a straight line down the court. Partner B picks up the ball after it has rolled approximately 15 feet (4.5 m) and makes a chest pass back to partner A. When partner A gets the ball, both partners run back to the start line and begin again. After three sets, partner B begins the routine.

Chest Pass and Run

Partners stand side by side on the end line approximately 10 feet (3 m) apart. Both partners slide down the court while performing chest passes back and forth. They must lead their passes to the spot where the partner will be at the completion of the pass. After reaching the end of the designated area, both partners move to the outside of the area and return to the line. They perform this exercise five times.

Station 4

Abdominal Exercises

Russian Twists

Partners sit facing the same direction about 5 feet (1.5 m) apart with their feet slightly off the ground and their knees slightly bent. The partner on the right side starts with the ball and taps it on the ground to the right side, then the left side, and then the right side. After the third tap, the partner passes the ball to the partner on the left. After catching the ball, the second partner repeats the same exercise (left, right, left) and passes the ball back to the first partner. They repeat this sequence approximately six times.

Ball Pass Curl-Ups

Partners face each other in a curl-up position. The partner with the medicine ball performs a curl-up and makes a chest pass to the partner, who is in the upright curl-up position. The partner catches the ball and performs a curl-up. They repeat this sequence approximately 10 times.

Chest Pass Curl-Ups

This exercise is performed the same way as straddle chest passes with one difference. Both partners perform a curl-up simultaneously before they pass and catch the medicine ball. They repeat this sequence approximately 10 to 15 times.

Plank Hold

Partners hold a plank position, facing each other approximately 3 feet (1 m) apart. Partner A begins with the ball and rolls it to partner B while both maintain the plank position. They pass the ball back and forth 20 times.

Station 5

Partner Toss—Level 2

- **Left lateral toss**—Partners face the same direction (such as both facing the same wall) approximately 5 to 10 feet (1.5 to 3 m) apart, depending on their comfort zones and the weight of the ball. The partner with the ball twists to the left and tosses the medicine ball to his or her partner. After catching the ball, the second partner twists to the left and tosses the ball back to the first partner. Both partners must bend down as they twist. They do this exercise 10 times.
- **Right lateral toss**—Partners face the same direction (such as both facing the same wall) approximately 5 to 10 feet (1.5 to 3 m) apart. The partner with the ball twists to the right and tosses the medicine ball to her or his partner. After catching the ball, the second partner twists to the right and tosses the ball back to the first partner. Both partners must bend down as they twist. They do this exercise 10 times.
- **Chest squat toss**—Partners face each other approximately 5 to 10 feet (1.5 to 3 m) apart. Both partners simultaneously perform a squat. As the partner with the medicine ball comes up out of the squat, he or she gives a chest pass to the partner. Both partners perform squats again. As the partner with the ball comes out of the squat, she or he gives a chest pass back to the partner. They do this exercise 10 times.
- **Combinations**—After completing the previous three exercises, the partners put them into a combination routine. Partners complete 10 repetitions of each, one after the other for 60 seconds.