MEDICINE BALL EXERCISES

| Date: |
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| Week #: |
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| Training Objectives: (1) Endurance, (2) Strength, (3) Power programs, (4) Medicine balls, (5) Aquatics, (6) Core training, (7) General, (8) Rest |
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Cool down 7-14 minutes. The stretches used in the warm-up may also be used in the cool down: