



## Physical training / exercise:

### Core compression explosivity

#### Core Explosivity:

With both feet firm on the ground hold your core and abdominal strength to bounce the ball against the floor. Starts with the medicine ball (1kg to 3kg) on the back of your head then throw it explosively on the ground in front of you. The goal is to make the medicine ball bounce as high as possible.



10reps, 3 series