

**EXERCISE**

# Lying Chest Med Ball Throw

By Cathal Fanning

- **Description**
- **Coaching Points**
- **Main Muscles Involved**

# Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

This exercise is a partner exercise. It's a good way to get involved if you have more than one client, or if you're training with a client on a one-to-one basis.

It's called a Lying Chest Med Ball Throw.

You're going to start with your client in a lying position, and the focus here is trying to accelerate the ball away from the body as fast as you can, primarily working the chest front, head of the shoulders, and the triceps.

What you're going to do is approach the client with the ball just over their chest at shoulder level. They will receive the ball and bring the ball to their chest.

Once they're ready and happy, you'll give the call and a signal to throw the ball up. You'll receive the ball and then bring back to the client.

It's important just to give a little bit of a pause in between each of the repetitions, just so that the client isn't in a rush, and they feel safe.

(To Dom) Two more ... last one.

Other key points to note are that each repetition should feel better than the last. So particularly with this exercise, focus more on power so that each repetition feels better or greater than the previous rep. If that stops happening, I would stop the exercise at that point.

Give it a go.

# Main Muscles Involved

- Pectoral major
- Pectoral minor
- Triceps
- Anterior deltoid

