

Medicine Ball Taps

Start: Place a medicine ball on the ground in front of you (you can also use a basketball, volleyball or kettlebell). Begin with your right foot on top of the ball, keeping your weight on your left foot.

Action: Quickly switch feet so that your left foot is on the ball. Continue alternating feet while lightly tapping your toes on the ball.

Complete for 30-45 seconds or 100 taps

