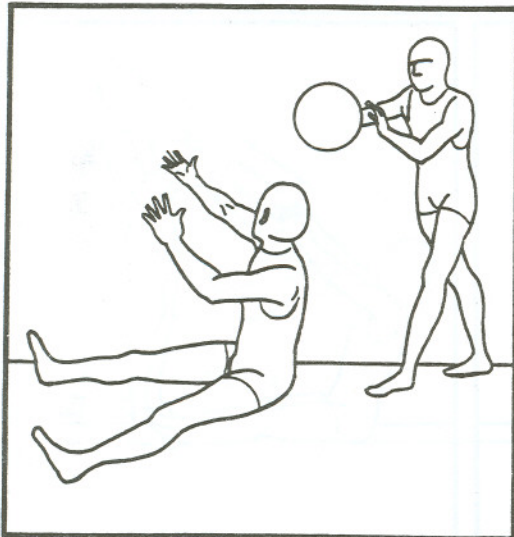


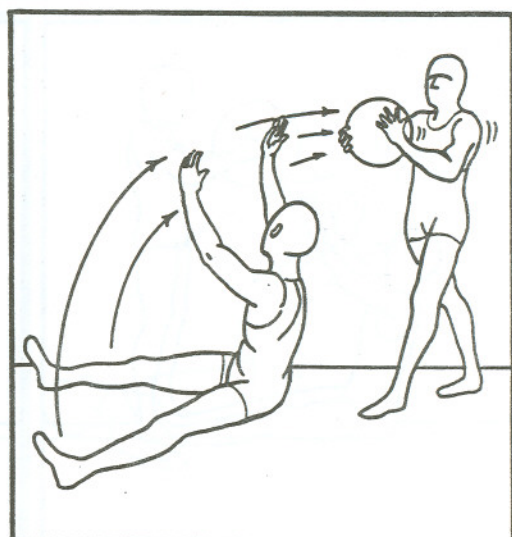
Reverse Crunches



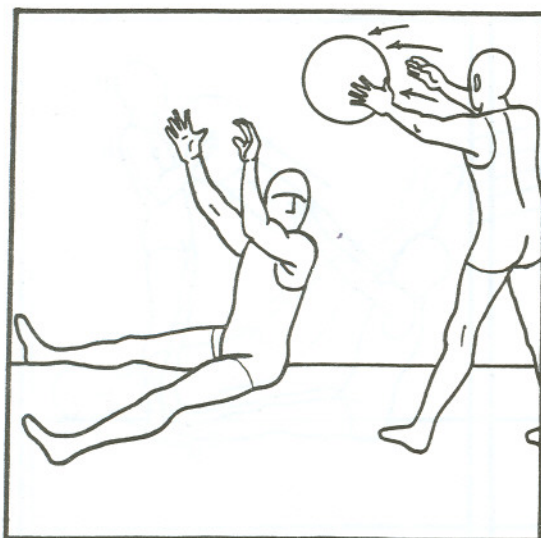
Catcher initiates exercise,
throws to partner's hands...



...stretch out over
leg and foot...



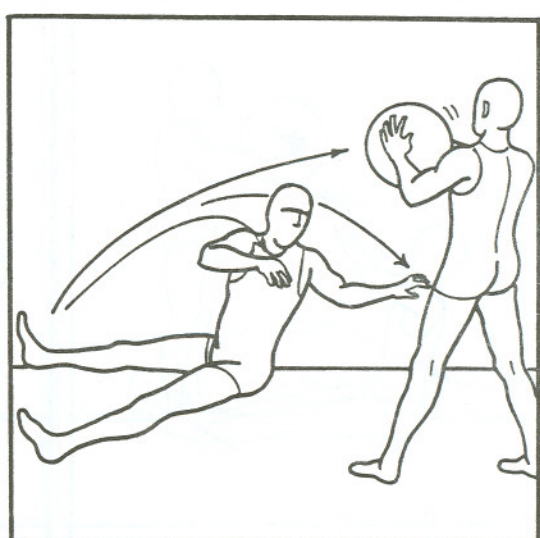
...throw by quickly
extending trunk and arms...



...repeat exercise on
opposite side...



...let the weight of the
ball help you stretch..



...vigorously snap ball back.

Do : Start the crunch in the pike position-arms straight and legs straight. Fully extend the trunk on the throw-see frames # 3 and # 6.

Don't : Forget to stretch out fully as pictured in frames # 2 and # 5.