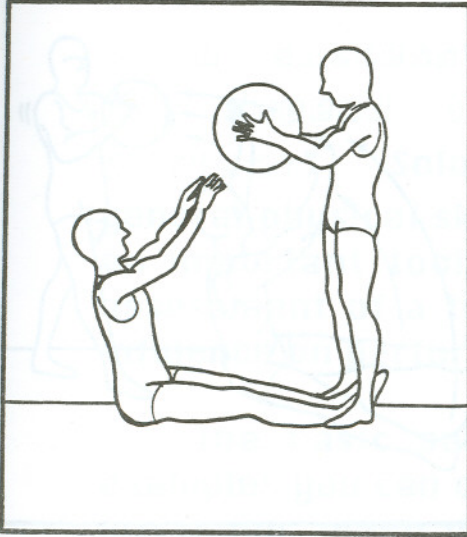
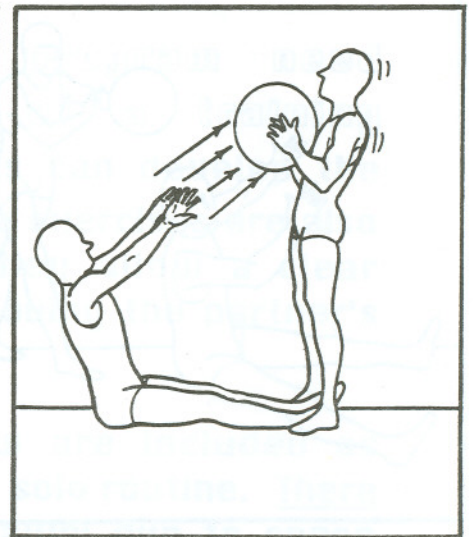
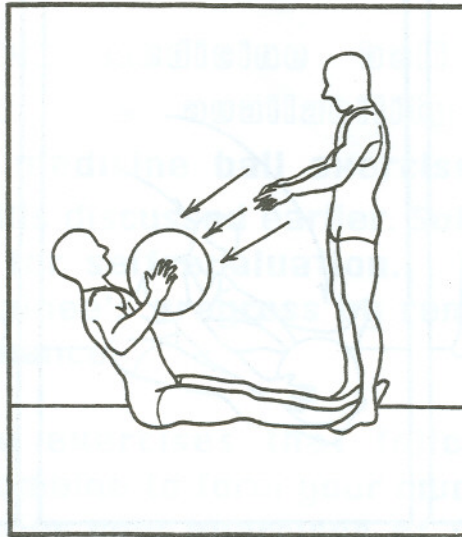


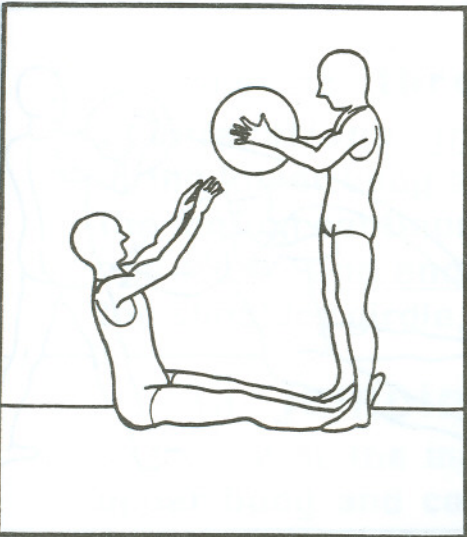
Seated Two-Arm Thrusts



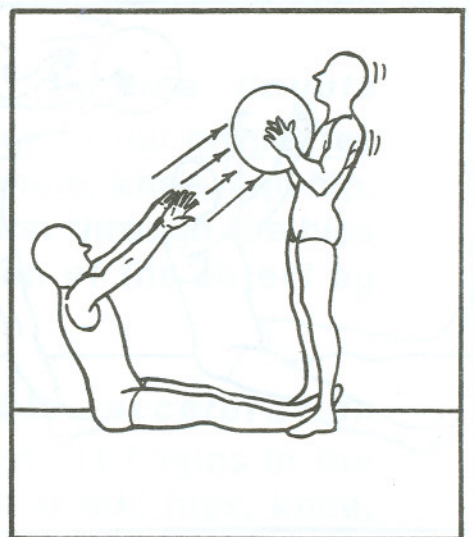
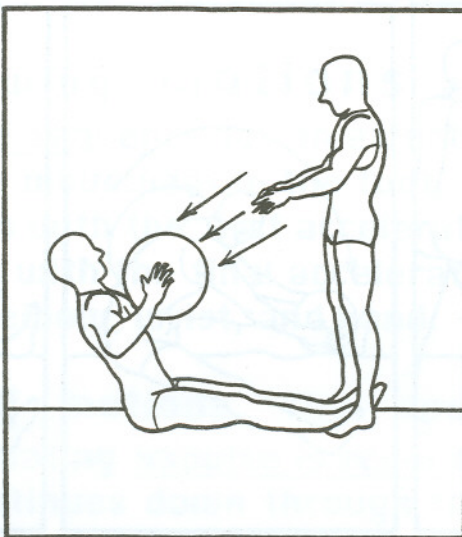
Catcher initiates the action by gently
... tossing the ball to the thrower's hands...



...Thrower thrusts...
...the ball vigorously



...catcher maintains a firm ankle
hold to stabilize the thrower...



Feel the trunk when receiving...
... and thrusting the ball...

Do: Keep the shoulders behind the hips. Feel the trunk actively load and unload throughout the exercise.

Don't: Do not continue the exercise if discomfort is felt in the lower back.