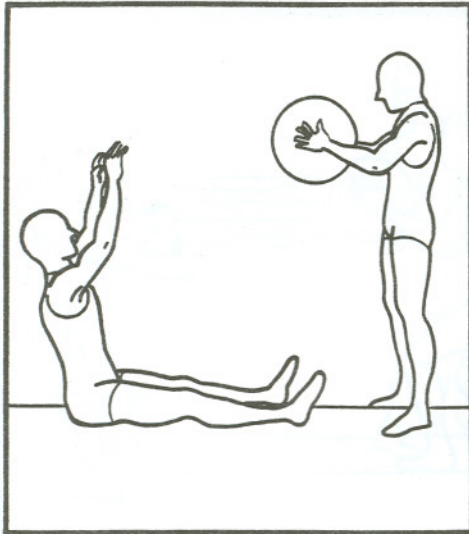
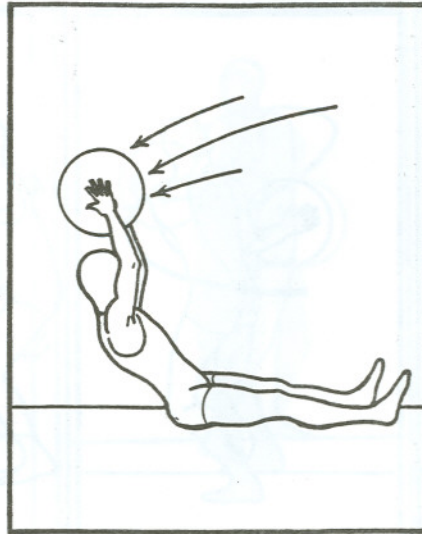


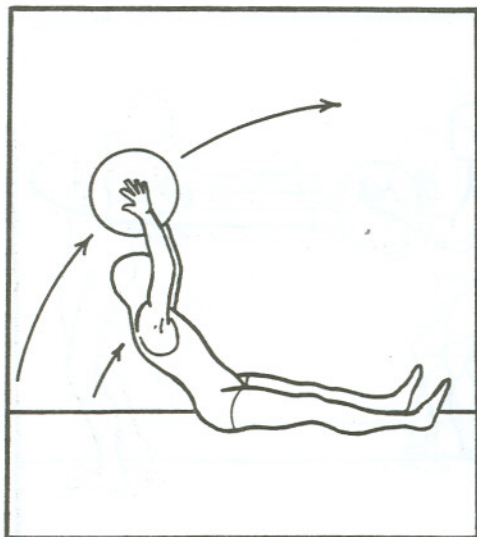
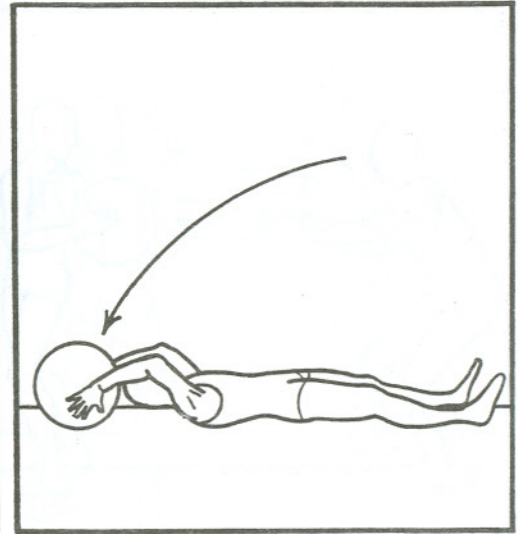
Situp and Throw



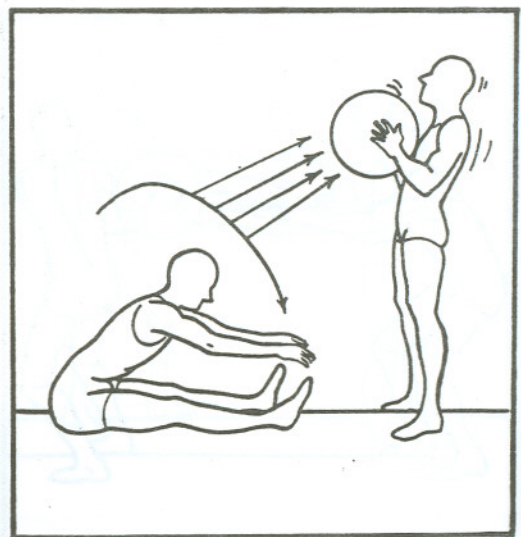
Catcher initiates action
tossing ball overhead...



...thrower's trunk loads eccentrically while
...lowering with the ball overhead...



...start the situp with the throwing action
of the arm followed by the trunk...



Follow-through with
the arms and trunk...

Do: Review “cornerstone exercises” on page 7. Initiate the situp with the arms. Follow-through with trunk as in frame # 6. Let your legs extend naturally during the loading phase and flex naturally during the situp.

Don't: Initiate the situp by lifting your legs or hips off the ground. Or lock your knees out completely throughout the action.