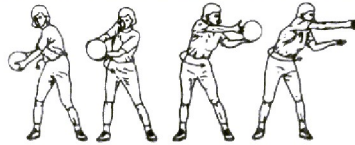
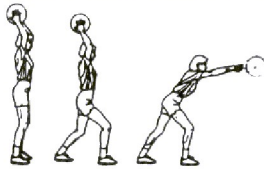


PLYOMETRIC EXERCISES

Baseball and Softball



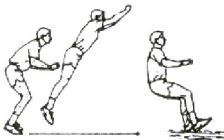
Side Throw (p. 64)



Overhead Throw (p. 65)



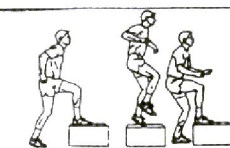
Lateral Jump Over Barrier (p. 34)



Standing Long Jump (p. 31)



Alternate Bounding With Single Arm Action (p. 58)



Alternating Push-Off (p. 43)



Stadium Hops (p. 40)