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DATE OF SESSION:

Gillette



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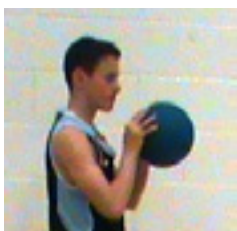
MED BALL CHEST THROW

DIRECTIONS

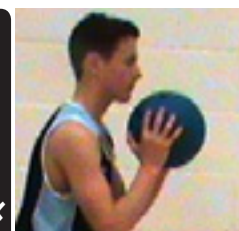
- Stand with feet shoulder-width apart and hands behind the ball.
- Pull the ball towards your chest and lower your hips into a slight squat position.
- Rapidly straighten your hips and knees and extend your elbows to push ball away from body.
- Do not cross line.



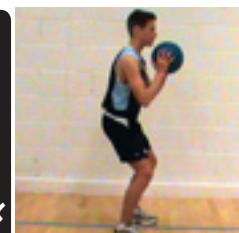
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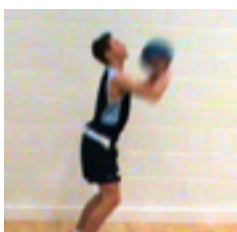
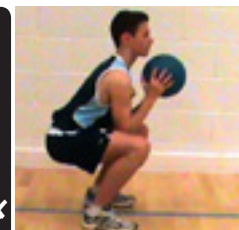
STARTING POSITION						
✓	5	4	3	2	1	X



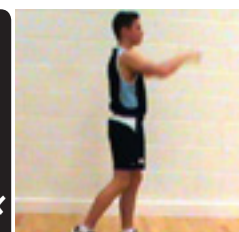
PREPARATION LOWER BODY						
✓	5	4	3	2	1	X



PREPARATION UPPER BODY						
✓	5	4	3	2	1	X



COORDINATION AND DRIVE						
✓	5	4	3	2	1	X



RELEASE						
✓	5	4	3	2	1	X

