



Greg Arnold, DC, CSCS
1745 Express Drive North
Hauppauge, NY 11788
PitchingDoc@msn.com
www.PitchingDoc.com

Homework Material

Week 9: Long Toss

To complete this assignment, you will need to access the "Long Toss" presentation in the video library:

<http://pitchingdoc.com/index.php?p=403909>

You WILL need your username and password