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Biomechanical Analysis Of Weighted-Ball Exercises For Baseball Pitchers. Fleisig GS(1), Diffendaffer AZ(1), Aune KT(1), Ivey B(1), Laughlin WA(1). Author Information: (1)American Sports Medicine Institute, Birmingham, Alabama. BACKGROUND: Weighted-ball Throwing Programs Are Commonly Used In Training Baseball Pitchers To Increase Ball Velocity. Oct 11th, 2019

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