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**FLAT-GROUND THROWS AS WARM UPS FOR RECOVERING PITCHERS.** Flat-ground throws of 120 to 180 ft can be used as warm-up or conditioning exercises for college-level pitchers. To collect the long-toss and pitching data, reflective markers (indicated by red dots) were placed on each pitcher and tracked with an 8-camera, automated motion-tracking system. The 2 positions of most interest captured with the motion-tracking system were when the pitcher cocked his arm back (first position) and released the ball (second position).

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