

**Hitting Your Stride: Your Work, Your Way By Nan S.
Russell**

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What does this mean? If you are overstriding, landing with your leg straight, knee locked out, you are sending a strong shockwave up your leg, which increases your

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Your swing is something that needs to be worked on constantly so that it becomes muscle memory. After all, when the ball's on the way to the plate, you don't have

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