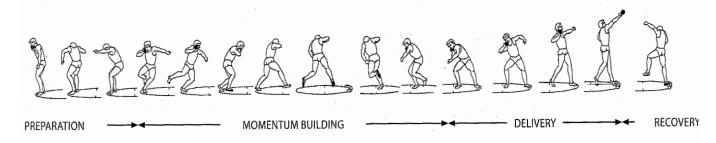
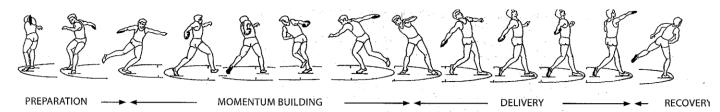


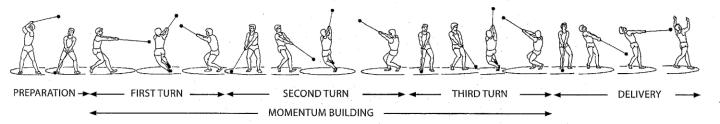
## **Rotational Shot Put**



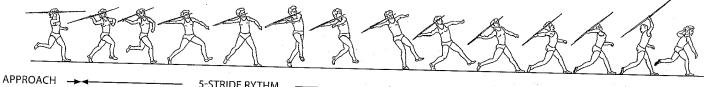
## **Discus**



## Hammer



## **Javelin**



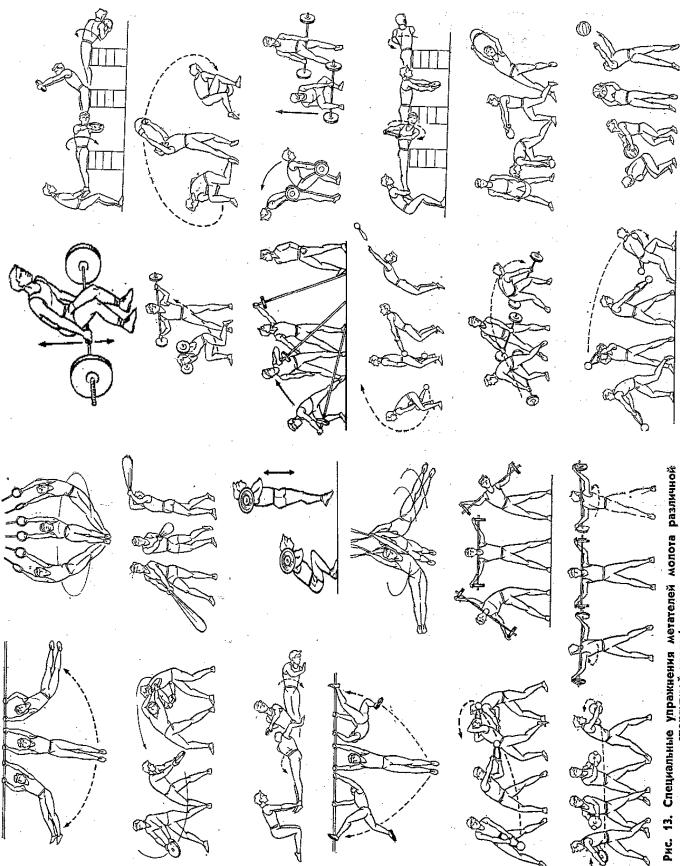


Рис. 13. Специальные упражнения метателей молота различной спортивной квалификации