

Anatomy of an Elite Release: How to Improve Your Rev Rate

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Wednesday, 01 June 2011
Last Updated Tuesday, 14 June 2011

In the June 2011 Slowinski at-large, I discuss the anatomy of an elite release. Specifically, I discuss the efficiency of an elite release in regard to the function of five elements: (1) follow-through, (2) swing direction, (3) wrist position, (4) timing and (5) fit.

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