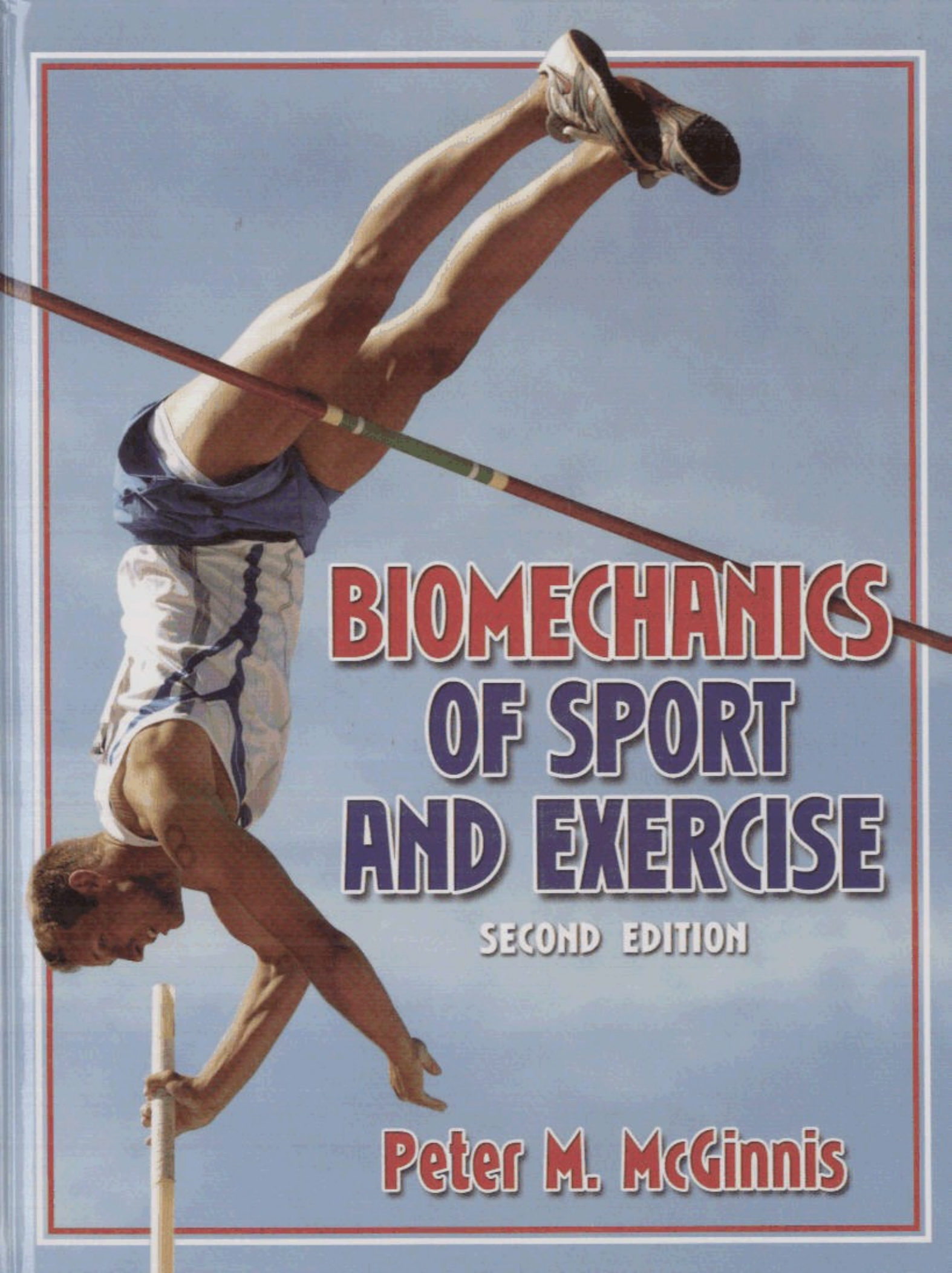
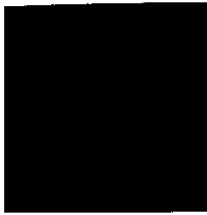


A male high jumper is captured in mid-air, performing a Fosbury Flop. He is inverted, with his back to the ground, clearing a horizontal bar. He is wearing a white singlet with blue trim and white shorts. The background is a clear blue sky. The entire image is framed by a thin red border.

BIOMECHANICS OF SPORT AND EXERCISE

SECOND EDITION

Peter M. McGinnis



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