

# SPORTS PERFORMANCE TRAINING

**REGISTER NOW**

Balls-n-Strikes Sports Performance, athletic enhancement training programs are designed for every level based on your specific goals, age, position, and experience level as well as the specific demands for baseball & softball. By increasing strength, endurance, flexibility and correcting movement patterns, the training you will receive at BNS Sports Performance will lead to enhance productivity and reduce risk for injury.

## Contact:

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### **1 ON 1 PERSONAL TRAINING (1 hour)**

1 Session - \$75  
2-8 Sessions - \$60 / session  
9-12 Sessions - \$50 / session

### **SEMI PRIVATE TRAINING (1 hour)**

2 players - \$50 / player  
3 players - \$40 / player  
4 players - \$30 / player

### **TEAM TRAINING (1 hour)**

5+ Players - \$20 / player

## Training programs include:

- ✓ Performing a dynamic warm up to enhance flexibility, improve balance, and prepare the body training
- ✓ Improving agility to increase quickness and reaction abilities
- ✓ Using plyometrics to improve explosiveness and help prevent injury  
Arm Care program
- ✓ Learning the proper techniques to improve speed and agility
- ✓ Core training to strengthen the torso's stabilizing muscles, which are critical to all athletic movements
- ✓ Workouts using body weight, free weights, wood way, medicine ball, resistance bands and m
- ✓ Enhancing cardiovascular training geared toward enhancing the overall fitness level and meeting the demands for baseball & softball
- ✓ Learning mental toughness that will benefit the athlete in all aspects of life

