



Arm Strengthening & Conditioning Program

This proven 4 week progressive program was developed by our staff of ex-professional baseball players & coaches. The primary goal of Pro Arm Plus is to teach the players proper arm care that helps prevent injury while improving athleticism, strength, and overall velocity.

This program will focus on: Arm Action, Arm Care, Posture, Rhythm & Tempo, Separation, Torque, Core Strength, Sequencing & Synchronization. This program will incorporate the use of bands, ropes, medicine balls, weighted balls, kettle balls, hurdles, and more!

4 week progressive program

2 Sessions per week

Classes Start on Monday, November 28th &
Wednesday November 30th

\$179

Class 1-Ages 10-12

Wednesdays 6:30-7:45 & Sundays 3pm-4:15pm

Class 2-Ages 13-14

Wednesdays 7:45-9pm & Sundays 4:30-5:45pm

Class 3-High School

Mondays 7:30-9 & Thursdays 7:30-9pm

Pro Arm Plus

Name _____ Age _____

Address _____

City _____ State _____ Zip _____

Email _____

Phone _____

Class 1 ___ Class 2 ___ Class 3 ___

[Http://www.bnssports.us/sherwood.php](http://www.bnssports.us/sherwood.php)

Registration Closes on Monday, November 28th

Call to Register:

501-833-0668

or drop off form to:

Balls-N-Strikes

408 Manson Road

Suite 450

Sherwood, AR 72120

Limited to first 12 per class