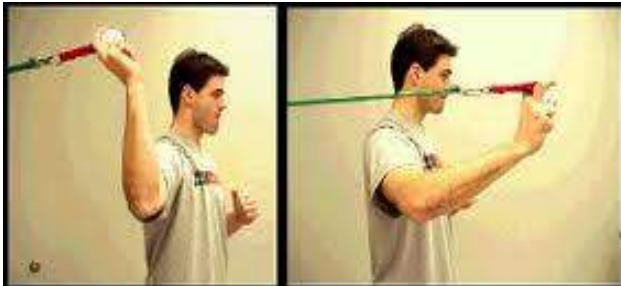




# PRO ARM plus

## 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 while increasing 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, medicine balls, weighted balls, kettle balls, hurdles, and more!

4 week progressive program

Two 1 hour sessions per week

\$179 per class

We clock your velocity before and after!

### Class 1-Ages 9-10

Wednesdays 6-7pm & Sundays 4:30-5:30pm

### Class 2-Ages 11-12

Wednesdays 7-8pm & Sundays 5:30-6:30pm

### Class 3-Ages 13-14

Wednesdays 8-9pm & Sundays 6:30-7:30pm

### 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 Friday, October 14, 2011

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