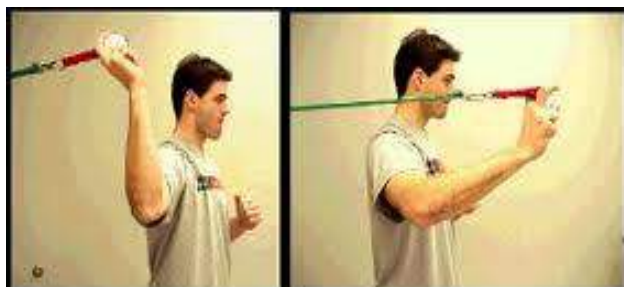




In season arm Recovery & Conditioning program

This proven in season program was developed by our staff of ex-professional baseball players & coaches. The primary goal of the in season pro arm session is not only to teach the players proper arm care that helps prevent injury while improving athleticism, but also to recover from the previous weekend!



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 program
2-1 hour sessions per week

\$99 per month or \$15 per day

We film your sessions to help you be pain free!

DATES & TIMES

-begins April 10th

Tuesdays 8-9pm
Wednesdays 8-9pm

PRO ARM PLUS

Name _____ Age _____
Address _____
City _____ State _____ Zip _____
Email _____
Phone _____

[Http://www.501baseball.com](http://www.501baseball.com)

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 8 per class