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| |  | | --- | |  | | **PRO ARM PLUS**  **Arm Strengthening & Conditioning** | |

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| |  | | --- | | **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 each player proper arm care that helps prevent injury while improving athleticism, strength, and overall velocity.** | |

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

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| |  | | --- | | 4 WEEK PROGRESSIVE PROGRAM   2 CLASSES PER WEEK  CLASSES: THURSDAY 6-7 or 7-8                SUNDAY 1-2 or 2-3 |  |  | | --- | | Session 1          10/12-11/6 Session 2          11/13-12/4 Session 3          12/7-1/2 Session 4          1/4-1/29 Session 5          2/1-2/26 Session 6          3/1-3/26 | |