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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 WEEKCLASSES: THURSDAY 6-7 or 7-8               SUNDAY 1-2 or 2-3 |

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| Session 1          10/12-11/6Session 2          11/13-12/4Session 3          12/7-1/2Session 4          1/4-1/29Session 5          2/1-2/26Session 6          3/1-3/26 |

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