

Arm Strengthening & Conditioning Program

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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 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 and Synchronization. This program incorporates 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 Tuesday at 7:00 – 8:00  and Thursday at 7:00 – 8:00    $99 per session | December session (12/10/2013 – 1/2/2014)  January session (1/7/2014 – 1/30/2014)  February session (2/4/2014 – 2/27/2014)  March session (3/4/2014 – 3/27/2014)  April session (4/1/2014 – 4/24/2014)  May session (4/29/2014 – 5/22/2014)  June session (5/27/2014 – 6/19/2014)  July session (6/24/2014 – 7/17/2014)  August session (7/22/2014 – 8/14/2014) |
| Pro Arm Plus  Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age\_\_\_\_\_\_  Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  City\_\_\_\_\_\_\_\_\_\_\_\_\_ State\_\_\_\_ Zip\_\_\_\_\_\_\_\_  Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_    http://www.bnssports.us/sherwood.php | Call us at (501)-833-0668 to  register, or drop off form to:  Balls-N Strikes 408 Manson  Road Suite 450 Sherwood,  AR 72120  Limited to first 12 per class |