



# 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, and 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, ropes, medicine balls, weighted balls, kettle balls, hurdles, and more!

4 week progressive program

2 Sessions per week

Class Start on Monday, November 2nd

**\$99**

AGES

9 & up

Class 1

Mondays 6-7pm & Thursdays 6-7pm

### Pro Arm Plus

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Class 1 \_\_\_\_\_

**501BASEBALL.COM**

Registration Closes on Sunday, November 1st

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