



Baseball & Softball Performance Training

Training will improve athletes overall athletic ability including:

- **Improved Speed** – develop correct sprint technique - faster from 1st to 2nd
- **Improved Quickness and Footwork** – to enhance fielding and change of direction
- **Greater Rotational Power** – increased bat and throwing velocity
- **Improved Functional Strength**
 - Lower body – baseball/softball athletes require a strong and powerful lower body
 - Core – enhance rotational power for hitting and throwing
 - Upper body – prevent throwing injuries (rotator cuff/pitching elbow)
- **Improved Functional flexibility** – help prevent injuries and improve strength/power



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