

Champions

Elite Power Arms

Looking to add velocity from
the mound?
Need more arm strength on the
field?



Join Champions Baseball Academy's
one of a kind Elite Power Arm
Throwing Program. For Ages 15 &
up

Champions Elite Power Arm Throwing
Program will be headed by former minor
leaguer Asif Shah.

We will assist you in adding 3-5 MPH
or **MORE** to your velocity!

Price: \$250

**Session #1: Five Week Program
November 5th - December 6, 2018**

This program features detailed warm
up routines as well as arm
strengthening programs that are
tailored to your position. This
includes weighted ball
training/throwing, targeting specific
muscle groups for throwing,
resistance band training, as well as
mechanical work for all positions!
**Now featuring the revolutionary
CORE VELOCITY BELT.** The Core
Velocity Belt is a unique tool that
finally teaches ballplayers how to
truly use their lower half effectively.
In doing so, the belt helps create a
throwing motion that is not only
more efficient, but safer as well

www.championsbaseball.net
championsbaseball@gmail.com
5994 Linneman St.
Cincinnati, Oh 45230

Limited space is available so sign up today!
Register online, call, or email us!

This throwing program will run for
5 weeks on Mondays and Thursdays
it will last from 7:30- 8:30 p.m.
starting November 5, 2018.



(513) 831-8873