

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

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

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

This throwing program will run for
5 weeks on Mondays and Thursdays
(10 sessions) from 7:30- 8:30 p.m.
starting November 2, 2020.

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

Price: \$250

**Session #1: Five Week Program
(10 sessions)**

November 2 - December 3, 2020

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

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



(513) 831-8873