

# 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 1, 2021.

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 1 - December 6, 2021**

www.championsbaseball.net  
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5994 Linneman St.  
Cincinnati, Oh 45230

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

BASEBALL  
**Champions**  
ACADEMY  
SOFTBALL  
(513) 831-8873