

LONG TOSS/ARM STRENGTH PROGRAM

Make your arm an ASSET not a Liability!

What are the Benefits of our Long Toss/Arm Strength Program?

A systematic throwing routine can provide the arm with maximum health, strength, endurance, accuracy and a shorter recovery period. Benefits include increased arm strength and velocity, acceleration, muscle elongation, reduction in injuries, a developed sense of mechanical rhythm and balance. These benefits along with an established foundation, can be drawn upon throughout the season. Be aware that your throwing program does not just include throwing but also cardio, core training and flexibility work. You are not only conditioning your arm but the main components that accompany throwing.

**Average of
3.7 MPH gained
per player**

How often Should I Throw?

Twice a week Off-Season Long Toss Program: For players that are able to commit to the twice a week program we would require throwing days to be 2 or 3 days apart. Velocity readings will be taken at the beginning, the 12-session mark and at the end of the program (first week or two of March). If performing significant amounts throwing at off site school or travel workouts, please let the Pro Prospects staff know.

Once a week Off-Season Long Toss Program: For players that are able to commit to the once a week program we would like your throwing day, if possible, to be the same every week and not back to back with pitching lessons or off-site school or travel team workouts. Velocity readings will be taken at the beginning, at the half way point to the end of the program and at the end of the program (first week or two of March).

When do I Start and How Long Does it Take?

Our off-season long toss program runs between 10-12 weeks (14-16 for 1 time per week) in order to develop a foundation for your season. That foundation will deepen throughout the winter and sustain into your regular spring season. The staff at Pro Prospects will have the ability to adjust your throwing schedule & frequency as they see fit if unexpected issues arise (additional recovery needed, arm pain, off-season school or travel workouts, increased throwing during lesson time).

Your Long Toss Workout

The prep phase will take 12-15 minutes followed by the actual throwing which will take between 15-20 minutes. The maintenance & recuperation phase will take 20-30 minutes. Total time: Approximately 1 hour

Your Long Toss Schedule: Day(s): _____ Time: _____

Arm Strength/Long Toss

Name: _____ Address: _____

City: _____ State: _____ Zip: _____ Phone #: _____

Email: _____ Grade: _____ School: _____

Orientation Only \$99
(mandatory prior to starting program)

Orientation & 12 Session Pack (\$297.00)

Pay by: Cash CC Check # _____

CC#: _____ Exp. _____ Zip _____

