

Explosive Sports Performance

Is Proud to Present:

Baseball - Blueprint for Success

Program will be held Mondays and Thursdays, 11 am – 12 pm

Program dates are:

June 10, 13, 20, 24, 27

July 1, 8, 11, 15, 18, 22, 25, 29 and August 1

Program will provide an

Arm Strength / Core Strength / Speed / Explosion

workout designed to make each player faster, stronger, and more explosive

We will also discuss how to maximize your mental strength to become a more dominant player

- ✓ Gain the knowledge you need to get yourself noticed by college coaches
- ✓ Make yourself a more dominant athlete
- ✓ Learn from a training firm that has helped:
 - Over 60 athletes receive scholarships
 - Over 30 athletes make it to the professional rank

Program Bonuses (worth over \$200):

- ✓ Access to the **EXSP** facility any day of the week during the program – work out with our experts
- ✓ For just \$50 more sign up for the 9 week **EXSP Summer Special** Program from June 10th-August 10th
- ✓ For just \$70 more sign up for the 11 week **EXSP Summer Special** Program June 10th-August 24th
- ✓ FREE **EXSP** t-shirt

This Program is being offered to over 100 top-level baseball players

Only 15 athletes will be selected to participate

Selected athletes must be willing to put forth 100% effort during each session

Program price is \$215

NO REFUNDS

Do not miss out on this opportunity to join the training firm that will help you

Unleash Your Potential

To apply, go to www.exsp.biz, download the registration form and send it to

EXSP, 5330 Gibbel Road, Harrisburg PA 17112

Make Checks Payable to **EXSP** –