

Explosive Sports Performance

Is Proud to Present:

Cuff/Core/Power Program

For Baseball/Softball players



Program will be held Tuesday's and Thursday's starting:
June 16th- July 16th from 11-11:50am*

*If you cannot make the class time, then you choose two days and times that fit into your schedule.

Program will provide a **Strength / Speed / Explosion** workout designed to make each player faster and more explosive.

We will also discuss how to maximize your body:

- That will help with arm care and conditioning
- Develop a strong core for more power and explosion
- Leg strength for greater speed and quickness
 - 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

Price for this program is \$119
Sign up before June 5th and save \$20.

Unleash Your Potential

To register contact **EXSP** at 571-4776 or exsp@verizon.net

Make Checks Payable to ESP

Class size is limited to the first 16 people

No refunds