

# Maximum Pitching Program

**Days:** Wednesdays and Sundays  
**Dates:** 6 week sessions:  
Sunday Session: November 15th – December 20th  
Wednesday Session: November 18<sup>th</sup> – December 23rd  
**Duration:** 1 hour  
**Location:** HITS [www.hitstraining.com](http://www.hitstraining.com)  
12665 Corporate Drive  
Parma, OH 44130  
Sign up number: 216-287-4269  
**Class Fee:** \$165 per player (10 player max-Teams welcome)  
**Instructor:** Michael Kren, Pitching Coach  
Strongsville HS 2006 Division I State Champs

## This proven program include 4 phases:

1. Wake-Up/Warm-Up
2. Skills Specific Functional Strength
3. Arm Care
4. Making Your Throwing Regimen Exceptional

## The goal of this program:

- Velocity Creation
- The Development of Arm Speed
- Pitcher Athleticism
- Rhythm and Tempo
- Maximizing Arm Health, Durability, and Injury Prevention

## Sample Schedule:

5 min	Rugbys
5 min	Agilities
6 min	Verstegens
5 min	Limbos/Plyos
8 min	Medball Walls
8 min	Medball Throws
8min	Band Work
5 min	Shoulder Set
10 min	Dynamic Throwing Circuit

*Sign Up Today! Limited Space Available.*