

ARM STRONG Trainer - Winning the Battle of the Bands



Serious players know that working out with elastic bands does wonders for arm-strength and conditioning. My oldest son's college team brought in a trainer who showed him a band workout and now he's hooked. The folks from **Arm Strong** sent us their Throwing and Pitching Trainer to try out. It blows the ordinary competitors out of the water.

The Arm Strong can be used outdoor or indoors, which makes it a perfect addition to off-season workouts – especially in parts of the country where no one will be going outside for couple months. It comes with three bands and seven different resistance levels, which means you can get one for your youth player now, and he can continue using it as he grows and advances.

Six distinct exercises can be done, which will create better arm strength and arm health for your player. The Acceleration Mode exercise develops the muscles associated with generating arm speed and velocity. Deceleration Mode works the muscles that act as brakes in the arm after releasing the ball. The rotator cuff and everything else associated with throwing mechanics are improved when athletes simply spend a few minutes each day with the Arm Strong.

But what makes it truly unique and superior is the patented rotating ball. This feature not only adds comfort, but a true feel and better results. With the rotating ball the hand muscles move the way they really would in the game, and since those are connected all the way up to the shoulder, you know that the same muscles you'll be using in competition are being developed in your workout.

We all know that if you want to be the best, you've got to do that little extra. Arm Strong has already done what it takes to be top-of-the-line. Now the rest is up to you.