

VICTOR BASEBALL PERFORMANCE TRAINING

Benefits of Power Train's Performance Program:

INCREASE FIRST STEP QUICKNESS

DECREASE RISK OF SPORTS RELATED INJURIES

DEVELOP ROTATIONAL SWING POWER

ARM STRENGTHENING & STABILIZATION

IMPROVE LATERAL SPEED & AGILITY

BAND MOBILITY & STRETCHING EXERCISES



**FREE
TRIAL**

Contact Zack@powertrainsf.com to schedule & for more information

EAST ROCHESTER

435 W. Commercial Street | East Rochester, NY 14445 | p: 585.248.2777 | e: astrochester@powertrainsi.com

POWERTRAINS.COM