



## **Weight/Resistance Training, Speed/Power/Agility Physical Training/Conditioning**

### **Weight Training Instructors:**

Rick Stokes  
Blair Havens  
Kathy Reed

In sports, power is the ability to produce force rapidly. It is one of the most important fitness components in a strength/speed/power sport such as baseball. How hard you hit the ball, how fast you move on the field or how rapidly and precise you can apply force during the execution of a specific skill often dictates the quality of your performance.

### **Customized Instruction:**

Weight Training sessions are conducted at ProBall with our certified fitness and conditioning specialists. You will receive supervised workouts with supportive, positive and motivational instruction to help you achieve your conditioning/performance goals.

### **Weight Training Sessions will cover:**

- Balance
- Coordination
- Core body strength
- Baseball-specific weight-lifting
- Flexibility

### **Speed/Agility Training Sessions (conducted at Tustin Sports Park) will cover:**

- Agility (agility ladder, obstacle courses)
- Speed (speed chute)
- Explosiveness
- Burst of speed
- Quick lateral movement

### **Lesson Fees:**

- Individual, Small group (2 or more) and team lesson rates available. Contact Proball at (949) 722-7805 for pricing and package rates.