

# Diamond Strength

The Frozen Ropes **Diamond Strength** program can make a difference in your game

Combining a Baseball & Softball Strength and Conditioning workout with our **Showtime Training™ & Visual Mechanics™**, **Diamond Strength** is the first comprehensive workout for Baseball & Softball players of all ages

**Diamond Strength** classes include:



- ◇ Functional Stretching and full body flexibility
- ◇ Agility and Acceleration enhancement
- ◇ Running Speed Improvement
- ◇ Plyometrics
- ◇ Medicine Ball Training
- ◇ Overload and Underload Training
- ◇ Visual Mechanics for improved tracking and focus skills
- ◇ Showtime Training for focus, relaxation and concentration

Proper skills & technique combined with functional strength equals game success

**Diamond Strength at Frozen Ropes**

**Get Strong...Get Flexible...Get Ready to Play Ball!**

**Diamond Strength** can be presented in Classes, Clinics, Camps, Team Practices, and individual sessions

Please Call for Pricing, Dates & Times



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