



# 2024 ARM STRENGTHENING PROGRAM

## High School & College Prep

**90 MINUTES  
PER SESSION**

**STARTS August 12**

**3 TIMES PER WEEK**

**(MONDAY, WEDNESDAY, FRIDAY)**

A 12-week Throwing and work out program designed to enhance your arm strength.

**2029 GRADUATES & Up ONLY**

- **4 Week Package - \$395** (unlimited sessions) or \$45 per session or TPA Credit

**Click here to Enroll**

or use

Top Prospect Athletics App.

Questions (818) 681-4121

**JOIN  
NOW**



**INCREASE VELOCITY**

**INCREASE STRENGTH  
& POWER**

**TRAIN LIKE AN  
ELITE ATHLETE**