

PAIN • FREE THROWING WORKSHOP

HOW TO BREAK THROUGH INJURY & OPTIMIZE YOUR PERFORMANCE

WHAT WILL I LEARN?

- ✓ The #1 Tool to Help Power Pain-Free Throwing
- ✓ The 3 Steps to Pain-Free Throwing Every Day
- ✓ The Ideal Duration For Training Optimal Performance

WHO IS THIS FOR?

Serious baseball players (ages 13+) aspiring to be the best they can be, and are willing to work to achieve a high quality of life and performance.

Pitchers who seek velocity, precision, movement, and consistency without sacrificing health. Those who want to consistently throw with freedom and comfort instead of pain and soreness.

Position players who desire to display speed, power, and skill every moment of every game. Those who want to stand out from the competition and produce consistent results all season long.

WORKSHOP DESCRIPTION

Experience the EVO System first-hand at this FREE interactive workshop, where you can discover how to break the injury cycle, create a high level of fatigue resistance, and enhance your performance on the field through high-efficiency neurological training.

MONDAY, FEBRUARY 19, 2018

7:00PM - 9:00PM

REGISTER @ EVOTHROW.COM

EVO UltraFit

28156 W. NORTHPOINTE PKWY | LAKE BARRINGTON, IL
WWW.EVOTHROW.COM | (847) 393 - 0123