



Baseball Off-Season Training Program

Naperville Little League Training Pack

12-Sessions

\$199* (Reg. \$360)



NAPERVILLE
LITTLE LEAGUE

EST. 1952



The National Strength & Conditioning Association (NSCA) recommends the following training frequency:

Resistance training status	Recommended number of sessions per week
Novice or beginner	2-3
Intermediate	3 if using total body training 4 if using a split routine
Advanced	4-6*



*Purchase by 1/5/24; Expires February 29, 2024

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