



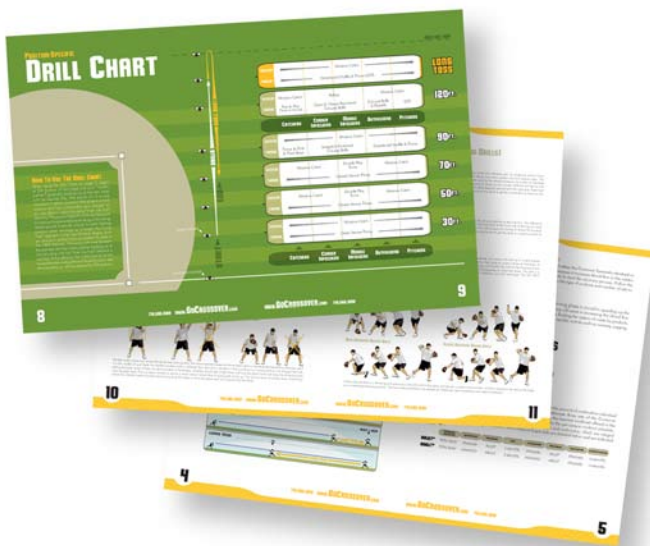
# DOWNLOAD A FREE COPY OF THE NEW CROSSOVER SUPER-SET BASEBALL LONG-TOSS PROGRAM

## Crossover Symmetry's Long Toss Program

The strength, health and longevity of the arm are three attributes that are vital to the success of a ball player. The Crossover Long Toss Program employs a workload based approach that relies on a balance between arm strength and arm health. Considering that each athlete is unique with regards to mechanics, build, recovery times, practice habits and playing environments, the Crossover Long Toss Program should be used as a baseline rather than a one size fits all approach.

Long Toss is simply playing catch at long distances with the goal of increasing arm strength and endurance. There are many good long toss programs available; however the actual act of throwing is just one piece of the puzzle. To optimize your long toss program, you need to also be incorporating a comprehensive rotator cuff and scapular strengthening program to not only promote arm strength but also arm health.

The Long Toss Program combines two variable throwing programs in conjunction with the Crossover Symmetry Rotator Cuff and Scapular Strengthening System. The Crossover Symmetry System strengthens the rotator cuff and scapular muscles in sport specific positions at speeds that have never been completed short of doing the sport itself. This system strengthens the fast twitch muscle fibers, which is a major ingredient in improving velocity and lowering the rate of injury in throwing athletes.



## OUR CLIENTS



### Major League Baseball

Baltimore Orioles, Toronto Blue Jays, Colorado Rockies, Chicago Cubs, Florida Marlins, New York Yankees, San Francisco Giants, Seattle Mariners, St. Louis Cardinals, Houston Astros, Kansas City Royals

### Major University Baseball

Team USA, Alabama State, Arizona State, Arkansas, Austin Peay, Baylor, BYU, Central Florida, Faulkner, Gardner-Webb, Marshall, Memphis, Michigan, Mississippi, Ohio, Oklahoma, Oral Roberts, Pacific, Portland, San Francisco, Seton Hall, Texas, Troy, UCONN, UMass, Vanderbilt, Vermont, Virginia Military Institute, Washington, Washington State

DOWNLOAD ONLINE AT

[www.GOCROSSOVER.com](http://www.GOCROSSOVER.com)

CROSSOVER SYMMETRY®