

SHOULDER UP™



CROSSOVER SYMMETRY

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Crossover Symmetry is a revolutionary rotator cuff and scapular strengthening system that incorporates the latest research pertaining to functional strengthening and upper body plyometrics. The Crossover System integrates this patent-pending technology into a highly effective and efficient workout routine that is proven to increase overhead velocity and endurance.

Current users of the Crossover Symmetry System include:

Major League Baseball Teams

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

Major Universities

Arizona State
Baylor
Arkansas
Mississippi
Portland
Texas
Washington
Vanderbilt
Washington State