



The Xtra Bases classes have been put into place to raise a players ceiling of potential. We do this by working on the “BASES.”

- Balance
- Agility
- Strength
- Explosiveness
- Speed

Improve your “BASES”
elevate your game

PERFORMANCE TRAINING



XTRA BASES CLASSES



1543 Abbott Drive Wheeling, IL 60090
Facility: (847) 229-1009

Home of iTrac Vision Training

CALL AND
ASK FOR SEAN
\$15 per class
\$100 for 10 classes

- Monday-** 5:00pm-6:00pm **Pitcher Velocity & Injury Prevention**
7:00pm-8:00pm **Softball Speed & Agility**
- Tuesday-** 6:00pm-7:00pm **Cut your 60**
- Wednesday-** 6:00pm-7:00pm **Bat Speed and Power Production**
7:00pm-8:00pm **Softball Speed & Agility**
- Thursday-** 5:00pm-6:00pm **Catchers Pop Time & Athleticism**
6:00pm-7:00pm **Cut your 60**
- Saturday-** 2:00pm-3:00pm **Softball Speed & Agility**
- Sunday-** 1:00pm-2:00pm **Infielder Quickness and Agility**
2:00pm-3:00pm **Cut your 60**

Pitcher Velocity & Injury Prevention- A workout that focuses on increase in velocity, leg strength, core strength, upper body strength, hip explosion, Flexibility, Dynamic Balance, and in prevention.

Catchers Pop Time & Athleticism (catcher specific performance training) - A workout that focuses on catchers leg strength, foot speed, pop time, lateral movement and flexibility.

Bat Speed & Power Production- A workout focused on hip explosion, upper body strength, leg strength, core stability, rotational forces, forearm strength, extensions and overall explosion.

Infielder Quickness & Agility- A workout focused on increasing quickness, first step, infielders range, core strength, agility, burst and hand quickness.

Cut your 60- A workout based on first step, burst, explosion, foot speed, core strength, flexibility with a plyometrics focus.

Softball Speed & Agility- A girls only workout focused on first step, running techniques, burst, foot speed, core strength, flexibility and injury prevention.