



NEXT LEVEL PITCHING BLUEPRINT

OUR MOST POPULAR TRAINING EVENT IS BACK!

Join Frozen Ropes Founder
and MLB Consultant, Tony Abbatine
in a workout that puts you in control
of your own pitching success!

75 MINUTE WORKOUT

- **ARM ACTION** and arm strength
- **DELIVERY** moments to feel and repeat
- **STRENGTH** bands and weighted balls as tools
- **CONTROL** your emotions and mindset

Each session: 12 players max, \$50.00/pp

November

Wed. Nov. 22, 4PM
Sun. Nov. 26, 4PM
Mon. Nov. 27, 5PM

December

Sat. Dec. 2, 11AM
Mon. Dec. 4, 6PM
Mon. Dec. 11, 7PM

January

Tues. Jan. 2, 7PM
Tues. Jan. 9, 6PM
Mon. Jan. 15, 4PM
Tues. Jan. 23 7PM

To Register: (845) 469-9507 or www.frozenropes.com/chester

Frozen Ropes National Training Center

24 Old Black Meadow Road | Chester, NY 10918

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