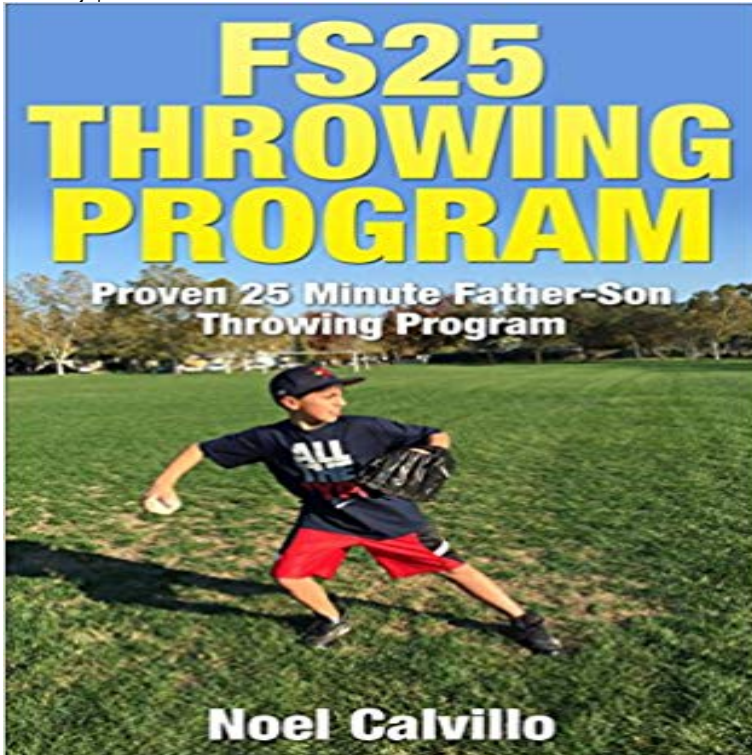


## FS25 Throwing Program: Proven 25 Minute Father-Son Throwing Program



It had gotten to the point that I was thinking of taking my son out of baseball. He was nine years old and had been playing for four years. It seemed like we practiced all the time. And he was just not getting any better. I couldn't understand how it was that the other kids his age were so much better than him. They were able to throw the ball harder, farther, and it looked so easy for them. His friends moved up a division and he got held back because he was not good enough to move up and play at their level. I was so frustrated that I stopped coaching his teams. I felt I could hear the other parents' whispers. Why does he force his son to keep on playing? His son is obviously not picking up the game. His coaches would put my son out in the outfield, hoping the ball would not be hit at him. I tried every drill I could find. I spent hours on Youtube trying to find a solution for my son's weak throwing ability. I put my son in every baseball camp I could find. I hired a professional baseball player to coach him.

I spent thousands of dollars trying to find a solution. And then something started to click. I shortened our practice sessions. I selected the drills that were working. Using my background as a fitness trainer, I put all the pieces together and developed a throwing program. A throwing program designed not only to increase arm strength but overall throwing ability. I perfected and used the program during the offseason.

We even gave the throwing program a name: the Father-Son 25 Minute (FS25) Throwing Program. The results? The results were amazing! In eight months, my son went from being one of the worst players on his team, to one of the best. He went from playing right field to becoming a starting pitcher. His coach began to place him in the critical infield positions. All of a sudden other parents started asking me for advice! They wanted to know what my son had done over the offseason to get such

a strong arm. My sons confidence soared! He was more comfortable on the field. He threw harder. His throws were accurate. He was faster and had more agility. His new athleticism even carried over to his hitting. He went from batting last in the line-up to batting third. I started a practice squad with children of the parents that sought out my help and used the FS25 Throwing Program in their training with amazing results! After seeing that the FS25 Throwing Program works across the board, I decided to package it and make it available to anyone who wants it.

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