

POWERNET®



Workout Guide Included

With the Command Set you will utilize the 4oz, 6oz, 9oz, and 11oz PowerNet *Weighted Baseballs*. The 9oz. and 11oz. baseballs are perfect for our PowerNet Long Toss Program. The 4oz. and 6oz. baseballs are great for command and overall arm accuracy. We recommend following our PowerArm Program using the *PowerBands* and *Plyo Balls*.

COMMAND PROGRAM

VIDEO
WORK
OUTS



TABLE OF CONTENTS

PREVENT INJURY.....	2
LONG TOSS	3
COMMAND TRAINING	4



Visit our YouTube channel to view these and other exercises for the PowerBands.

Perform the drills at your own pace. Be sure to follow along with this guide and check out our videos for more information.



CAUTION: PREVENT INJURY

THE COMMAND PROGRAM IS NOT RECOMMENDED WITHOUT A STRENGTH AND CONDITIONING REGIMENT TO COINCIDE WITH. PLEASE REFER TO OUR FULL POWERARM PROGRAM IF YOU DO NOT ALREADY HAVE A REGULAR STRENGTH AND CONDITIONING PROGRAM. THE DRILLS LISTED FOR THE COMMAND ROUTINE ARE ONLY RECOMMENDATIONS. YOU AS AN ATHLETE SHOULD KNOW HOW YOUR BODY FEELS. ONLY EXERT YOURSELF UPON YOUR PERSONAL COMFORTABILITY.

Arm Care

There is always risk of injury when you throw anything. Following this program, it is crucial to follow each step. Adding *Plyo Balls* and *PowerBands* to *this routine* will help you reduce your risk of injury. Be sure to check out all of our *PowerNet Throwing Programs* to see what fits your needs best.

LONG TOSS

EVERY MONDAY | WEDNESDAY | FRIDAY



BEGINNER- Strength level

75% EXERTION | MAX 45 FT.



INTERMEDIATE- Strength level

75% EXERTION | MAX 75 FT.



ADVANCED- Strength level

75% EXERTION | MAX 90 FT.

• **Start:** *Note: The starting weight you pick depends on your strength level. Once you are comfortable with that weight you can advanced to a heavier ball.*

1. At a comfortable distance from your partner throw the Weighted Baseball (Refer to image for your weight) with a nice loose arm action. As you throw, take steps back until you reach your max footage listed for your level (e.g. 45 ft. | 75 ft. | 90 ft.).

Note: Working back maintain a nice loose arm action creating an arc on each throw. Shuffle your feet.

2. When you pass your max footage point switch to a regular baseball. Continue to move backward until you reach your personal max throwing distance.

Note: You have reached your max throwing distance at this point. Work through the

• **PULL-DOWN PHASE:** Pull-Down Phase with a regular baseball.

1. Now work toward your partner. Each throw starts to create a line with less arc. **Do not get closer then 45 ft. for BEGINNER and 60 ft. for INTERMEDIATE | ADVANCED to your partner.**

Visit the Powernet YouTube channel to view all instructional videos!

VIDEO
WORK
OUTS



COMMAND TRAINING

EVERYDAY YOU THROW!

• **Start:**

Whether you play long toss or normal catch. When you move back into your partner and you get to the distance from the mound to home plate at which one plays at, you will bring the 4 oz and 6 oz balls into action.

1. Using the 4oz, 6oz balls and regular baseball, grab one at a time in random fashion to throw to your partner.
2. Besure to move and shuffle your feet on each throw. Your effort level should be at 85%.
- 3.Repeat a minimum of 5x's -10x's max. One full set equals a cycle of all 3 balls.



5-10 SETS

THROW @ 85%

Proprioception: *Is the awareness of self-movement and body position.*

- *Proprioception plays a big part of commanding a baseball or throwing it with accuracy.*
- *Throwing different weights gives the player immediate feedback and stimulates the brain improving the proprioception.*
- *Helps the player make adjustments by holding various weights in their hand as they play catch.*



Our Vision

Building confidence through sports is a far-reaching achievement that takes time and repetition.

Winners aren't built overnight. We believe the people who challenge themselves and others to create strong habits to excel in sports walk away with something even greater than the game: pride, confidence and self-respect. This places them in a position to experience sustained success in all areas. Our dedication to providing quality equipment at affordable prices has never wavered. Our commitment to getting our gear in the hands of the player continues to be our driving force. Our hope is to play a role in building winners not only in sports, but in life as well. We trust in the process of training and hard work on and off the field.

Thank you for choosing Powernet Inc.

***Out Work!
Out Play!***