

# POWERNET®



5.25oz  
STANDARD BASEBALL

## Workout Guide Included

In this 6-week Core Set Program you will utilize the PowerNet *Weighted Baseballs*. The Core Set Program will help build arm strength and create better arm action. The lighter *Weighted Baseballs* help build the players fast twitch muscles. We recommend following our full program using our *PowerBands* and *Plyo Balls*.

# CORE SET PROGRAM

VIDEO  
WORK  
OUTS



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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 CORE SET 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 CORE SET 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 *PowerArm Bands* 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.

# WEEK 1-2

WEIGHTED BALL RUN AND FIRE: MON | WED | FRI

1.



**4 THROWS**

**1 THROW @ 80 %**

**3 THROWS @ MAX EFFORT**

2.



**4 THROWS**

**1 THROW @ 80 %**

**3 THROWS @ MAX EFFORT**

3.



**4 THROWS**

**1 THROW 80 %**

**3 THROWS @ MAX EFFORT**

**RECOMMENDATION:** Don't chase your balls, use the 7x7 Training Net as a catcher.



Visit the PowerNet YouTube channel to view the exercises below with the PowerNet Pros

VIDEO  
WORK  
OUTS



# WEEK 3-4

WEIGHTED BASEBALL RUN AND FIRE: MON | WED | FRI

1.



4 THROWS

1 THROW @ 80 %

3 THROWS @ MAX EFFORT

2.



4 THROWS

1 THROW @ 80 %

3 THROWS @ MAX EFFORT

3.



4 THROWS

1 THROW @ 80 %

3 THROWS @ MAX EFFORT

4.



4 THROWS

@ 100 %

5.



4 THROWS

1 THROW 80 %

3 THROWS @ MAX EFFORT

Visit the Powernet YouTube channel to view the exercises below with the PowerNet Pros

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**YOU'VE MADE IT THIS FAR...**



**CONGRATULATIONS!**  
**YOU HAVE NOW COMPLETED**  
**WEEK 4**

4-Weeks of:



**WEEK 1 RUN AND FIRE**



**WEEK 2 RUN AND FIRE**



**WEEK 3 RUN AND FIRE**



**WEEK 4 RUN AND FIRE**

ONLY ONE BOX LEFT TO CHECK...



**PowerNet Challenge**

PUT THESE ON.  
GET FREE GEAR!



[www.TrainingNets.com/PowerNet-Challenge](http://www.TrainingNets.com/PowerNet-Challenge)

# WEEK 5-6

WEIGHTED BASEBALL RUN AND FIRE: MON | WED | FRI

1.



4 THROWS

1 THROW @ 80 %

3 THROWS @ MAX EFFORT

2.



4 THROWS

1 THROW @ 80 %

3 THROWS @ MAX EFFORT

3.



4 THROWS

1 THROW @ 80 %

3 THROWS @ MAX EFFORT

4.



4 THROWS

@ 100 %

5.



4 THROWS

1 THROW 80 %

3 THROWS @ MAX EFFORT

6.



4 THROWS

1 THROW 80 %

3 THROWS @ MAX EFFORT

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## 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!***