

POWERNET[®]



Workout Guide Included

The 8oz, 10oz, and 12oz Weighted Baseball set strictly focuses on our Long Toss phase of our Throwing Program. The Long Toss Program will help the player build arm strength and increase overall endurance. This heavier set of balls is a great way to get loose and help the player improve a more efficient arm action. We recommend following our PowerArm Program using the *PowerBands* and *Plyo Balls*.

LONG TOSS 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 LONG TOSS PROGRAM IS NOT RECOMMENDED WITHOUT STRENGTH AND CONDITIONING TRAINING. PLEASE REFER TO OUR FULL POWERARM PROGRAM IF YOU DO NOT ALREADY HAVE A REGULAR STRENGTH AND CONDITIONING PROGRAM. THE DRILLS LISTED FOR THE LONG TOSS 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

3 DAYS A WEEK



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 advance to a heavier ball.*

1. At a comfortable distance from your partner, *Note: Work back maintaining a nice loose arm action creating an arc on each throw. Shuffle your feet.* 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.).

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 than 45 ft. for BEGINNER and 60 ft. for INTERMEDIATE | ADVANCED** to your partner.

The Long Toss Program is great for off-season but is also great to be used in season as well!



ANDRELTON SIMMONS
SS | LOS ANGELES

POWERNET CHALLENGE

PUT THESE ON.
GET FREE GEAR!



FREE GEAR

Just for participating

www.TrainingNets.com   



Visit the PowerNet
YouTube channel to view
all instructional videos!

VIDEO
WORK
OUTS





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!***