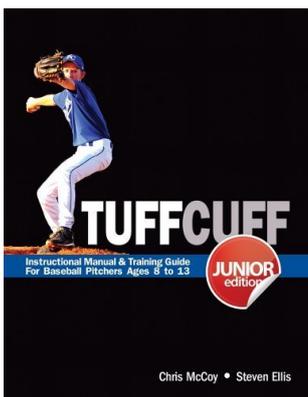


# [PDF] TUFFCUFF Jr: Instructional Manual & Training Guide For Baseball Pitchers Ages 8 To 13 (1st Edition) By Steven Ellis, Chris McCoy (2012) Spiral-bound

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## **Description:**

This is the program everyone's talking about. The #1 best selling functional baseball training program available. Now it's your turn. Get stronger, throw harder and deeper into games with TUFFCUFF Jr, the revolutionary baseball workout and throwing program for youth pitchers ages 8 to 13, and for parents who want an age appropriate and safe program to help their son develop better mechanics, throw harder with better control and remain healthy. TUFFCUFF Jr ups the ante for youth pitchers ages 8 to 13 with the most advanced functional baseball training available ... where undeniable work ethic is not included, but absolutely required! With TUFFCUFF Jr you'll train like the pros. This is a modified and safe training program of how big league pitchers are now conditioning during the off-season, pre-season and in-season to build a more explosive fastball. And with an emphasis on all aspects of your throwing mechanics, legs, abs/core, explosiveness, speed, agility, core strength, arm and shoulder care, throwing and flexibility - TUFFCUFF Jr will help you blast through your plateaus and boost velocity and control. Of course, results may vary. That part depends on you. But if you dedicate yourself to following the TUFFCUFF Jr plan you will be a better pitcher, stronger, more durable and more explosive off the mound ... guaranteed or your money back.

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