

Power²

Athletic Performance[®]

PowerBaseball

Power Baseball is an eight-week preseason training program for boys ages 13-18. This program is specially designed by our nationally Certified Strength and Conditioning Specialists[®] to improve the key athletic principles for the sport of baseball. Power Baseball training sessions include:

Speed Training

Improve your lateral start acceleration in a progressive and explosive training program designed to take your game to the next level. This program will help you get around the bases faster and chase down more balls in the field.

Power Training

Go Deep! Lower body power drive the bat through the hitting zone and create ball velocity out of your hand. Power² has designed an innovative power training program that can increase your bat speed and throwing velocity.

Strength Training

Strength is the foundation of all athletic ability. The Certified Strength and Conditioning Specialists[®] of Power² Athletic Performance have created a baseball strength training program second to none and will help you maximize your baseball playing potential.

Injury Reduction Training

Nobody wants to be sidelined with an injury. If an injury does occur, stronger, better conditioned athletes recover faster. Learn maintenance exercises for the shoulder and elbow to help keep you healthy this season and develop core stability and shoulder mobility to improve your on-field performance.

Other Training Options:

- Individual Training
- Team Power Baseball Training
- 20 week Total Performance Training
- Strength & Power Training

UWHealth

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