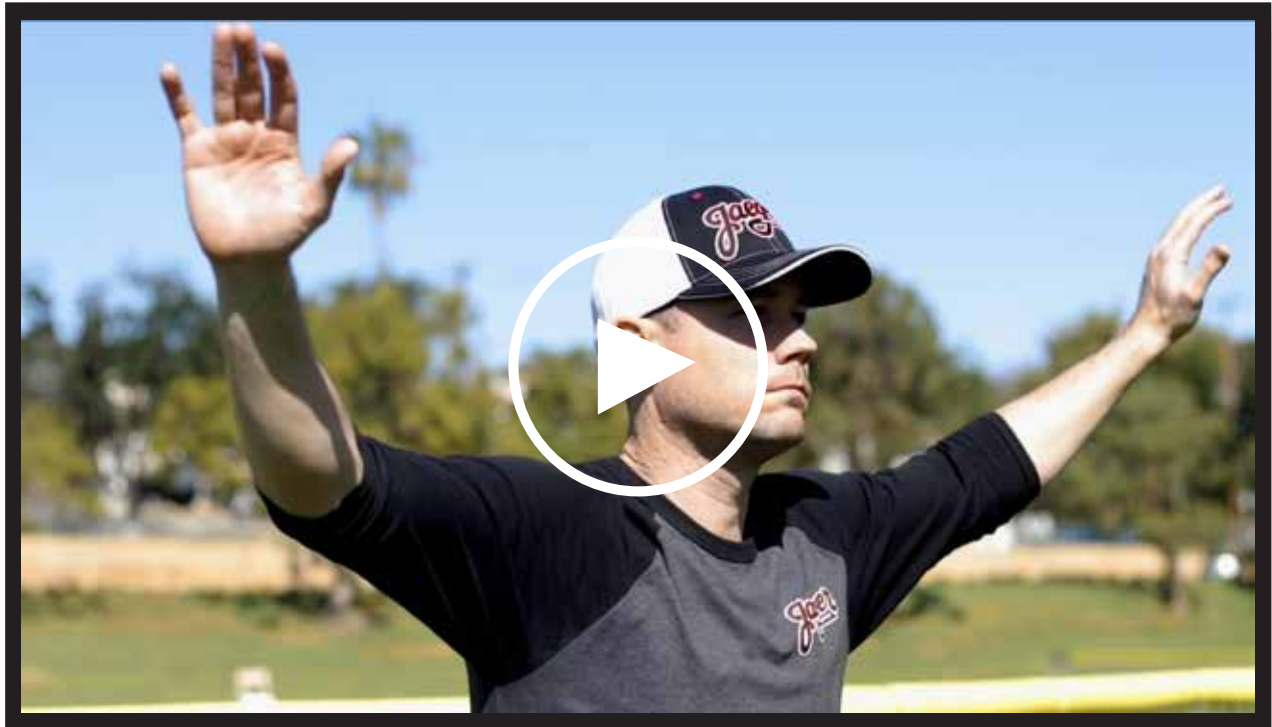


# Resources

JAEGER SPORTS

## WHAT IS ARM CONDITIONING?



### ARM CONDITIONING IS PHYSICALLY TRAINING YOUR ARM TO GET STRONGER

You have to do strength and conditioning with Your Arm if you expect results

To get your body stronger you do Strength and Conditioning workouts to improve strength. Velocity and Arm Strength is no different.

An Arm Conditioning Routine will promote Health, Velocity, Endurance, Consistency, etc.