

# Resources

## JAEGER SPORTS

### WHY DO J-BANDS™?



#### THE J-BANDS™ PREPARE THE ARM SPECIFICALLY FOR THE ACT OF THROWING

The J-Bands™ get blood flow, range of motion and heat to the arm which are all vital to preparation AND recovery when it comes to throwing

The J-Bands™ Exercise Routine targets the rotator cuffs and other small muscles that are vital in the process of throwing and overhand movements

The J-Bands™ Exercise Routine was SPECIFICALLY designed for throwing. It is not a traditional band routine or workout