

Resources

JAEGER SPORTS

LISTEN TO YOUR ARM



LISTEN TO YOUR ARM IS THE #1 PRINCIPLE OF OUR THROWING PROGRAM

Only YOU know on a given day how many throws you need, how far you want to throw, etc.

BE CURIOUS

Experiment with your Arm Care and Conditioning Routine to find what works best for YOU

NO PRE-PLANNING

Do not set distance constraints, time constraints, etc. on Your Arm or Throwing Routine