

Resources

JAEGER SPORTS

WHAT IS LONG TOSS?



LONG TOSS CAN NOT BE EXPLAINED WITH A COOKIE CUTTER DEFINITION

DETERMINE WHERE YOU ARE IN YOUR ARM CARE PROGRAM

Are you in shape to Pull Down? What puts you in a position to Succeed? Ask these types of questions.

DON'T LET ANYONE DICTATE YOUR TIME OR DISTANCE

Long Toss is based on individual needs. Only you know what your arm needs to be at it's best.

LISTEN TO YOUR ARM

Stretch Out. Pull Down. These are our Two Phases of Long Toss but you need to determine how much you need on a given day to be healthy and to get stronger.