

Baseball Recovery Camp

April 16 - May 21

THRIVE ANTI-FRAGILE

Maximize season long performance with Thrive Health and Performance Recovery Sessions- The same recovery programs utilized by Burnes, Woodruff, Hader, Tellez, Adames and many other professional baseball players.

Brought to you in collaboration with LCSA, sessions are guided by Josh Seligman, 12 year Head Strength Coach for the Brewers, with over 20yrs experience working with Professional Baseball Players

6 WEEKS OF COMPREHENSIVE RECOVERY SESSIONS TO HELP YOU RECOVER BETTER AND COMPETE AT HIGHER LEVELS....



We are offering \$60 off for first 6 week program. Limited slots available.

~~\$360~~

\$300

ANTI-FRAGILE.....

SYSTEMS THAT BENEFIT FROM SHOCKS OR STRESSES, RATHER THAN BEING HARMED BY THEM. FRAGILE SYSTEMS BREAK DOWN OR DETERIORATE UNDER STRESS. ANTI-FRAGILE SYSTEMS BECOME STRONGER AND MORE RESILIENT AS A RESULT OF STRESS. OPTIMIZE YOUR BODIES RECOVERY PROCESSES TO MAKE SURE YOU COME BACK STRONGER AFTER COMPETITION.

What's Included

- Active recovery session designed to enhance repair mechanisms
 - Force Plate Fatigue Analysis
 - Active Mobility Program
- Rotator cuff and Scapulothoracic work
 - Passive ROM Work with Trainer
 - Blood Flow Restriction

TO REGISTER FOR THE SESSIONS,

CONTACT JOSH SELIGMAN 561-685-9371
OR EMAIL
JOSH@THRIVEHEALTHANDPERFORMANCE.COM

*All sessions take place at LCSA