

## PRIME5 Training:

- Prep= Readiness
- Rev= Warm-up
- Ignite= Plyometrics
- Muscle- Strength
- Evolve- Conditioning



# Primal 1 Baseball

## Strength and Performance Training

Do you want to take your athletic performance to the next level? Join the Primal 1 Strength and Performance Training classes. Train with former professional baseball player and trainer Kenny Wells. Strength and Performance classes will be offered 4 times per day up to 6 times per week. The areas of developmental focus are:

- Mobility
- Coordination
- Explosiveness
- Strength
- Injury Prevention

All programs will use follow the PRIME5 Training System. This is a customizable training system that ensures the program address their training needs and meets the athlete where they are. If you want to amplify your results on the field sign up today! Contact [debj@trainatprime.com](mailto:debj@trainatprime.com)