

# STRIK**X**CE THREE PITCHING PROGRAM

**Winter #1** 8 Weeks | **November 2 – December 21**

**Winter #2** 10 Weeks | **January 4 – March 7**

**Weekly Workout with Mark Nussbeck, Premium Pitching KC  
Individualized Throwing Programs in a Small Group Environment**

## Essential Program for Younger Players

Learn Proper Warm-up & Recovery | Develop MLB Mechanics  
Mound Work | Pitch Selection  
Utilizing J-Bands & Weighted Balls  
Video Analysis and *new* Spin Rate Technology  
Proven Results | **Throw Harder** | **Stay Healthier**

**1 Workout up per week  
Saturday 10:00-11:00am**

Recommended for Players 9 and Up

Winter #1 8 weeks \$295 | Winter #2 10 weeks \$345

Best Value | Both Sessions 18 weeks \$595 | Save \$45



PPKC Strike Three Weekly Workouts Also Available

Winter #1 8 Weeks | **November 2 – December 21**

Winter #2 10 Weeks | **January 4 – March 7**

**2x Workouts per Week  
Tuesday | Saturday**

Recommended for Players 13 and Up

Winter #1 \$495 | Winter #2 \$595

Best Value | Both Sessions \$995 | Save \$95



**TeamworkSportsKC.com/StrikeThree**  
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**TSK**