

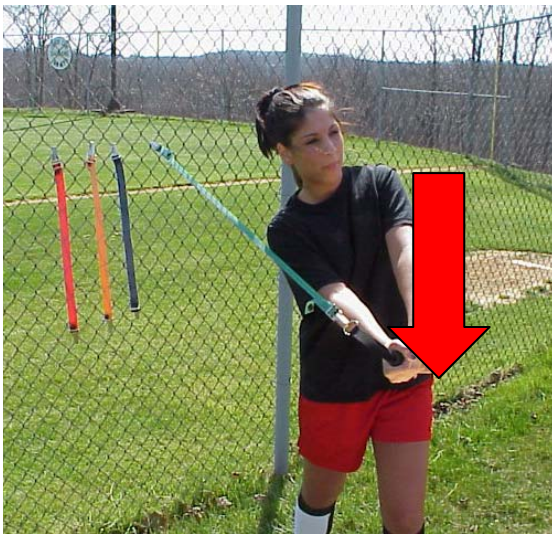
Dura-Band Softball Resistance Drills and Strengthening Program



Outside, any Dura-Band can be clipped directly to a wire fence without the need of an attachment strap.



Inside, from a door, ideal strengthening can take place. The athlete places an exercise handle behind the length of the door, closes the door, and then slides it to their throwing height.



Hold the exercise handle, simulate bat swing. Resistance **increases** along swing path so maximum resistance is at impact (arrow) which **improves neural timing** and **strengthens muscles**.

Bat weights do not provide this sequence of resistance; maximum resistance is at beginning of the swing, then resistance decreases as momentum carries through the swing.



Our specially designed non-rotating softball provides not only shoulder and rotator cuff strengthening, but ensures athlete is strengthening wrist and forearm muscles which prevent elbow injuries. Preventing elbow injuries is an additional benefit to those systems on the market that have balls that do spin and rotate.

Dura-Band Softball

Resistance Drills and Strengthening Program

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Dura-Band Softball

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Dura-Band Softball Resistance Drills and Strengthening Program

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**Dura-Band Softball
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