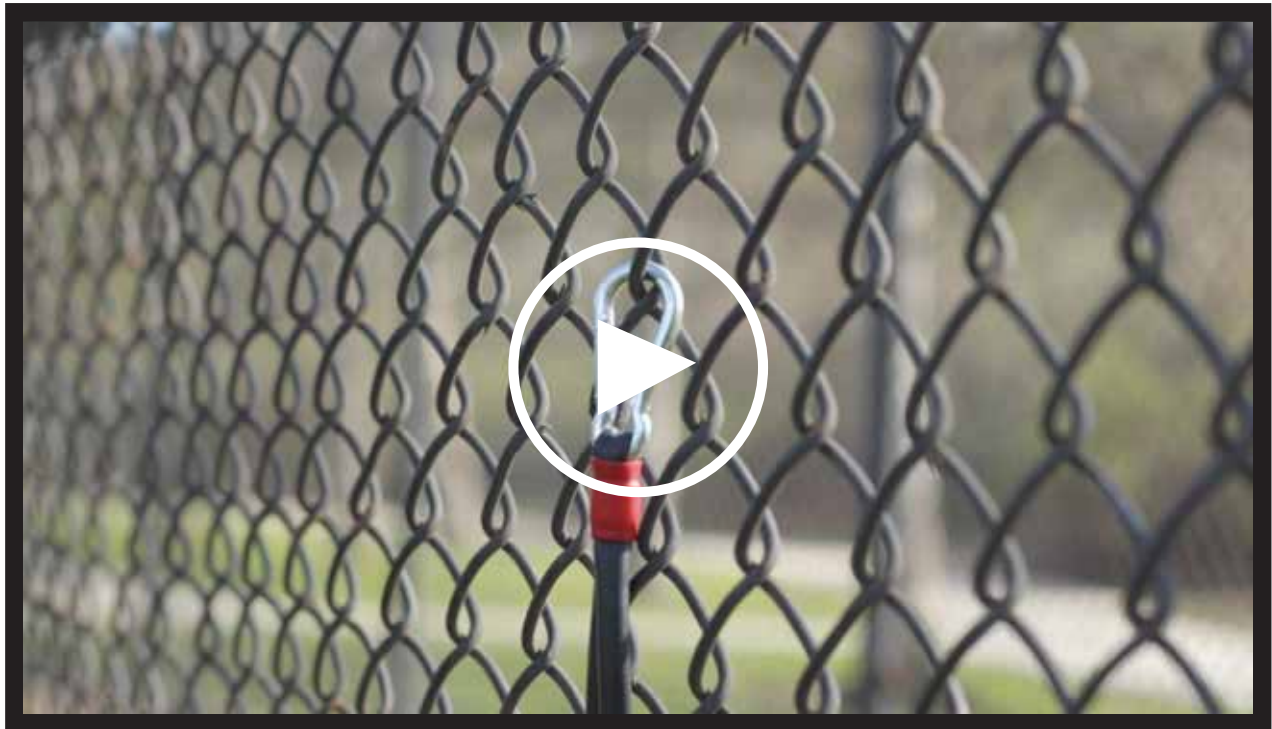


Resources

JAEGER SPORTS

HOW OFTEN SHOULD YOU DO J-BANDS™?



THE FREQUENCY OF YOUR J-BANDS™ EXERCISE ROUTINE CAN BE THE KEY TO YOUR ARM HEALTH

DETERMINE WHETHER YOU ARE IN IN-SEASON MODE OR OFF-SEASON MODE

This helps us determine how often you should be doing your J-Bands™

OFF-SEASON J-BANDS™

We recommend doing J-Bands™ 3-4 times per week during the Off-Season

IN-SEASON J-BANDS™

NEVER Pick up a ball to throw unless you have done Arm Circles and J-Bands™ first. Therefore, ALWAYS do J-Bands™ any time you are going to throw!