

## THE NATIONAL PITCHING ASSOCIATION ADVISORY BOARD

Tom House, PhD Drew Brees Mark Prior Nolan Ryan Randy Johnson Robb Nen Orel Hershiser Bobby Valentine	John Young Robert Yang Glenn Fleisig Todd Durkin Greg Rose, PhD	Dr. James Andrews Dr. Rick Heitsch Dr. Heinz Hoenecke Dr. Thomas Vangsness Dr. Todd Lanman Dr. John Conway
--	---	---

### W

*Tom's emphasis on functional fitness addresses mechanics and training strategy. No wasted movement and no wasted time, transferring benefits gained in the training room to the pitching mound. You're getting state-of-the-art and science conditioning ideas for a successful, long pitching career. You'll find effective and efficient pitcher-specific exercises, drills, workouts, and programs, and you'll get insights—such as when a sore arm is an injured arm—that will help get you healthy, if necessary, and will keep you healthy.*

Randy Johnson, MLB pitcher