



New Year, New Training

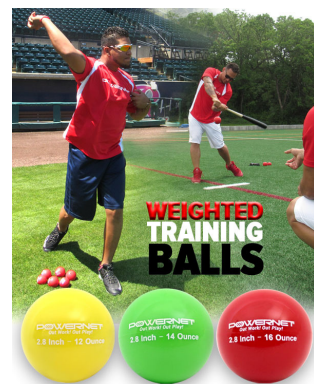
Training Methods Evolving

Baseball training continues to evolve, as MLB.com's Lindsay Berra discusses the impact of weighted balls with Jeff Passan and Jeff Nelson

Watch this [video](#) to find out how MLB is warming up to weighted balls.

Increasing batting speed and power for a hitter through a sport specific drill such as our Weighted Training Balls has been shown to be more effective than weight training alone.

This same science can be applied to increasing pitching velocity. Progressively increasing load level the pitching muscles are exposed to improves arm and tissue fitness. Throwing an overweight baseball requires greater intent, thus greater muscle activation.



AND, weighted implement training was actually developed by the Eastern European Olympic community back in the early 60's. This is also a great weight to train your track and field throwing athletes. Take a look [here](#) at this gold medal javelin thrower using weighted baseballs.

You can purchase these balls and other products like them [here](#) on our website!

[Amid Privacy Concerns, Wearable Tech Grows in Health Sector](#)

Apple watches, Fitbits, and other wearable technology--such as the smart onesie for babies at risk for sleep apnea being developed at Drexel University--present a tantalizing prospect in health care.

[Health Club to Take Over Former Department Store Site](#)

At the Macy's building in Ardmore's Suburban Square, the push-ups won't be in the lingerie section anymore.

Shuttered by the troubled department-store chain early last year, the late 1920s building is being retrofitted into what will be one of the first Pennsylvania locations for the expanding upscale health-club operator Life Time Fitness Inc.

[Opinion: Temple Football Stadium a Silly Proposition](#)

In recent months, my law school alma mater, Temple, won the American Conference football championship, capping a great year. The school immediately lost coach Matt Rhule, who skedaddled to Baylor to resurrect that scandalized program. The Owls got a new coach who will stay just long enough to ensure a bigger payout at some other school.

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