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# Fastball Fitness: The Art and Science of Training to Throw with Real Velocity

*Tom House*

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**Fastball Fitness: The Art and Science of Training to Throw with Real Velocity** Tom House
Fastball Fitness presents an in-depth but easy-to-apply look at velocity and how it can be safely developed. Details how to condition the total body to maximize a pitcher's genetic potential. Topics covered include rotational and directional momentum, timing, and fastball velocity, the biomechanical derivation of real velocity, how the legs, hips & shoulders, and spine & torso contribute to the mechanics of real velocity, prehabilitation training regimens, as well as conditioning protocols for real velocity from the National Pitching Association, the Titleist Performance Institute, Elite Baseball Academy, Beacon Orthopedics/Champion Sports, Victorian Institute of Sports Conditioning, and much, much more. Large format with over 180 clear photographs and illustrations.

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