

## Oswego State Baseball Endorses A.P.E. Strength Training



Scott Landers, Oswego State Head Baseball Coach

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Ben is a young, energetic Strength and Conditioning Coach who takes pride in his work. In my two years at Oswego State, we have used the A.P.E. Strength Training Program that has benefited our athletes immensely. Ben's sport specific program has shown to make our players much stronger physically and noticeably faster while maintaining the flexibility to perform at the highest level. The A.P.E. program is outstanding for any level athlete who is committed to being the best. I would recommend any baseball player who wants to play at the next level to use Ben and his abilities.