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### **In-season vs off-season use**

Just like any other form of strength training, we highly recommend you continue training on the FlexPro Grip device year round. The reason: any gains you make in strength and endurance from training on the device increase the properties of the muscle-tendon units in your forearm to better protect you against tearing your UCL. These gains can be lost quickly if you stop training, making your UCL vulnerable. Specifically, research has found that over 30% of training increases in muscle-tendon toughness will be lost in as little as 1 month, over a half of the increases will be lost in 2 months, and a staggering 80% will be lost in 3 months. Once you make the commitment to begin training on FlexPro Grip to protect your UCL, we suggest you make this a part of your regular routine throughout your career.

During the off-season, we suggest you focus more on increasing your strength, endurance, and rate of force development so you can perform better and be more protected from injury in season.

While in-season, your primary focus should be on maintaining the gains you've made in the off-season.

As for your in-season training, all FlexPro Grip protocols last less than 12 minutes, and none should fatigue you to a point where it will affect your ability to pitch. That said, other than our Readiness protocol, we recommend you avoid performing any other FlexPro Grip training on the same day before you do any high intensity throwing.

If you are uncomfortable training with FlexPro Grip on your throwing hand in season, we recommend training on your throwing hand during the offseason and training on your offhand during the season. While your throwing hand will not get as much of a training effect if you only train on your non-throwing hand, through a phenomenon called cross education, by training your offhand, you will experience no fatigue whatsoever on your throwing side and still be able to make strength gains on your throwing side. In our study of 30 MiLB pitchers, we found that pitchers who trained on 1 arm increased their strength by an average of 15% on the arm they did not train. If you are curious about this, check out [Get a Grip #20](#).

While we recommend training on FlexPro Grip year around, it is your career, and we want to be a positive impact in whatever way you see fit. If you have any questions or want some help implementing FlexPro Grip into your routine, feel free to reach out to us and we'll help you customize a program that works for you.