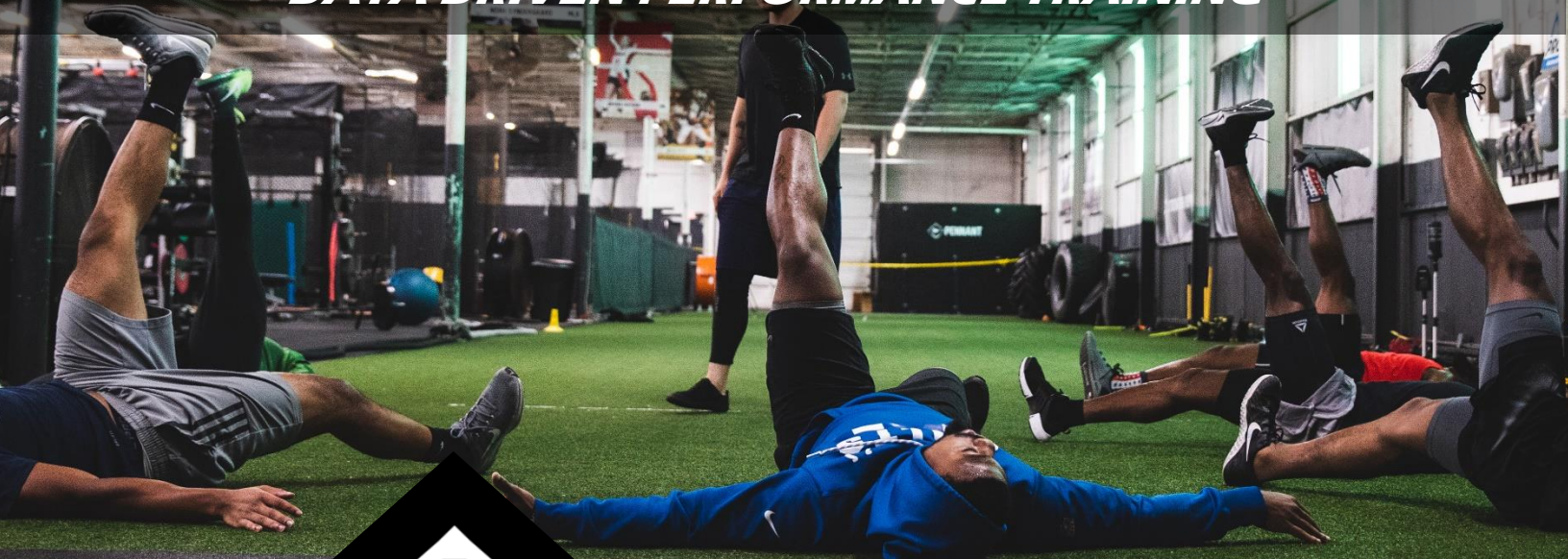


MLB OFF-SEASON

DATA DRIVEN PERFORMANCE TRAINING



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DATA DRIVEN

- Velocity
- Spin Rate
- Video Analysis
- Swing Angle Data
- Bat Speed
- Laser Time Speed
- Laser Time Reaction
- Rotational Force
- Ground Force Production

ATLET MLB ATHLETES

NOAH SYNDERGAARD, NEW YORK METS
BROCK HOLT, BOSTON RED SOX
RUSSELL SMITH, MILWAUKEE BREWERS
JACKSON LEATH, TEXAS RANGERS
CARLOS TAVERA, BALTIMORE ORIOLES
EMERSON MARTINEZ, TEXAS RANGERS
MIKEY REYNOLDS, ARIZONA DIAMONDBACKS
DURBIN FELTMAN, BOSTON RED SOX
JOHNNY RAY, CHICAGO WHITE SOX
CASEY COMBS, MIAMI MARLINS
BRADY COX, KANSAS CITY ROYALS
KEEGAN COLLET, SAN DIEGO PADRES
ZACH HUMPHREYS, LOS ANGELES ANGELS
ALEX PALMER, HOUSTON ASTROS
JACKSON GLENN, PITTSBURGH PIRATES
JASON FREEMAN, KANSAS CITY ROYALS
JASON JESTER, SAN DIEGO PADRES
JORDAN WALDEN, ST. LOUIS CARDINALS
DAVID CARPENTER, ATLANTA BRAVES
CHAD BETTIS, COLORADO ROCKIES
JARED ROGERS, FLORIDA MARLINS
MCKINLEY MOORE, CHICAGO WHITE SOX
JOSH MITCHELL, MINNESOTA TWINS
LUKE BANDY, BOSTON RED SOX
JACE VINES, KANSAS CITY ROYALS

COLTON CAIN, PITTSBURGH PIRATES
BRANDON BANTZ, MIAMI MARLINS
MARK COHOON, NEW YORK METS
JASON MITCHELL, KANSAS CITY ROYALS
MARK PICCA, SAN DIEGO PADRES
MITCH ABEITA, NEW YORK YANKEES
TONY RIZZOTTI, CHICAGO WHITE SOX
MIKE SMITH, LA ANGELS
JOEL HUTTER, BALTIMORE ORIOLES
SCOTT SCHEBLER, CINCINNATI REDS
DREW HARRISON, DETROIT TIGERS
BOOMER COLLINS, TORONTO BLUE JAYS
MICHAEL CHOICE, CLEVELAND INDIANS
CHUCK TAYLOR, ARIZONA DIAMONDBACKS
DANIEL SALTERS, CLEVELAND INDIANS
ADAM ATKINS, NEW YORK METS
ANDREW VINSON, LOS ANGELES ANGELS
MICHAEL MERTZ, MIAMI MARLINS
STEPHEN GREENLEES, KANSAS CITY ROYALS
JESUS SANCHEZ, MIAMI MARLINS
STEPHEN YANCEY, TAMPA BAY RAYS
KIKI MENENDEZ, LOS ANGELES ANGELS
MICHAEL MARIOT, KANSAS CITY ROYALS
HOBIE HARRIS, TORONTO BLUE JAYS
ASHTON EASLEY, MIAMI MARLINS
COLTON CAIN, PITTSBURGH PIRATES

LEADERBOARD



▪ **PEAK VELOCITY (MOUND) –**

- Noah Syndergaard, Mets: 98mph
- Jalen Evans, Railroaders: 97.8mph
- Jordan Hicks, Cardinals: 97.2mph
- Jason Jester, Padres: 97mph
- Johnny Ray, TCU: 97mph
- Stephen Yancey, Rays: 96.8mph
- Chad Bettis, Rockies: 96mph
- Hobie Harris, Blue Jays: 96mph
- Emerson Martinez: 95.6mph
- Brock Figueroa, ULM: 95.2mph
- Jackson Leath, Rangers: 95mph

▪ **PEAK VELOCITY (RUN) –**

- 4oz - Brock Figueroa, ULM: 109mph
- 5oz - Brock Figueroa, ULM: 105mph
- 6oz – Brock Figueroa, ULM: 103mph

▪ **FASTBALL SPIN RATE –**

- Stephen Yancey, Rays: 2687rpm
- Johnny Ray, TCU; 2574rpm
- Brock Figueroa, ULM: 2531rpm
- Durbin Feltman, Red Sox: 2406rpm

▪ **EXIT VELOCITY (TEE) –**

- Kiki Menendez, Angels: 101.3mph
- Scott Schebler, Reds: 99mph
- Chuck Taylor, Nationals: 97mph

▪ **KEISER ROTATION (45LB) –**

- Tony Rizzotti, White Sox: 2525
- Jason Freeman, Royals: 2480

▪ **60YD LASER TIME –**

- Scott Schebler, Reds: 6.35sec
- Kiki Menendez, Angels: 6.46sec

TRAINING **INCLUDES**



**PERFORMANCE
TRAINING**



**SPEED
TRAINING**



**VIDEO MOTION
ANALYSIS**



**PT/RECOVERY
LOUNGE**

**NSF CERTIFIED
SUPPLEMENTS**





TRAINING SCHEDULE

PERFORMANCE TRAINING PHASE 1 SCHEDULE: OCT. 1ST – DEC. 1ST

- **MONDAY - FRIDAY:** Performance Training 2:00PM – 3:30PM
 - Myofascial Release / Activation
 - Pillar Prep / Dynamic Warm Up
 - NKT / Scapular Correctives / Arm Care
 - Single Leg Functional Stability
 - Energy Systems Development
 - Power / Plyometrics
 - Linear Speed / Lateral Agility
 - Movement Integration
 - Strength & Accessory Work
 - Recovery & Therapy
- **HITTING DAYS:** Monday / Wednesday After Workouts
- **RETURN TO THROWING PROGRESSION:** Monday / Wednesday / Friday After Workouts

PERFORMANCE TRAINING PHASE 2 SCHEDULE: DEC. 1ST – REPORT

- **MONDAY – FRIDAY:** Performance Training 2:00PM – 3:00PM ; SKILLS WORK 12:30PM - 2:00PM
 - Myofascial Release / Activation
 - Pillar Prep / Dynamic Warm Up
 - NKT / Scapular Correctives / Arm Care
 - Single Leg Functional Stability
 - Energy Systems Development
 - Power / Plyometrics
 - Linear Speed / Lateral Agility
 - Movement Integration
 - Strength & Accessory Work
 - Recovery & Therapy
- **LIVE AB'S WEEKLY, BP FIELD DAYS / LONG TOSS WEEKLY**
- **PITCHER'S VELOCITY PROGRESSION INTO LIVE AB'S DECEMBER - JANUARY**



PRICING

ON-SITE TRAINING **\$575 / MONTH**

(\$75/MO MARKETING DISCOUNT FOR SOCIAL MEDIA POSTS)

- Performance Training – 5 Days / Week
- Functional Range Conditioning
- Baseball Training:
 - Swing Motion Capture & Data Analysis, Mechanics, & Video Analysis
 - Bat Speed Training, Hack Attack Training, Live At-Bats
 - Outside Field Workdays
- Pitching Velocity Training, Spin Rate, Mechanics, & Video Analysis
- Recovery Lounge Access
- Free Atlet Trained Gear
- Free Plyocare Balls, Foam Roller, Recovery Ball, Mini Bands
- Free SR Custom Wood Bat Fitting
- Free NSF Certified Proven 4 Sport / BioSteel Supplements
- Full 24/7 Facility Access for Individual Training Needs

REMOTE TRAINING **\$200 / MONTH**

(\$50/MO MARKETING DISCOUNT FOR SOCIAL MEDIA POSTS)

- Online Performance Training – 5 Days / Week
- Online Baseball Training Progressions
- Weekly Meetings / Video Analysis Updates
- Pitching Velocity Training, Spin Rate, Mechanics, & Video Analysis
- Free Atlet Off-Season Kit –
 - Free Atlet Trained Gear
 - Free Plyocare Balls, Foam Roller, Recovery Ball, Mini Bands
 - Free SR Custom Wood Bat Fitting

ADDITIONAL CUSTOM PRICING PACKAGES AVAILABLE.
AGENCY GROUP DISCOUNT (3+ ATHLETES) ADDITIONAL 5% OFF PER ATHLETE

TRAINING PARTNERS



PMST THERAPY

**KEISER
STRENGTH**



**DIAMOND
KINETICS**



**RAPSODO/
STALKER**



**PROVEN 4
SPORT**





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