

The ReActive Arm Program

&

The Intelligent BatSpeed Program

The NEW Biomechanical Lab at Big Easy Sportsplex

Train Any Day/Every Day Player-Customized Self-Paced Professionally Monitored
 Facility & At-Home Use Position Specific Begin Any Time Appropriate for Any Age
 Off Season In-Season Pre-Season Video Analysis Wearable Sensor Sequencing
 Biomechanical Layering Weekly Check-Ins Mentoring & Peer Climate Unlimited Access

(3) Player's Plans: (4) Private Sessions, Unlimited Access, & Check-Ins

The ReActive Arm Program is the 1st & Only Fully Customizable Arm Strength & Arm Development Program that REACTS to a player's Current Needs and incorporates his Future Forecasts. Includes *Position Player's Functional Arm Actions, Dual Players (Position Players that also Pitch) Customization, & Arm Health/Recovery Program.*

<i>High Speed Video BioMechanical Analysis</i>	<i>Customized Warm Up Activation Routine</i>	<i>Recovery Day Day After Program</i>
<i>Wearable Sensors Kinematic Sequencing</i>	<i>Shoulder-Hip Separation Drills Series</i>	<i>OffSpeed Curve/Change Development</i>
<i>Pitch Creation Spin Rate Routine</i>	<i>Shoulder & Elbow Regimens</i>	<i>Anti-Inflammation Series Prior To & Post Throw</i>
<i>Biomechanical Stability Balance Regimen</i>	<i>Functional Bands Series For Thrower's</i>	<i>Med Ball Drills Series For Thrower's</i>
<i>Plyocare Arm Health Series</i>	<i>Core Velocity Belt Thrower's Drills Series</i>	<i>Long Toss, Flatground, & Bullpen Routines</i>

The Intelligent BatSpeed Program is also Fully Customizable and REACTS to your Specific Hitting Needs. Accounts for the **Multiple Dimensions** required by any successful hitter. We INTELLIGENTLY build *BatSpeed & Power* while also increasing your *Competitive AtBats*, decreasing *Swings & Misses*, and becoming a more *Complete Hitter*.

<i>High Speed Video BioMechanical Analysis</i>	<i>AXE BAT Dynamic BatSpeed Program</i>	<i>Posture Awareness Drills Series</i>
<i>Wearable Sensors Kinematic Sequencing</i>	<i>Launch Angle Series Shoulder-Hip Separation</i>	<i>OffSpeed Curve/Change & Pitch Recognition</i>
<i>Pitch Timing & Directional Hitting</i>	<i>Deep Barrel Path Drill Series</i>	<i>Customized Warm Up Activation Routine</i>
<i>Biomechanical Stability Weight Shift & Balance</i>	<i>Functional Bands Series For Hitters</i>	<i>Med Ball Drills Series For Hitters</i>
<i>Hack Attack Machine Hitter's Regimen</i>	<i>Core Velocity Belt Hitter's Drills Series</i>	<i>Live BP, Front Toss, and Tee Series Routines</i>

The ReActive Arm Program

&

The Intelligent BatSpeed Program

The NEW Biomechanical Lab at Big Easy Sportsplex

Plan A: The ReActive Arm Program Only

(4) FOUNDATION Sessions to establish a **Player's Throwing/Pitching Baseline** and create **Player's Foundation Throwing Programs**.

- **COME ANY DAY & EVERY DAY with WEEKLY CHECK-INS**
- Players are issued a *Certification Card* that allows them to come **ANY DAY** and **AS MANY TIMES** to train in the NEW Biomechanical Lab at Big Easy Sportsplex with **Check-Ins & Drills Updating**.
- **UNLIMITED Continued ACCESS. FREE** for Big Easy Members, Day Pass for Non-Members.

Session 1 – Stage I. *Video Analysis Day* to determine Player's Specific **Biomechanical Deficiencies**.

Session 2 – Stage II. *Customized Throwing/Pitching Drills Series* specifically created to fit the Player.

Session 3 – Stage III. *Wearable Sensor Kinematic Sequencing Day*.

Session 4 – Stage IV. *Global Drills Series* with *Recovery Day & Customized Arm Layering Regimens*.

COST: \$200 for Big Easy Members, \$375 for Non-Members

Plan B: The Intelligent BatSpeed Program Only

(4) FOUNDATION Sessions to establish the **Player's Hitting Baseline** and create the **Player's Foundation Hitting Programs & Regimens**.

- **COME ANY DAY & EVERY DAY with WEEKLY CHECK-INS**
- Players are issued a *Certification Card* that allows them to come **ANY DAY** and **AS MANY TIMES** to train in the NEW Biomechanical Lab at Big Easy Sportsplex with **Check-Ins & Drills Updating**.
- **UNLIMITED Continued ACCESS. FREE** for Big Easy Members, Day Pass for Non-Members.

Session 1 – Stage I. *Video Analysis Day* to determine Player's Specific **Biomechanical Deficiencies**.

Session 2 – Stage II. *Customized Hitting Drills Series* specifically created to fit the Player.

Session 3 – Stage III. *Wearable Sensor Kinematic Sequencing Day*.

Session 4 – Stage IV. *Global Drills Series Review* with *Enhanced Hitter's Drills Series*.

COST: \$200 for Big Easy Members, \$375 for Non-Members

Plan C: The COMBO Plan - ReActive Arm & Intelligent BatSpeed

(6) FOUNDATION Sessions to establish a **Player's Throwing/Pitching Baseline, Hitting Baseline**, and create **Player's Foundation Hitting & Throwing/Pitching Programs**.

- **COME ANY DAY & EVERY DAY with WEEKLY CHECK-INS**
- Players are issued a *Certification Card* that allows them to come **ANY DAY** and **AS MANY TIMES** to train in the NEW Biomechanical Lab at Big Easy Sportsplex with **Check-Ins & Drills Updating**.
- **UNLIMITED Continued ACCESS. FREE** for Big Easy Members, Day Pass for Non-Members.

Session 1 – Stage I. *Video Analysis Day* to determine Player's specific **Throwing Biomechanical Deficiencies**

Session 2 – Stage II. *Customized Drills Series* within **ReActive Arm Program**.

Session 3 – Stage III. *Wearable Sensor Kinematic Sequencing Day* for Throwing/Pitching.

Session 4 – Stage IV. *Video Analysis Day* to determine Player's specific **Hitting Biomechanical Deficiencies**

Session 5 – Stage V. *Customized Drills Series* within **Intelligent Hitter Program**.

Session 6 – Stage VI. *Wearable Sensor Kinematic Sequencing Day* for Hitting.

COST: \$300 for Big Easy Members, \$450 for Non-Members