

SEE YOUR READY GROW

Like we said, Baseball Strong offers proven results. Use these drills to measure your improving power, strength and speed as you continue through your 9-week program. And remember, all the confidence you gain as a player as your performance increases, that's almost immeasurable.

TEST SCORES	PRE-TEST	POST-PHASE 1	POST-PHASE 2	FINAL TEST
BROAD JUMP	___ft ___in	___ft ___in	___ft ___in	___ft ___in
PUSH-UPS	_____ # of reps	_____ # of reps	_____ # of reps	_____ # of reps
HURDLE DRILL (continuous)	_____ # of reps down and back	_____ # of reps down and back	_____ # of reps down and back	_____ # of reps down and back

YOUR BASEBALL STRONG TRAINING TEAM



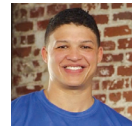
Evan Longoria

Evan is the 3rd baseman for the MLB's Tampa Bay Rays. Longoria is a 3X MLB All-Star, Silver Slugger award winner, two-time Gold Glove Award Winner and is the Tampa Bay Rays all-time career HR and RBI leader.



Eric Young Jr.

EY Jr. is a player with the Atlanta Braves. He is the son of former professional baseball player Eric Young. He was the National League stolen bases champion in 2013. He previously played for the Colorado Rockies and New York Mets.



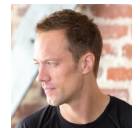
Will Venable

Will is an outfielder for the San Diego Padres. Venable broke into the Major Leagues as a center fielder and has played mostly right field since his second season. Venable is a strong hitter and has finished among the top ten in the National League in triples four times and in stolen bases twice.



Brett Bartholomew Performance Specialist, EXOS

Brett is the director of the NFL development program for all EXOS facilities and a lead coach for EXOS' MLB program. Brett has worked with athletes that include major/minor league baseball players, Olympic athletes, world championship teams, elite members of the U.S. military and high-school athletes.



Rett Larson Performance Specialist, EXOS

Rett is a performance specialist and coaches many of the Chinese Olympic teams and elite athletes for the National Games. Rett received his Masters degree in Exercise Physiology from the UNC – Chapel Hill where he was also an assistant strength coach.



Mark Verstegen Founder and President, EXOS

Mark is one of the world's most innovative human performance experts. Verstegen pioneered the concept of integrated performance training and has brought that system through his global team to the world's top athletes, teams, and sports organizations, the United States military, and leading Fortune 500 companies.

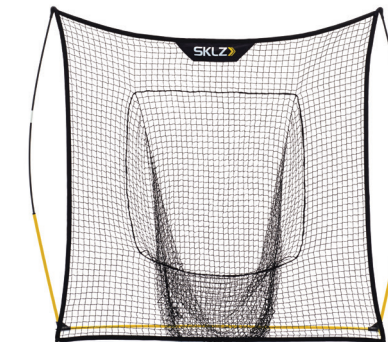
ADD SOME EXTRA READY

Consider adding the following products to your training and be ready for your game. And while you're at it, be sure to recommend Baseball Strong to all your teammates.



PRO TEE TRAINING GRADE BATTING TEE

- A heavy-duty, instantly adjustable, and portable pro-level training tee.
- Built to last due to heavy-duty, advanced design and construction
 - Rock-solid footing from its removable 8 lb base



QUICKSTER® VAULT NET 8 X 8 LARGE MOUTH NET

- The largest net available; wide mouth, stable base, built to last.
- More hitting, less retrieving with 64 square feet of coverage – the largest net in baseball
 - Kickbacks are eliminated with 'vault' to catch and keep every ball



BASEBALL STRONG

ATHLETE GUIDE



PROGRAM OVERVIEW

Baseball Strong is a 30-minute, 3-times-a-week Program with the power to help improve your performance to transform your game. During this 9-week Program, you'll complete 27 Training Sessions and fit in as many Recover Sessions as your body needs.

This Program is broken down into Phases, Weeks and Training Sessions (see below) to improve Power, Strength and Speed. Each Training Session repeats 3 times so that you advance critical movements before moving on to a more complex Phase.

Don't sweat the details. All you need to do is follow the Program. Go to baseball.sklz.com and log-in.

Phase – 3 Weeks Long

- Phase 1** – Foundational Phase
- Phase 2** – Developmental Phase
- Phase 3** – High-Performance Phase

Weeks – 7 Days, 3 Training Sessions

- Week 1** – Introduce Movements
- Week 2** – Practice Movements
- Week 3** – Master Movements

Training Session – 30-minutes, 3 Performance Pillars

Power
Includes plyometric and strength movements. Plyometrics help you build elasticity and explosive power while strength builds the foundation for this power.

Strength
Includes total body movements with added resistance to build the key muscle groups you need to be baseball ready.

Speed
Includes short, high-intensity drills to increase the foot speed, agility and leg stability you need to be faster on the field.

Congratulations,

You're obviously committed to become a more powerful, stronger and faster baseball player.

Featuring many of the high-intensity training techniques used to train World Series and MLB players and perfected by the game's top coaches and athletes, Baseball Strong creates proven results—ones you can measure—in less time. Let's get started!



Evan Longoria
Professional Baseball Player

IMPROVE YOUR BASEBALL READINESS

We know you're busy. That's why we designed Baseball Strong to be one of the fastest, most efficient training programs available. Key to your success is scheduling your workout and recover days and sticking to them.

	DAY 1	DAY 2	DAY 3
WEEK 1	Power, Phase 1	Strength, Phase 1	Speed, Phase 1
WEEK 2	Power, Phase 1	Strength, Phase 1	Speed, Phase 1
WEEK 3	Power, Phase 1	Strength, Phase 1	Speed, Phase 1
POST-PHASE 1 TEST			
WEEK 4	Power, Phase 2	Strength, Phase 2	Speed, Phase 2
WEEK 5	Power, Phase 2	Strength, Phase 2	Speed, Phase 2
WEEK 6	Power, Phase 2	Strength, Phase 2	Speed, Phase 2
POST-PHASE 2 TEST			
WEEK 7	Power, Phase 3	Strength, Phase 3	Speed, Phase 3
WEEK 8	Power, Phase 3	Strength, Phase 3	Speed, Phase 3
WEEK 9	Power, Phase 3	Strength, Phase 3	Speed, Phase 3
POST-PHASE 3 TEST			

Tips For Success:

- Plan your training days. We recommend that you schedule Training Sessions on days that you don't have practice and take a day "off" in between Training Sessions.
- Find the right training space. You need access to a door and at least 10 sq. feet of space.
* TIP: Set up the Door Anchor and have 2 Training Cables ready so that you can move quickly between movements (that's why we gave you 2 sets of Flex Handles and 3 Cables).
- Secure your Door Anchor—and let others know not to open the door during your training.
- Know how to use Training Cables. Be sure to keep tension in the Cable throughout the entire range-of-motion.
TIP: Change your load. If a session feels easy, press pause and increase the intensity of the Training Cable.
 - Double-wrap Cable around your feet.
 - Move further away from your anchor point.
 - Choose a heavier Cable—last rep feel easy? Trade up. Each rep should feel like work.
- Fit in Recover Sessions. Take time to roll through Recover Sessions after each Training Session or any time you have time.