



Movement Performance App

A complete baseball performance system built around player testing, training, arm care, and athlete accountability.

The Movement Performance App gives baseball players a clear strength and conditioning plan after their assessment. Instead of handing athletes a score report and hoping they know what to do next, the app connects their baseball movement profile, training priorities, strength program, arm care, exercise videos, and weekly check-ins, all in one place.

PLAYERS KNOW

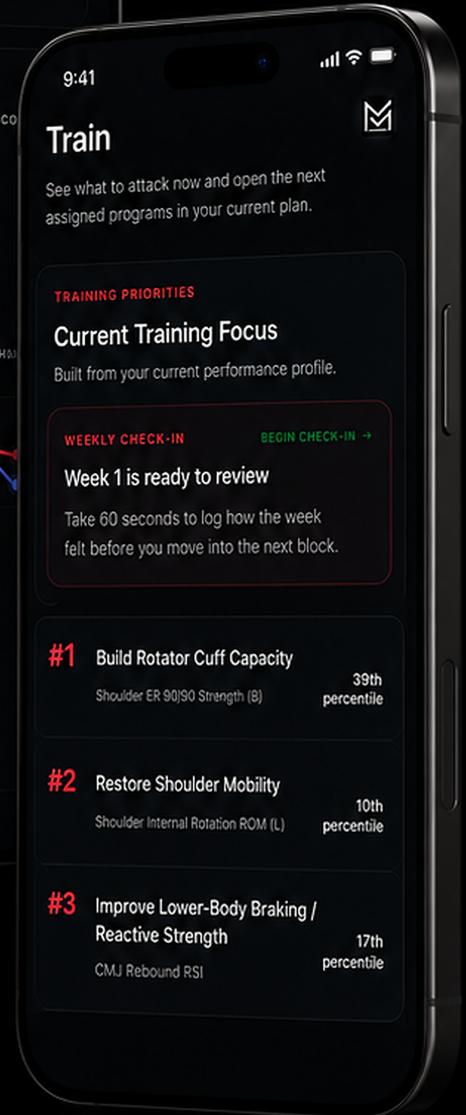
- Exactly where they need to improve.
- What to train.
- How to do each exercise.

BASEBALL MOVEMENT ASSESSMENT

Every athlete starts with motion capture and force plate testing designed to measure physical qualities that impact baseball performance. The assessment evaluates mobility, strength, power, and movement quality across the shoulder, trunk, hips, and lower body. Results are organized into a baseball movement profile and benchmarked against relevant player-level data sets.

PRECISION STRENGTH PROGRAM

After the assessment, players receive their individualized strength program built specifically around their baseball movement profile and training priorities. Each day shows exercises, sets, reps, rest periods, load guidance, coaching notes, and exercise videos.





Built for Baseball Player Development



DYNAMIC PRECISION ARM CARE

Baseball players need more than a generic band routine. The app provides assigned arm care routines that fit within their training and throwing schedule, including warm-up and post-throw light, moderate, and high-intensity options.



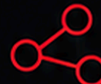
WEEKLY CHECK-INS

Players report how training felt, how ready they feel, how sore they are, whether they are experiencing pain, and anything else their coach needs to know. This gives coaches better feedback between sessions.



WHY COACHES AND TEAMS SHOULD CARE

The app gives coaches a better way to keep athletes organized, accountable, and on track. Instead of players guessing how to train off the field and in the weight room, each athlete gets a clear plan connecting assessment results to strength, arm care, videos, and weekly check-ins.



ONE CONNECTED SYSTEM

Player assessments should not end with a report. Training should not live in a spreadsheet. Arm care should not be a random band circuit. The Movement Performance App connects the full process so players have a clear plan, coaches have better visibility, and teams have a stronger system for strength, performance, arm health, and athlete development.



TEST

Benchmark results



TRAIN

Execute the program



ARM CARE

Follow the routine



CHECK IN

Report response



Team Pricing Options

Three team packages built around baseball movement assessment, individualized Precision Strength, Dynamic Precision Arm Care, weekly athlete feedback, and coach visibility.

TEAM ENTRY RATE

\$200/player

10 player minimum

OPTION 1

Assessment Only

\$200
per player

- Baseball movement assessment
- Individual player performance profiles
- Team summary report
- Coach debrief

OPTION 2

Assessment + 1 Month

\$350
per player

- Assessment plus 1 month of Dynamic Precision Arm Care
- Individualized Precision Strength based on assessment results
- Arm care updates every 2 weeks
- Weekly athlete check-ins
- Coach accounts

OPTION 3

Assessment + 3 Months

\$600
per player

- Assessment plus 3 months of Dynamic Precision Arm Care
- Individualized Precision Strength based on assessment results
- Arm care updates every 2 weeks
- Weekly athlete check-ins + coach accounts
- Includes re-assessment and progress comparison



Built for Team Development

Use the assessment to establish each player's profile, then choose how much ongoing support each athlete needs. The 1-month and 3-month options include weekly athlete check-ins and coach accounts so staff can monitor readiness, compliance, and program progress.

WHAT EACH OPTION INCLUDES

Feature	Assessment	1 Month	3 Months
Individual player performance profiles	✓	✓	✓
Team summary report	✓	✓	✓
Dynamic Precision Arm Care	—	✓	✓
Precision Strength based on assessment results	—	✓	✓
Arm care updates every 2 weeks	—	✓	✓
Weekly athlete check-ins	—	✓	✓
Coach accounts	—	✓	✓
Re-assessment and progress comparison	—	—	✓

ROSTER COST EXAMPLES

Roster	Assess	1 Mo	3 Mo
10 players	\$2,000	\$3,500	\$6,000
15 players	\$3,000	\$5,250	\$9,000
20 players	\$4,000	\$7,000	\$12,000
25 players	\$5,000	\$8,750	\$15,000
30 players	\$6,000	\$10,500	\$18,000

WHY COACHES SHOULD CARE

The app gives coaches a clearer way to keep athletes organized, accountable, and on track. Instead of a report that sits in a folder, the assessment connects results to strength, arm care, weekly feedback, and coach visibility.

ONE CONNECTED SYSTEM

Each player's baseball movement assessment informs an individualized Precision Strength program and Dynamic Precision Arm Care plan. Arm care updates every 2 weeks, athletes complete weekly check-ins, and the 3-month option includes re-assessment and progress comparison.

