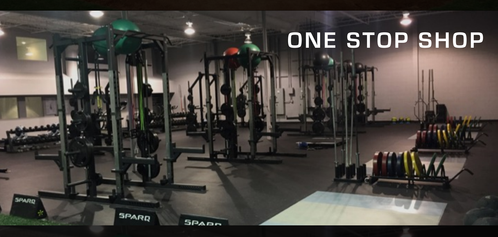
BASEBALL PERFORMANCE PROGRAM

A team of experts prepared to facilitate Performance Training, Assessments, Nutrition, and Massage in a facility designed for the professional baseball player.



ONE STOP SHOP

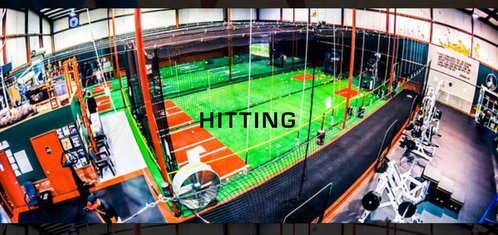
ELITE PERFORMANCE TRAINING
SPORTS NUTRITION
SPORTS MASSAGE
HITTING/PITCHING COMPLEX
FURNISHED HOUSING
VILLAGE SET UP WITH DINING & GROCERY

METHODOLOGY

ASSSESS
SCREEN
EVALUATE

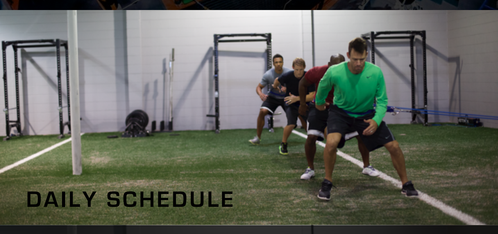
ENHANCE
TRAIN
FUEL
RECOVER

PERFORM
SEASON



HITTING

Founder Dante Bichette took what he learned about getting his work in during a 15 year MLB career and turned it into a personal hitter's paradise, known throughout Orlando, Florida as "The Warehouse". Located next door to SPECTRUM makes it an ideal location for our baseball players.



DAILY SCHEDULE

TENTATIVE DAILY SCHEDULE

10:00AM	Movement
11:00AM	Strength/Power
12:30PM	Lunch (on own)
2:00PM	Regeneration
3:00PM	Hitting/Throwing

ALSO INCLUDED:

Weekly Massage
Weekly Yoga

CONTACT

SPECTRUM, Inc
Elite Performance Center
Orlando, FL

321.218.0435

www.spectrumsp.com