



# BASEBALL PERFORMANCE TRAINING



## **PERFORMANCE STRATEGIES**

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### **SPECTRUM INTRO**

Individual Training Programs  
Our Team  
The System

**PG 4**

### **THE APPROACH**

Baseball Specific  
Performance Training  
Nutrition  
Physical Therapy

**PG 6**

### **PROGRAM OPTIONS**

Assessments  
Training  
Body Composition  
Rehabilitation  
Massage

**PG 7**

# SPECTRUM

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Whether you are preparing for a season, a scout day, or looking to integrate a year round strength and conditioning program we can help you.

We are driven to improve athletic performance by means of strict, scientifically valid, evidence-based practices. The SPECTRUM methodology leaves nothing unturned, and we stay on the cutting edge of research and best practices related to performance training to maximize each athlete's potential.

Our Baseball-specific program emphasizes the key components of power, rotation and explosive movements. Whether it's improving your body composition, flexibility, strength, or speed, our team of specialists will design an individualized performance strategy aimed to improve your baseball performance. Baseball Performance Training with SPECTRUM will help take your game to the next level, whether you are working the minor league system, a potential draft pick, or a college standout.

# ASSESS ENHANCE PERFORM



 SPECTRUM  
2017 BASEBALL

The SPECTRUM system consists of performance training, nutrition, injury prevention and regeneration. This optimal system allows our athletes to consistently gain an athletic edge over the competition. We implement individualized corrective exercise strategies that will reduce injury potential and increase career longevity. Our ability to integrate speed, power and conditioning, and combine it with advanced nutrition and recovery techniques will enhance our athletes' baseball performance.

## INDIVIDUAL TRAINING

Our customized programs assess the needs of each individual athlete that allows us to develop the most appropriate training system and combine it with a nutritional strategy to reach optimal results. After assessing an athlete, our specialists will determine muscular imbalances and strength deficiencies and design an individualized program that enhances efficient and powerful movements necessary for their specific position.

## OUR TEAM

Our integrated team of specialists will design and implement baseball specific programs for teams and players performing at the top level. Our team of Performance Specialists, Orthopedics, Physical Therapists, Massage Therapists and Nutritionists combine their expertise to develop a performance strategy that will optimally prepare each player.

## THE SYSTEM

## BASEBALL APPROACH

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**Speed. Strength. Power. Agility.** Through the development of functional strength and power, we are able to increase the speed at which athletic movements are performed. With these considerations, our athletes are able to enhance their athletic longevity and achieve peak performance.

The SPECTRUM Elite Baseball Performance Training Program is a movement-based, position specific, power oriented strategic training system designed to prepare athletes for their upcoming season. Our evidence-based program will educate and prepare you for the great physical and mental demands of baseball, and allow you to be the best performance asset to your team.

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## INTEGRATED APPROACH

### PERFORMANCE TRAINING

- Speed and Agility
- Rotational Power
- Mobility
- Core Strength
- Recovery

### NUTRITION

- Body Composition
- Game-day Strategies
- Pre/Post Options

### PHYSICAL THERAPY

- Movement Screening
- Post Season Evaluations
- Injury and Surgery Rehabilitation

## **BASEBALL PERFORMANCE PACKAGE**

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- PHYSICAL THERAPY. Each athlete will be put through a series of assessments to identify your strengths, weaknesses, and injury risks to create an individual program.
- PERFORMANCE TRAINING. We have a 3-day per week option and a 5-day per week option.
- NUTRITION. Each athlete will receive monthly body composition screens, as well as our nutrition 101 program.

## **PACKAGE ADD-ONS**

- PHYSICAL THERAPY. Any form of injury or rehabilitation treatment.
- NUTRITION. Pre and post training supplements, and weekly nutrition consults.
- MASSAGE THERAPY.

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**LENGTHEN  
YOUR CAREER  
AND TAKE  
YOUR GAME  
TO THE NEXT LEVEL.**



**WHAT  
WILL YOU DO  
THIS  
OFF-SEASON  
TO  
GET BETTER?**

A black and white photograph showing a person from the side, working out on a rowing machine. The person is wearing a dark t-shirt and shorts, and is in the middle of a pull stroke. The gym has a high ceiling with visible beams and overhead lights. In the background, another person can be seen working out on a similar machine.

ORLANDO, FL  
2017  
OFF-SEASON

# SPECTRUM

TRAIN FOR LIFE