

LESSON 3

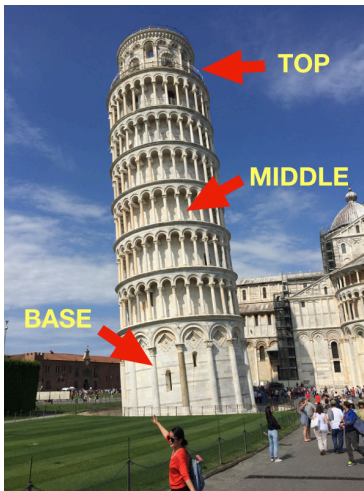
****REMEMBER**** Every successful athlete on the face of this Earth has a roadmap that tells them what direction to go to achieve their goal. The better the map, the better, and sooner the desired outcome happens. There is a better map out there than what you have been using—I promise!

Your NEW map, is the BASE-3 System!

MEANWHILE, IN PISA, ITALY...

Currently, when you think of performance enhancement for the pitcher, what comes to mind? Maybe you're thinking weight training, seeking help from a pitching coach, or maybe weighted balls, or some device to help you use your legs more, or mental training, etc.

Weighted balls, long tossing, pitching mechanics, and all the other tools and gadgets you can think of... are all top of the tower adjustments. Those are the finishing pieces. The icing on the cake.



If the Leaning Tower of Pisa is your body (and let's face it, you are imbalanced too)... to enhance your pitching performance to the maximum, you must correct the _____, first.

STRENGTH!

This will seem like the biggest no brainer to you; if you are weak your throwing performance will surely suffer. But, it's not just strengthening muscles at random that's important. It's how you strengthen a muscle.

For example, take a throwing muscle that is responsible for slowing the body down, such as the stride leg Glutes. Training with 'speed-up' muscle contractions won't aide performance as much as training with 'slow-down' or deceleration muscle contractions will. ****[I'm getting a little ahead of myself :)]...** you just read a concept that I didn't even talk about in the video... but you will see much more of that in my new book, *Unleash Your Pitching Velocity!*... unveiling in just a few days!!]

IS IT WEAK?

Rationale:

Weakness of the hip abductors (lateral or side hip muscles) can affect the control of your squat. It will 100% affect the amount of force transfer from your lower half to your upper half and from one leg to the next.

Weakness on your stride leg hip will result in inconsistent throws due to inconsistent placement and pelvis instability. Abduction weakness on the drive leg will reduce power to your “lower half” toward home plate... making it very difficult to use your lower half. Weakness will also keep you to a shorter stride length.



- A.** Testing position for hip abduction strength.
- B.** Same testing position from a top view to show leg backwards to 11 o'clock while lying on the right side.

Instructions:

1. Lie down on your side on a firm surface.
2. Kick your top leg up and slightly backwards to either 11 o'clock if you're lying on your right side, or 1 o'clock if you're lying on your left side. Your leg should only be lifted away from your opposite leg around 25 to 30 degrees, as shown in the picture above.
3. The examiner stands behind the athlete, placing his/her hand on the lower leg just above the ankle on the outside of the leg. The opposite hand can rest on the Glute being tested to feel the muscle contract.
4. Grading up to 75% pressure over 5 seconds, the examiner will try to press your leg down toward the leg on table. The pitcher resists. Mark your exam sheet.
5. Repeat on the opposite site.

Pass-Fail Criteria:

If the leg fatigues before five seconds, it's considered weak and should be strengthened.

Mark your exam sheet as STRONG or WEAK for each side.

Hint: these muscles are often very weak in baseball pitchers. If these muscles seem drastically weak compared to all the other tests, you are testing accurately!

Exam	Test results (circle one)	If tight, perform...
Hip Abduction Strength	R - Weak / Strong L - Weak / Strong	Hip Abduction Strength Progression #1 (refer to this video)

BELOW, YOU WILL FIND THE FULL BASE-3 BLUEPRINT!

BASE 3 SYSTEM

UPPER BODY FLEXIBILITY

TEST OUTCOME EXERCISE PROGRESSIONS

SCOLIOSIS TEST

Normal
 Rib Hump on Throwing Arm
 Rib Hump on Non-Throwing arm

THORACIC ROTATION

Tight Right ▶ Thoracic Rotation Stretch Progression #1
 Tight Left ▶ Thoracic Rotation Stretch Progression #1
 Normal ▶ --

OVERHEAD TIGHTNESS

Tight Right ▶ Overhead Stretch Progression #1 ▶ Progression #2 ▶ Progression #3 ▶ Progression #4
 Tight Left ▶ Overhead Stretch Progression #1 ▶ Progression #2 ▶ Progression #3 ▶ Progression #4
 Normal ▶ --

PEC MAJOR TIGHTNESS

Tight ▶ Pec Major Stretch Progression #1 ▶ Progression #2
 Normal ▶ --

PEC MINOR TIGHTNESS

Tight ▶ Pec Minor Stretch Progression #1 ▶ Progression #2
 Normal ▶ --

CROSSBODY TIGHTNESS

Tight Right ▶ Cross Body Stretch Progression #1 ▶ Progression #2
 Tight Left ▶ Cross Body Stretch Progression #1 ▶ Progression #2
 Normal ▶ --

SUPINATION TIGHTNESS

Tight Right ▶ Elbow Extension Stretch Progression #1 ▶ Progression #2
 Tight Left ▶ Elbow Extension Stretch Progression #1 ▶ Progression #2
 Normal ▶ --

SHOULDER ARC OF MOTION

Tight IR Right ▶ Modified Sleeper Stretch ▶ Progression #2 ▶ Progression #3 ▶ Progression #4
 Tight IR Left ▶ Modified Sleeper Stretch ▶ Progression #2 ▶ Progression #3 ▶ Progression #4
 Normal ▶ --
 Tighter ER ▶ See a local sports PT ▶ Teres Major Manual Stretch

SHOULDER FLEXIBILITY MEASUREMENTS:

	Active ER / Passive ER	Active IR / Passive IR	Total Arc of Motion
R	/	/	/
L	/	/	/

If your Total Arc of Motion is less on your throwing arm, by 5 degrees or more, look to which motion is less COMPARED TO THE NON-THROWING ARM....

IF ACTIVE IR IS LESS, you will need need to STRETCH into more IR starting with Progression #1. You may also need to STRENGTHEN into IR (regardless of your IR strength test result).

IF PASSIVE IR IS LESS, you will need need to STRETCH into more IR starting with Progression #1

IF ACTIVE ER IS LESS, you will need need to STRENGTHEN into more ER starting with Progression #1.

IF PASSIVE ER IS LESS, you will need need to STRETCH into more ER. Get professional PT help.



BASE 3 SYSTEM

LOWER BODY FLEXIBILITY



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TEST	OUTCOME	EXERCISE PROGRESSIONS
ANKLE MOBILITY	Tight Right	Soleus Stretch ▶ Progression #2 ▶ Progression #3 ▶ Progression #4
	Tight Left	Soleus Stretch ▶ Progression #2 ▶ Progression #3 ▶ Progression #4
	Normal	--
HIP FLEXOR TIGHTNESS	Tight Right	Hip Flexor & Quadriceps Stretch Progression #1 ▶ Progression #2
	Tight Left	Hip Flexor & Quadriceps Stretch Progression #1 ▶ Progression #2
	Normal	--
HAMSTRING TIGHTNESS	Tight Right	Hamstring Stretch Progression #1 ▶ Progression #2 ▶ Progression #3 ▶ Progression #4
	Tight Left	Hamstring Stretch Progression #1 ▶ Progression #2 ▶ Progression #3 ▶ Progression #4
	Normal	--
THORACIC & LUMBAR EXTENSION ROM	Tight	Spinal Extension Stretch Progression #1 ▶ Progression #2
	Normal	--
HIP INTERNAL ROTATION	Tight Right	Hip Internal Rotation Stretch Progression #1 ▶ Progression #2
	Tight Left	Hip Internal Rotation Stretch Progression #1 ▶ Progression #2
	Normal	--
GLUTE TIGHTNESS	Tight Right	Glute Stretch Progression #1 ▶ Progression #2 ▶ Progression #3
	Tight Left	Glute Stretch Progression #1 ▶ Progression #2 ▶ Progression #3
	Normal	--
GROIN TIGHTNESS	Tight Right	Groin Stretch Progression #1 ▶ Progression #2 ▶ Progression #3
	Tight Left	Groin Stretch Progression #1 ▶ Progression #2 ▶ Progression #3
	Normal	--



QUESTIONS? ASK IN
THE PRIVATE GROUP.

BASE 3 SYSTEM

UPPER BODY STRENGTH



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TEST	OUTCOME	EXERCISE PROGRESSIONS
SHOULDER SCAPTION	Weak Right	Scaption Strength Progression #1 ▶ Progression #2 ▶ Progression #3
	Weak Left	Scaption Strength Progression #1 ▶ Progression #2 ▶ Progression #3
	Strong	--
SHOULDER EXTERNAL ROTATION (AT SIDE)	Weak Right	External Rotation Strength Progression #1 ▶ Progression #2 ▶ Progression #3
	Weak Left	External Rotation Strength Progression #1 ▶ Progression #2 ▶ Progression #3
	Strong	--
SHOULDER INTERNAL ROTATION	Weak Right	Internal Rotation Strength Progression #1 ▶ Progression #2 ▶ Progression #3
	Weak Left	Internal Rotation Strength Progression #1 ▶ Progression #2 ▶ Progression #3
	Strong	--
SHLDR EXTERNAL ROTATION (AT 90DEG)	Weak Right	90-90 ER Strength Progression #1 ▶ Progression #2 ▶ Progression #3
	Weak Left	90-90 ER Strength Progression #1 ▶ Progression #2 ▶ Progression #3
	Strong	--
TRICEP WEAKNESS	Weak Right	Tricep Strength Progression #1 ▶ Progression #2 ▶ Progression #3 ▶ Progression #4
	Weak Left	Tricep Strength Progression #1 ▶ Progression #2 ▶ Progression #3 ▶ Progression #4
	Strong	--



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BASE 3 SYSTEM

LOWER BODY STRENGTH



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TEST	OUTCOME	EXERCISE PROGRESSIONS
HIP ABD WEAKNESS	Weak Right	Hip ABDuction Strength Progression #1 ▶ Progression #2 ▶ Progression #3 ▶ Progression #4
	Weak Left	Hip ABDuction Strength Progression #1 ▶ Progression #2 ▶ Progression #3 ▶ Progression #4
	Strong	--
HIP ADD WEAKNESS	Weak Right	Hip ADDuction Strength Progression #1 ▶ Progression #2 ▶ Progression #3
	Weak Left	Hip ADDuction Strength Progression #1 ▶ Progression #2 ▶ Progression #3
	Strong	--
HIP EXT WEAKNESS	Weak Right	Hip Extension Strength Progression #1 ▶ Progression #2 ▶ Progression #3
	Weak Left	Hip Extension Strength Progression #1 ▶ Progression #2 ▶ Progression #3
	Strong	--
HAMSTRING WEAKNESS	Weak Right	Hamstring Strength Progression #1 ▶ Progression #2
	Weak Left	Hamstring Strength Progression #1 ▶ Progression #2
	Strong	--
PRONE PLANK HOLD	Weak	Anterior Core Strength Progression #1 ▶ Progression #2
	Strong	--



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BASE 3 SYSTEM

DYNAMIC CONTROL



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TEST OUTCOME EXERCISE PROGRESSIONS

SINGLE LEG SQUAT	Abnormal	Squat Progression #1	Progression #2	Progression #3
	Normal	--		

SCAPULAR DYSKINESIS	Present	Scapular Progression (1a)	Progression (2a)	
		Scapular Progression (1b)	Progression (2b)	Progression (3b)
		Scapular Progression (1c)		
	Normal	--		



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