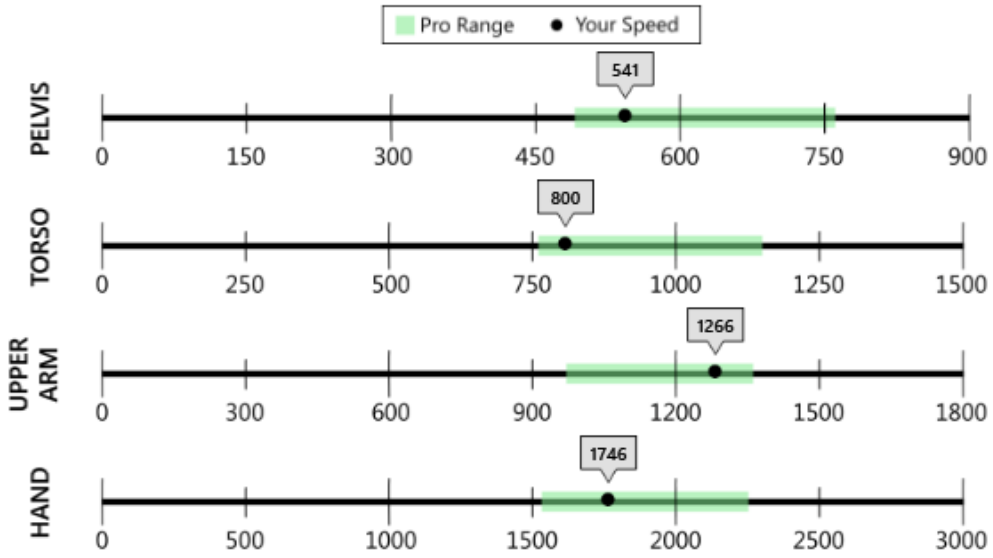
K BASEBALL

REPORT SUMMARY

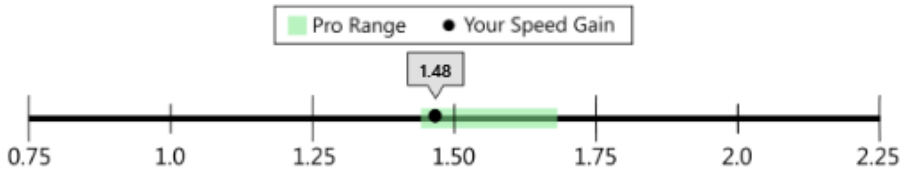
PEAK SPEEDS



Peak Rotational Speed (Degrees / Sec)

Your peak speeds are all within Pro Range

SPEED GAIN



Torso / Pelvis Peak Speed Ratio

Your speed gain is within Pro Range

SEQUENCE

Order Body Parts Reached Peak Speed

In your swing, the torso peaked too late

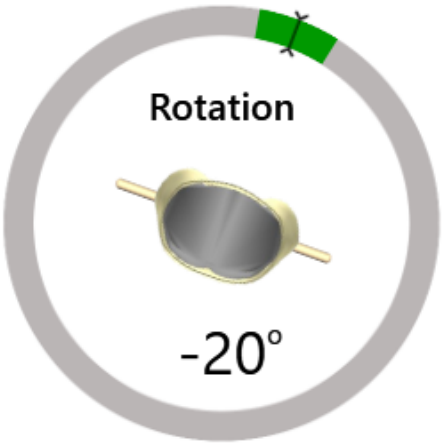
TIMING

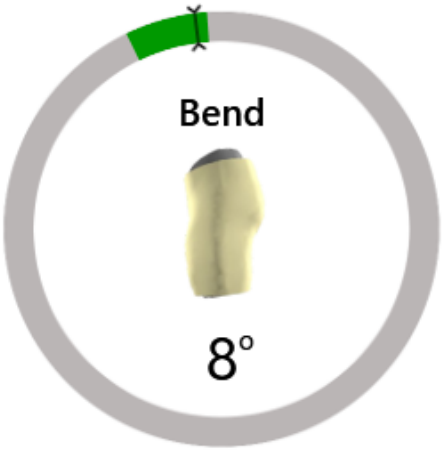
Time to Contact (sec)

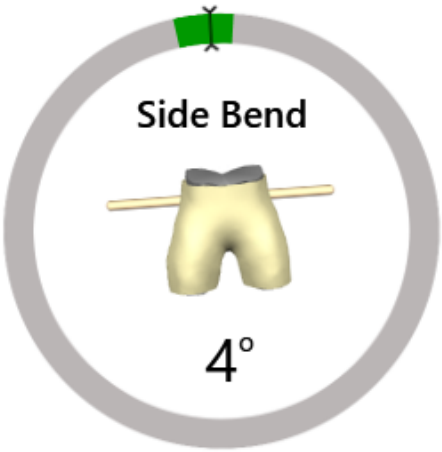
PRO	YOU
0.284	0.280

HEEL STRIKE

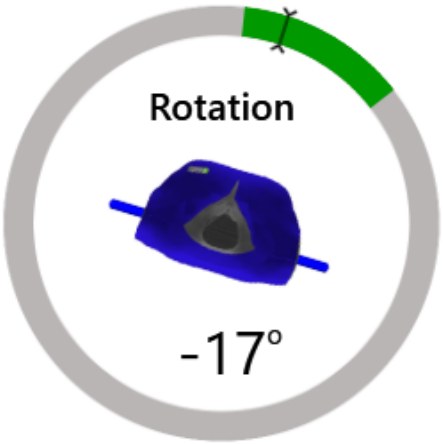
PELVIS

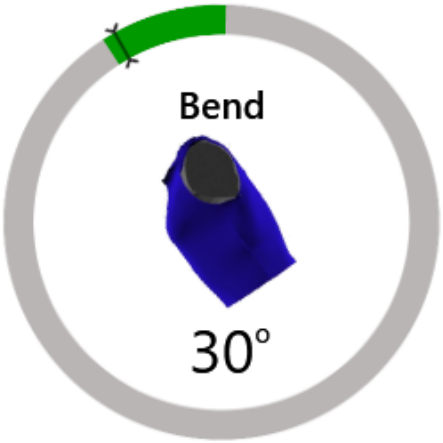


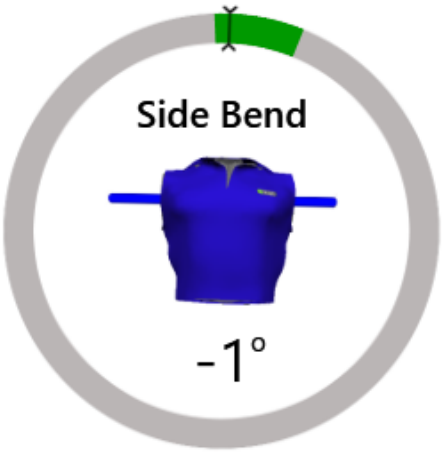




TORSO

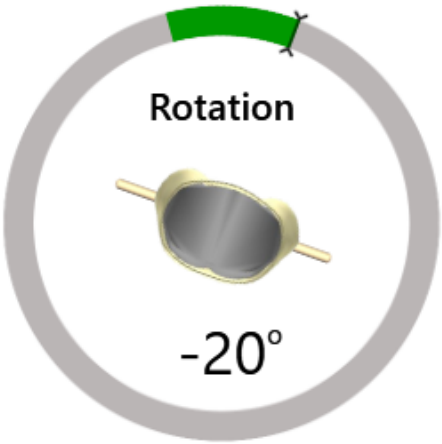


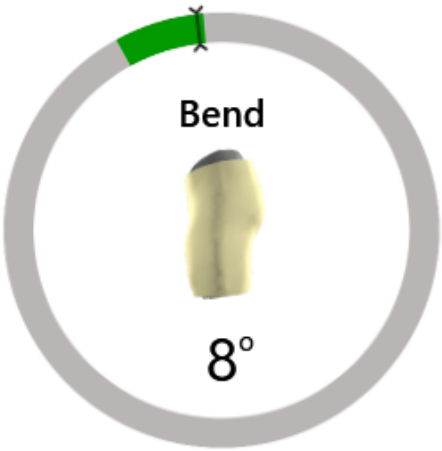


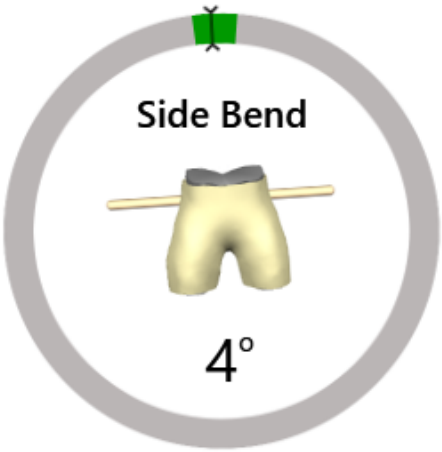


FIRST MOVE

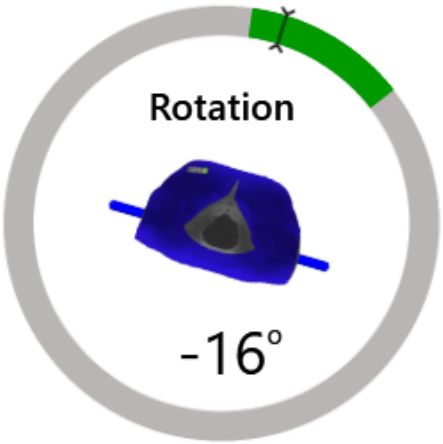
PELVIS

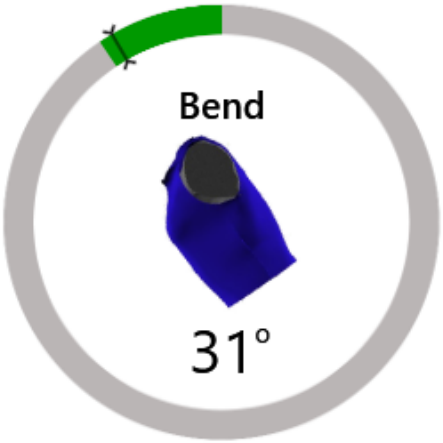


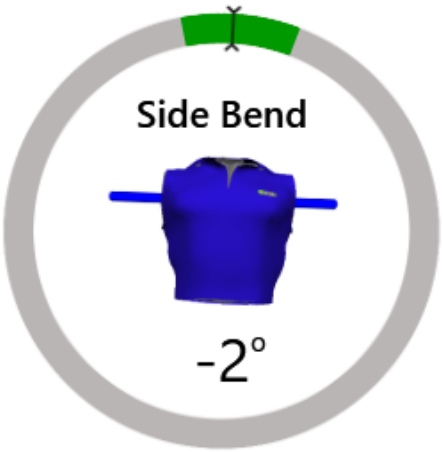




TORSO

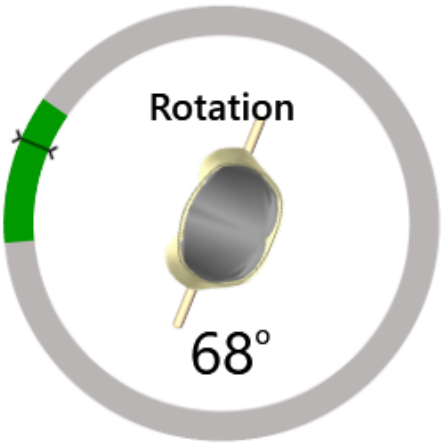


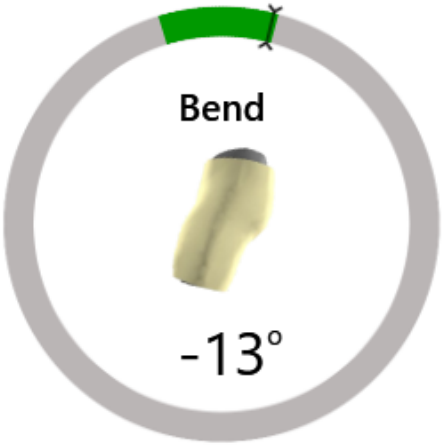


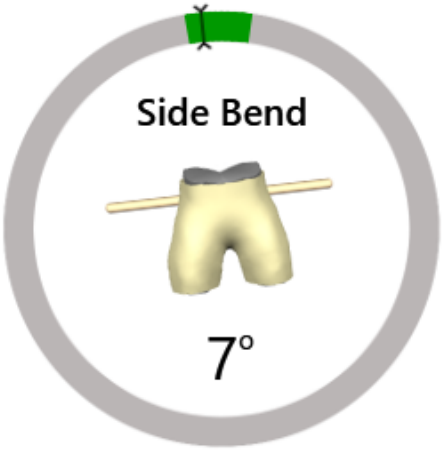


CONTACT

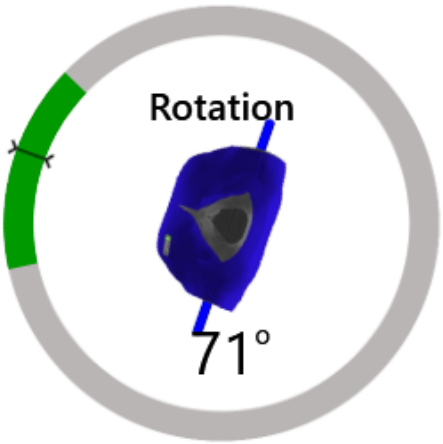
PELVIS

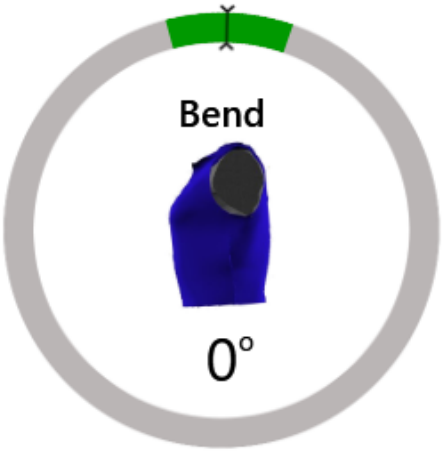


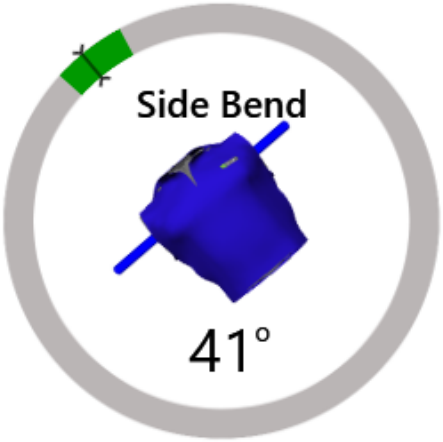




TORSO



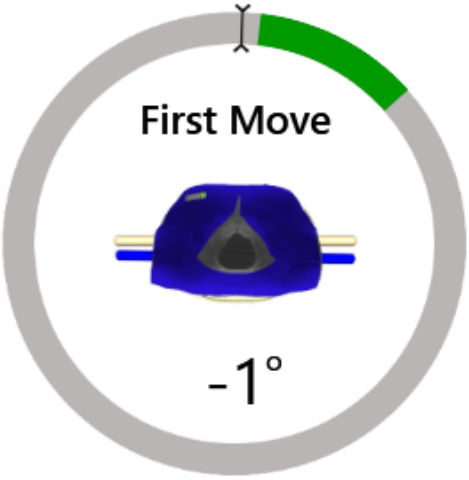




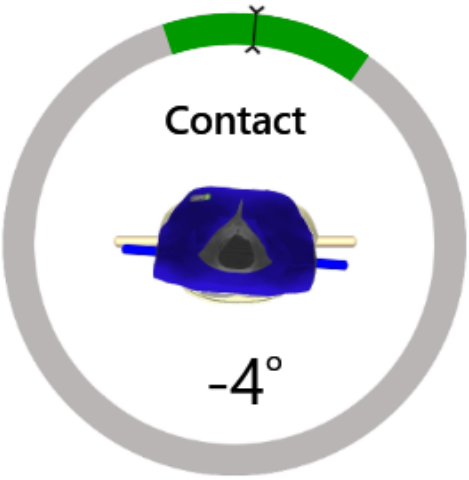
X-FACTOR STRETCH

Note: The more negative the X-Factor stretch the greater the torso-pelvis separation

Your torso-pelvis separation is within Pro Range at Heel Strike.



Your torso-pelvis separation is too small at First Move



Your torso-pelvis separation is within Pro Range at contact.