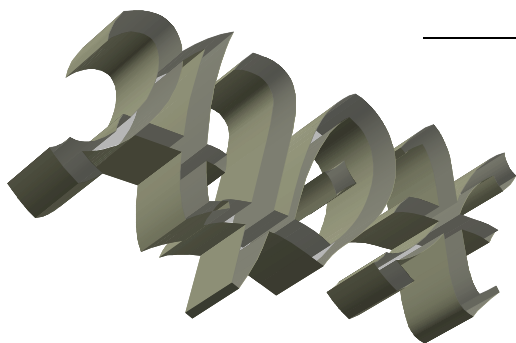


"The constant pursuit of sports performance."



APX BASEBALL OFF-SEASON PERFORMANCE PROGRAM

APX recognizes that a baseball pitch and swing are highly dynamic and complex, demanding athletic movements that can cause injuries to professionals and amateurs alike. To address this challenge, APX developed the Pitching & Hitting Analysis Program designed to improve overall baseball performance (through strength/speed/core/flexibility training), reduce baseball throwing-related injuries, and improve in-game pitching and hitting performance during your off-seasons. Athletes and Coaches must realize and fully accept that these benefactors equate directly to improved athletic performance. Pitchers will develop increased velocity, range-of-motion, strength, power, and stamina of pitches during the game consistently. Hitters will develop increased torque, bat speed, strength, and functional use of other muscles to generate power during the motion of swinging while building function and lean-body mass gains.

Listed below are MLB athletes that recognize APX In-Season Protocols...

Matt Kemp (OF) – LA Dodgers

Ryan Doumit (C) – Pittsburgh Pirates

Jared Prince (OF) – Texas Rangers

Jeremy Affeldt (LHP) – SF Giants

Junior Spivey (2B) – Arizona D'Backs (World Series Team '01)

Quinton McCracken (OF) – Arizona D'Backs (World Series Team '01)

Jarek Cunningham (2B) – Pittsburgh Pirates

Travis Webb (LHP) – Cincinnati Reds

Trevor Shull (RHP) – Tampa Bay D'Rays

Drew Heid (2B) – Anaheim Angels

Brian Peterson (OF) – Boston Red Sox

Darin Holcolmb (3B) – Colorado Rockies

Matt Fields (RHP) – Toronto Blue Jays

Steve Ames (RHP) – LA Dodgers

OFF-SEASON PERFORMANCE PROGRAM GOAL:::

The goal of the Program is to develop and build functional levers that will be implemented throughout the duration of the Off-Season, as well as to maintain and gain lean-body mass—achieving the athlete's optimal In-Season playing weight.

BASEBALL MECHANICS:::

The Off-Season work can be used for assisting with the pitching and hitting performances of all Baseball Athletes, and to insure that they are competing at their highest levels. The will allow APX to help design the most efficient program to eliminate faulty mechanics in the pitching and swinging motions, which after being identified, can be remedied with the help of our performance coaches. Finally, on the preventative side of the analysis, these results can also be used to implement specific Strength, Core, Speed, and Flexibility Performance Training regiments—to minimize the risk of potential injuries during the season.

:: APX PROGRAM WARRANTS ENHANCED IN-SEASON PERFORMANCE ::

- Total Body Functional Strength & Core Development
- Increased Total Body Flexibility
- Enhanced White (Fast-Twitch) Fiber Recruitment
- Decreased Body Fat Pounds - Increased Lean Body Mass Pounds
- Connective Tissue Strength & Flexibility
- Increased Tissue Regeneration (Injury Prevention)
- Large Increases in Mental Focus & Determination

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**APX OFF-SEASON BASEBALL SESSION #1
SEPT 10 - NOV 2, 2012 (8 WEEKS)
REGISTRATION & INSURANCE FORM**



www.apxstrength.com

NAME: _____ SCHOOL: _____

GRADE: _____ POSITION: _____ HEIGHT: _____ WEIGHT: _____

ADDRESS/CITY/ZIP: _____

PARENT PHONE (H): _____ (CELL/WORK): _____

PARENT E-MAIL: _____

EMERGENCY CONTACT: _____ PHONE: _____

SPECIAL MEDICAL CONDITIONS (DIABETIC, ALLERGIES, MEDICATIONS, INJURIES, ECT.):

DOCTOR / HEALTH CARE PROVIDER: _____

INSURANCE PROVIDER: _____ PHONE: _____

CLINIC: _____ PHONE: _____

TRAINING TIME PREFERENCE (CIRCLE ONE): 3:00 4:00 5:00 6:00

TRAINING FEES (CIRCLE ONE):

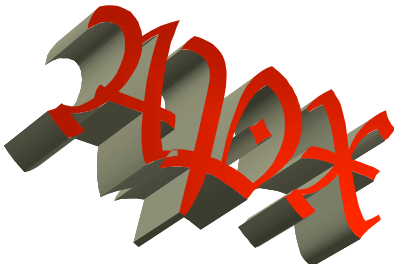
PAYMENT # 1: _____	DATE: _____	(40 SESSIONS @ 5X'S/WEEK -- \$700)
PAYMENT # 2: _____	DATE: _____	(32 SESSIONS @ 4X'S/WEEK -- \$640)
PAYMENT # 3: _____	DATE: _____	(24 SESSIONS @ 3X'S/WEEK -- \$580)

Bring Registrations, Par-Q & Payment Prior to Start of Training Program

PARENT PRINT NAME: _____ DATE: _____

PARENT SIGNATURE: _____ DATE: _____

I understand that my child will undergo rigorous physical training movements and agility drills that pose a risk of injury as with any form or duration of physical exercise. By signing below, I release the coaching and training staff of APX STRENGTH, of any and all liabilities in which case my child is injured throughout the duration of the APX Performance Development Camp at APX. I understand that my child must be insured through my family insurance plan, and that APX does not provide insurance for my child upon injury.



Advanced Performance X-Train
BUILDING ATHLETES
BREEDING CHAMPIONS

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**APX BASEBALL PHYSICAL DEVELOPMENT
IN-SEASON CAMP ITINERARY
SPRING-SUMMER**



DATES AND TIMES:

- Enrollment Throughout the Fall (Session #1), Winter (Session #2) Pre-Season (Session #3)
- Monday-Friday (Anytime b/n 2:30-7:30pm)
- Sessions must start no later than 6:30pm

LOCATION:

Contact: Drew Buchkoski - (509) 443-4995

Email: drew@apxstrength.com

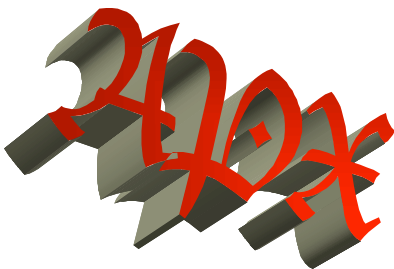
- APX STRENGTH TRAINING CENTER
- 203 E Sprague Ave., Spokane, Wash. 99202

ATHLETE BRINGS:

- Cross Training Shoes & Cleats (No Metal Cleats)
- Bat Bag, Mitt/Glove
- Post-Workout Shake (Discuss Upon Nutrition Consult)
- Gatorade/Water Bottle

EMPHASIS:

- Functional Athlete Dynamics & Weak Links Assessments
- Total Body Strength – Baseball Relativity – Flexibility (Nutrition)
- Functional Dynamics & Total Body Strength (Nutrition)
- Lower Emphasis & Power Circuit
- Functional Power Building Phase
- Total Body Strength Phase – Baseball Relativity
- Weak Links & Neuromuscular Balance
- Upper Emphasis & Power Circuit (Nutrition & Supplementation)
- Baseball Relativity Work



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BREEDING CHAMPIONS