

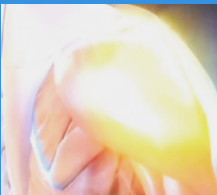
EXOPOWER



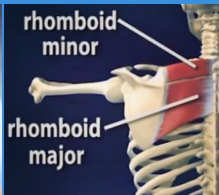
THORACIC CORE POWER MUSCLES



OBLIQUE ACCELERATION/DECELERATION



DELTOID ACCELERATION/DECELERATION



SHOULDER GIRDLE



FAST TWITCH MUSCLE TRAINING
BRAIN MUSCLE COMMUNICATION SYSTEM

THE SCIENCE OF POWER SWING TRAINING

Exopower	Trigger			Response		Muscle System		Result
Phase	Hitting Stage	Front Elbow	Back Elbow	Front Elbow	Back Elbow	Strength	Speed	Improve/Fix/Teach
	Stance.	A movement to the front, towards the body's center/core.	A movement up and away from the body's center/core.	The pushing force exerts Exoprecise Resistance.	The pushing force exerts Exoprecise Resistance.	Thoracic core, deep muscle system; back, sides, abdominals, and deltoids.	Generating resistance to trigger acceleration.	Setting up in the batter's box, Exoprecise resistance stabilizes and navigates your elbows to the perfect distance from your core. Refining the elbow and shoulder alignment, encouraging proper stance mechanics; eradicating swing path errors caused by the elbows moving away from your body, for example, casting.

LAUNCH PAD



LASER BLAST



LASER WHIP



LASER SHOT

Exopower	Trigger			Response		Muscle System		Result
Phase	Hitting	Front Elbow	Back Elbow	Front Elbow	Back Elbow	Strength	Speed	Improve/Fix/Teach
	Load and separate.	A movement to the front, towards the body's center/core.	A movement up and away from the body's center/core.	The pushing force exerts Exoprecise Resistance.	The pushing force exerts Exoprecise Resistance.	Thoracic core/deep muscle system, back, sides, abdominals, and deltoids.	Generating resistance to trigger acceleration.	During your swing load, and separation your back elbow moves away from your body, strengthening power hitting muscles. Steering your elbows to the perfect distance from your body's center/core. Refining the elbow and shoulder alignment, coaches proper loading mechanics, fixing swing path errors; releasing triggers a boost in bat speed to start your swing.

RESISTED LOAD



LASER BLAST



LASER WHIP



LASER SHOT

Exopower Phase	Trigger Hitting	Front Elbow	Back Elbow	Response Front Elbow	Back Elbow	Strength	Muscle System Speed	Result Improve/Fix/Teach
ACCELERATED LAUNCH	Swing.	Releasing from resistance, starting your swing.	Releasing from resistance, starting your swing.	Accelerates away from the body's center/core.	Accelerates toward the body's center/core.	Acceleration muscles, obliques and deltoids.	Stimulates growth of the fast twitch muscle fibers.	Starting your swing path to the ball, our power swing trainer uses energy from Exoprecise resistance, to trigger acceleration; accelerating the elbows to increase bat speed, stimulating the growth of fast twitch muscle fibers. Simultaneously, steering the perfect distance from the body's center/core; fixing swing path errors.
		ACCELERATED LAUNCH SPEED						
POWERCONNECT	Hands inside ball/staying connected, and contact.	A movement away from the body's center/core.	Moving towards, and connecting to the body's center/core.	The pushing force exerts Exoprecise Resistance.	The pushing force exerts Exoprecise Resistance.	Thoracic core/deep muscle system, back, sides, abdominals, and deltoids.	Stimulates growth of the fast twitch muscle fibers.	The acceleration of the elbows continues to increase bat speed, Exoprecise resistance navigates you to "squaring up" the ball upon impact; improving batting accuracy. Re-connecting the arms to your strong core, as you "stay connected" to your swing, AKA; "hands inside the ball."
		POWERCONNECT						
ACCELERATED RELAUNCH	Hands inside ball/staying connected, and contact.	A movement up and to the side of the body's center/core.	A movement in front, connecting to the body's center/core.	An accelerated pushing force exerts Exoprecise Resistance.	An accelerated pulling and pushing force exerts Exoprecise Resistance.	Thoracic core/deep muscle system, back, sides, abdominals, and deltoids.	Stimulates growth of the fast twitch muscle fibers.	During Laser Blast drills the acceleration of the elbows continues with another boost of bat speed, via a push-pull force; triggering a relaunch of acceleration for power hitting, accommodating the transfer of speed to momentum. Strengthening power hitting muscles, boosting bat speed, stimulating the growth of fast twitch muscle fibers; resistance improves contact accuracy; staying connected.

Exopower Phase	Trigger	Front Elbow	Back Elbow	Response	Front Elbow	Back Elbow	Muscle System	Speed	Result
RESISTED MOMENTUM	Power V: Staying through the ball.	A forward movement, away from the body's center/core.	A forward movement, away from the body's center/core.	The pushing force exerts Exoprecise Resistance.	The pushing force exerts Exoprecise Resistance.		Thoracic core acceleration/ deceleration muscle system; oblique, abdominal, and deltoid muscles.	Stimulates growth of the fast twitch muscle fibers.	Improve/Fix/Teach In the process of staying through the ball, the arms progress forward from your body's core/center. The acceleration of the elbows continues to drive bat speed, transferring to momentum; speed collides with resistance, strengthening Power-V muscles, and mechanics to stay through the ball.
									
	LASER BLAST			LASER WHIP			LASER SHOT		
Exopower Phase	Trigger	Front Elbow	Back Elbow	Response	Front Elbow	Back Elbow	Muscle System	Speed	Result
ACCELERATED RETURN	Follow through.	A movement up, and in front of the body's center/core.	A movement up, to the side of the body's center/core.	An accelerated pushing force exerts Exoprecise Resistance.	An accelerated pushing force exerts Exoprecise Resistance.		Thoracic core acceleration/ deceleration muscle system; oblique, abdominal, and deltoid muscles.	Stimulates growth of the fast twitch muscle fibers.	The elbows reach an apex of distance; away from your body's center/core, triggering a final boost of bat speed, sequencing your arms to return to the body's center/core as you finish a professional follow through, simultaneously, applying a pushing force to the left and right side.
									
	LASER BLAST			LASER WHIP			LASER SHOT		



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