

# Improve the long and short-term success of your franchise!



## The Biocap Process

We hook the athlete up to motion tracking sensors which record their specific movements at up to 240 frames per second {accurate to within 1/10<sup>th</sup> of a degree and one (1) centimeter}.

Sports in Motion's team of Motion DNA technicians conduct biomechanics baseline testing of your athletes using 3D-motion capture technology. The biomechanics data provides a complete physiological profile of the player's unique "skill-specific" strengths and weaknesses.

Your athletic trainers, coaches, and other current staff will work with our team to help ensure long term benefits.

## Biocap™ Software

You will receive BioCap's easy to navigate software, which allows you to look at the motion from many angles and target specific areas of the athletes mechanics! Features include:

3-Dimensional Imaging with Full Camera Control

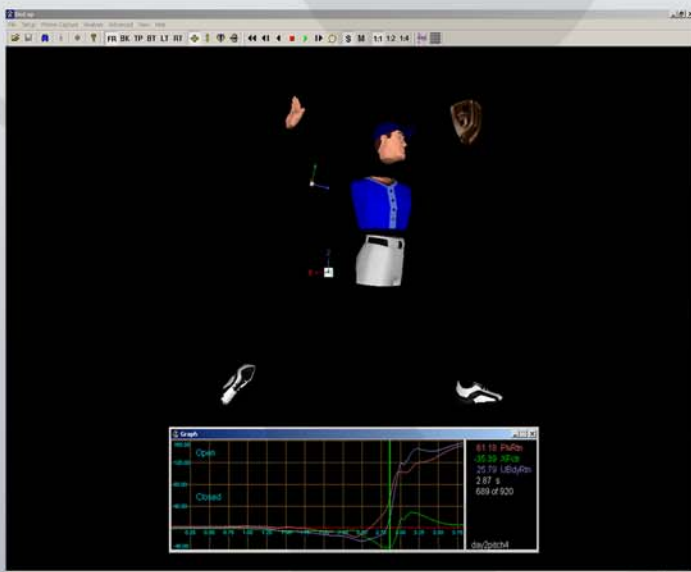
Easy to Read Graphs and Charts

Measure Hand Speeds and Pitch Accuracy

Evaluate Posture (Static and Dynamic)

Measure Bat Speed and Power Losses/Gains During the Entire Swing

Identify Physical Limitations and Stress on Elbows and Shoulders



## Output reporting capabilities

While we draw comparison's to ideal biomechanics, your athlete's motion will always be compared to their own unique hitting or throwing style.

Motion DNA's reports provide objective data to support the efforts and recommendations of any trainer or coach. A full set of printable reports includes Information concerning:

Posture, Tempo, and Efficiency of Every Athlete's Movement.

Baseline / Repeatable Comparison Reporting

Specific Recommendations for Strength and Flexibility (if necessary)

Injury Risk Appraisal/Efficiency Scoring

Shelby Dopps Workout

Based on the information contained in this report the DNA Fitness AI (tm) has determined this workout specifically to address your individual issues. This workout is designed to improve your sports fitness level. Please consult your physician or personal trainer before starting any new workout schedule.  
LEGEND: LS - Leading Side TS - Trailing Side

EXERCISE	SETS	REPS	WEIGHT	COMMENT
Lateral Bounding	3-4	20	50%	
Walking Lunge Twists	3-4	20	50%	
Single Leg Calf Raises w/ Hip Ext	2	6	15%	
Single Leg Squats	1	15	75%	
Lunges	1	15	75%	
Lunging Quad-Hip Stretch	1	15 sec	*	
TS Lunge Twists	3-4	20	50%	
TS Cable Twists	3-4	20	50%	
TS Single Leg Calf Raises w/ Hip Ext	2	6	15%	
LS Med Ball Rotary Twist	3-4	20	50%	
LS Lunge Twists	3-4	20	50%	
TS T-Stretch	3	45 sec	*	
PluPlugs or Lat Pulldowns	2-3	15	65%	
Single Leg Squats-Step Ups	2-3	15	65%	
Lunging Quad-Hip Stretch	2-3	15	65%	
LS Med Ball Rotary Twist	2-3	15	65%	
LS Lunge Twists	2-3	15	65%	
TS T-Stretch	2	30 sec	*	
TS Head Rotations Machine	3-4	20	50%	
TS Head Rotations Manual Resist	3-4	20	50%	
LS Head Twist Stretch	3	45 sec	*	
Machine Head Flexion	3-4	20	50%	
Manual Resistance Head Flexion	3-4	20	50%	
Manual Head Extend Stretch	3	30 sec	*	
TS Machine Head Side Bends	2-3	15	65%	
TS Head Bends Manual Resist	2-3	15	65%	
LS Lateral Head Stretch	2	30 sec	*	

With assessments starting as low as \$150 per athlete, Motion DNA is the best insurance you can get for your multimillion dollar investment.

Private testing sessions done at your fields or training facility!

[www.athleticprecision.com](http://www.athleticprecision.com)

Schedule Your Analysis  
(609) 712-2980