



PERFORMANCE ACHIEVING YOUR POTENTIAL

Mark's Athleticism Story

*Mark M.
18 years old
Right-Handed Pitcher
Draft Prospect Review*

INITIAL CONSULT PERFORM

Mark is a soon to be MLB draft pick. To improve his position, he is looking for an edge. He has completed his first Athleticism screen and scored extremely well attaining ELITE status. His overall readiness is (83%) and his athleticism is (87%). His motion health reflects his on-field performance, but he does have areas to improve. His body is still vulnerable showing restrictions in his spine mobility. Mapping this has allowed his conditioning staff to design a more appropriate training program.

"With this information we can reduce is risk of injury and improve his performance."

88% : Explosiveness

Performance Metrics	Height	Target	Percentile
Vertical Jump	26in	30	86%
Concentric Jump	25in	27	92%
Depth Jump	28in	32	87%

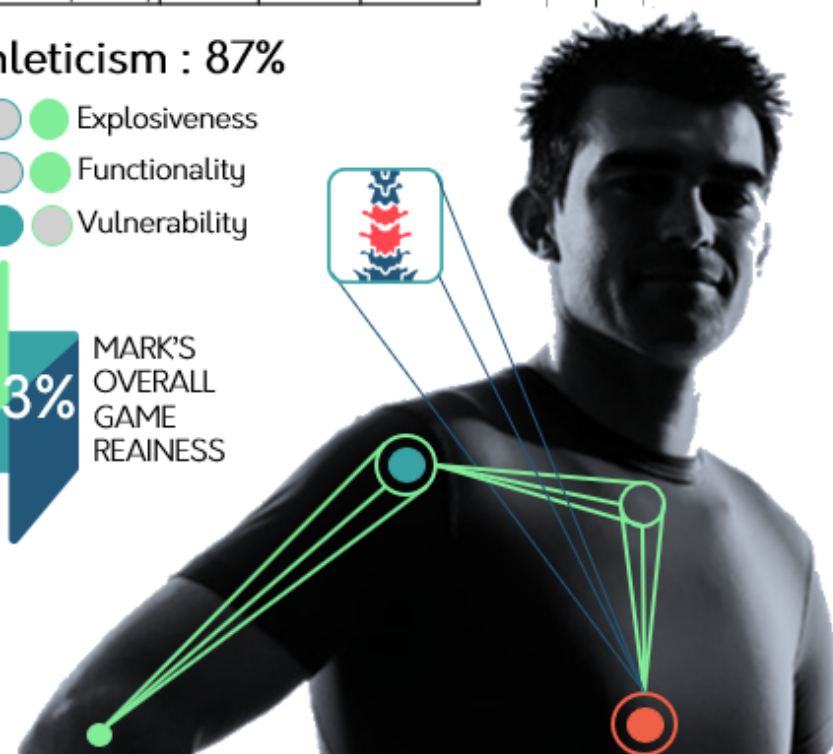


Athletes are compared to a database of similar athletes.

Athleticism : 87%

- Explosiveness
- Functionality
- Vulnerability

83%
MARK'S
OVERALL
GAME
REAINESS



My goal is to be a top MLB draft pick this year!
I'm using DARI Motion to get better.

Mark 93mph



Mark's Motion Health Journey

Follow his path with DARI Motion data

Physical
Therapist



"Mark needs some simple correctives to unlock his spine mobility."

First Therapy Visit

Individual
Training



"Mark is progressing in his training and is seeing improvements in every category."

Strength Training Program

Game Day
Ready



"My DARI Motion guided training has paid off. I am ready to be at my best."

Final Screen Before The Season

START

PERFORM

Mark has overall great performance and quality. His body is ready to play, but he has unlocked potential in his movement signature. Now knowing what his body needs we can design a simple corrective exercise program for his most vulnerable joint. In just a few weeks we should have him moving better.

Readiness = 83%
Spine Quality = 45%
Athleticism = 87%

Baseline Screen

PROGRESS

I have combined my correctives with my larger training program, and I am improving in all my lifts. Fixing my weakest links has improved my overall training. I am getting stronger and faster and it feels great to see my athleticism increasing.

Readiness = 86%
Spine Quality = 64%
Athleticism = 90%

Progression Monitoring

PROTECT

I am hitting new personal records for all my exercises! I was expecting to do well on my DARI test regarding my performance, but I was shocked with how much I also lowered my vulnerability. I feel ready and confident to pitch my best.

Readiness = 90%
Spine Quality = 75%
Athleticism = 92%

Game Day Check

Corrective Therapy

Training Program

Game Day Ready

GAME DAY READY

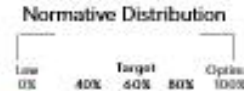
PERFORM

Mark was ready for his pitching start. With an average fastball speed of 96 mph Mark's scouts saw a 3mph improve from last season. Mark's draft stock is continually rising and with a proper progression he will continue to see his performance increase along side his athleticism scores (87,90,92). To Mark he thought he was performing at his best, but with DARI he was able to identify his focus areas to improve his performance.

"I feel great, and my draft stock is increasing."

95% : Explosiveness

Performance Metrics	Height	Target	Percentile
Vertical Jump	29in	30	96%
Concentric Jump	27in	27	100%
Depth Jump	29in	32	90%



Athletes are compared to a database of similar athletes.

Athleticism : 92%

- Explosiveness
- Functionality
- Vulnerability

90% MARK'S OVERALL GAME REAINESS



"I am pitching faster, and it just feels easy!"

Mark 96mph



A new beginning has been set in motion

Mark was selected in the MLB draft!

Contact DARI Motion for a full demo
DARImotion.com