



the TOTAL System

All-In-One for Softball Development

PERFORMANCE SPORTS NUTRITION & TRAINING

the TOTAL System

Softball Case Study - Sydney

What is the TOTAL System?

All-in-one digital performance training Lifestyle for softball athletes

3 Bases

Strength
and
Athleticism

Sports
Lifestyle
Education

Healthy
Sports
Supplements

*the TOTAL System is best performed in a gym environment. This is not a speed and agility training program, but Strength and Explosive Power Building Program, which builds Speed.

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Grand Slam Builders

the TOTAL System has 3 disciplines to Softball success

12 weeks of guided Performance Training

- Strength
- Speed
- Power

12 week supply of 10th Inning

- Softball Specific
- Performance booster
- Youth Friendly

A Lifetime of Confidence through

- Physical Development
- Functional Nutrition
- Positive Routines



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Rounding the Bases

12 weeks of guided performance training

Strength and Explosive Power building exercises specific for Softball athletes

Rookie, JV, and All-Star performance training levels, each with different variations of exercises

Champion building trainings are provided on a weekly basis and include 2 lower body days and 1 upper body day

Every performance exercise includes a video demo to ensure athletes perform neuromuscular movements as intended

Tracking methods to see performance progress and growth translate into dominance on the diamond

12 week supply of 10th Inning Softball Functional Nutrition Supplement

Functional Supplement - designed to improve energy output, muscle strength, muscle explosiveness and reaction time, stamina levels, and concentration

Proportions and ingredients are designed to aid recruitment of muscles and nerves used for Softball Athletes

Made with All-Natural ingredients to ensure athletes are not receiving harmful agents in their body

3rd party tested for ingredient purity and accuracy by one of the few facilities approved by Amazon in the United States

A Lifetime of Confidence in 12 weeks of education

In-Depth Videos and PDF's breaking down the unknowns for parents and athletes to build the confidence and knowledge to become a champion and dominate the diamond

Physical Development education develops and understanding of how the body of an athlete works, changes, and needs to be trained

Functional Nutrition unravels the mysteries of how athletes should eat and the importance of nutrients for athlete mastery

Positive routine mastery to understand how uplifting daily practices help shape the mind and affirmation within that all athletes need

Case Study - Sydney

Sydney is a minor female athlete, last name withheld at request of parents. Sydney completed the TOTAL System for Softball in preparation for the 2023 season. Athlete's background, improvements to her metrics and statistics vs. 2022 season are below.

Sydney's Background

- Softball player for 10 Years
- Performs basic weight training
- Coached by father - former college baseball player

- Firecrackers National team
- 2022 season - classified as Mid-Level B
- 2023 season - classified as High-Level A



IMPORTANT NOTE

Sydney kept identical skills training and practice regiments during 2022 and 2023 season with the addition of the TOTAL System for the 2023 season.

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the Gains

2022 Statistics and Metrics (Pre-Total System Program)

AB – 64 | OBP - 0.512 | SLG – 0.688 | OPS – 1.119 | BA – 0.365 |
R – 24 | H – 24 | 2B – 9 | 3B – 1 | HR – 3 | RBI – 28 | BB – 15 | SB – 6 |

20 Yard Time – 3.5 seconds
Throwing Speed (Average) – 50 MPH
Exit Velocity – 78 MPH
Hit Trax Exit Velo - 73 MPH

Max Bench – 115
Max Squat – 235
Max Clean – 125



2023 Statistics and Metrics (Post-Total System Program)

AB – 71 | OBP - 0.587 | SLG – 0.775 | OPS – 1.362 | BA – 0.465 |
R – 23 | H – 33 | 2B – 10 | 3B – 0 | HR – 4 | RBI – 31 | BB – 15 | SB – 1 |

20 Yard Time – 3 seconds
Throwing Speed (Average) – 60 MPH
Exit Velocity – 86 MPH
Hit Trax Exit Velo - 77.3 MPH

Max Bench – 150
Max Squat – 300
Max Clean – 160



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the TOTAL System in Action

Big Changes in just 12 weeks of the TOTAL System

	2022	2023	Percent Change
AB	64	71	11.00%
OBP	0.512	0.587	14.65%
SLG	0.688	0.775	12.65%
OPS	1.119	1.362	21.43%
BA	0.365	0.465	27.40%
R	24	23	0.00%
H	24	33	37.50%
2B	9	10	11.11%
3B	1	0	0.00%
HR	3	4	33.00%
RBI	28	31	10.71%

	2022	2023	Percent Change
BB	15	15	0.00%
SB	6	1	0.00%
20 YD	3.5 Seconds	3.0 Seconds	16.67%
Throw Speed (AVG)	50 MPH	60 MPH	20.00%
Exit Velo	78 MPH	86 MPH	10.25%
Hit Trax Exit Velo	73 MPH	77.3 MPH	5.90%
Bench	115 LBS	150 LBS	30.43%
Squat	235 LBS	300 LBS	27.66%
Clean	125 LBS	160 LBS	28.00%

Important Note

Traditional Squat, Bench, and Clean are not direct exercises in The Total System. Sydney tested these because colleges look at them for overall strength and athleticism

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YOU after the TOTAL System

Start Dominating the Diamond today with
the TOTAL System

See those Double Digit Increases in almost all metrics and statistics without
changing hitting and throwing technique

Be like Sydney - have Superior Physical Athleticism, be Functionally Fueled with 10th
Inning, have the Champion Mindset and be Ready to go Toe-To-Toe with Higher
Ranked Competition

Like Sydney after going through the TOTAL System, you're improvements
will have you playing and thriving against better ranked players and teams

Increase your teams Competition level from a Mid level B to a High level A
and start dominating the diamond just like Sydney did!



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Contact Page

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If any athlete, parent, or coach has any questions about the legitimacy of the TOTAL System case study and Sydney, her father has given permission to give out his contact info for those who want to ask him any questions



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