


EXOS[®]

BASEBALL



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THE EXOS WAY

EACH YEAR DEDICATED ATHLETES FROM ALL-STAR VETERANS TO TOP PROSPECTS CHOOSE EXOS TO PREPARE FOR THE SEASON. WHETHER LOOKING FOR ANOTHER DEEP RUN INTO OCTOBER OR JOINING THE BIG LEAGUES OUT OF SPRING TRAINING, ATHLETES USE THE INTEGRATED EXOS TRAINING SYSTEM TO PUSH THEMSELVES TO NEW LEVELS OF PERFORMANCE. THE DEDICATION OF THE ATHLETES WE'VE SUPPORTED HAS ALLOWED THEM TO ACHIEVE GREAT SUCCESS DURING THE SEASON WITH MANY RECOGNIZED AS ALL-STARS, MVPs, ROOKIES OF THE YEAR, GOLD GLOVERS, SILVER SLUGGERS, AND, THE ULTIMATE TITLE, WORLD SERIES CHAMPIONS.

EXOS HAS BEEN HONORED TO SUPPORT THE SUCCESS OF THESE ATHLETES THROUGHOUT THE YEARS AS THEY TRAINED AND PREPARED FOR THEIR SEASON.

JUST AS THEY HAVE FOR THE HUNDREDS OF ATHLETES LEADING UP TO SPRING TRAINING, OUR INTEGRATED TEAM OF SPECIALISTS WILL DO EVERYTHING POSSIBLE TO SUPPORT YOUR GOALS AND NEEDS THROUGHOUT YOUR PROFESSIONAL BASEBALL JOURNEY. WE LOOK FORWARD TO HAVING YOU JOIN THE EXOS FAMILY.

MARK VERSTEGEN
FOUNDER AND PRESIDENT
EXOS

INDIVIDUALIZED TRAINING FOR INDIVIDUAL GOALS

TO ACHIEVE MAXIMUM RESULTS AND GAIN AN ADVANTAGE OVER THEIR PEERS, EACH ATHLETE RECEIVES INDIVIDUAL TRAINING AND NUTRITION STRATEGIES. AFTER INITIAL PERFORMANCE SCREENINGS, COACHES WORK WITH ATHLETES IN SMALL GROUPS.

USING THE RESULTS OF THESE SCREENINGS, THEY CUSTOMIZE TRAINING SESSIONS TO STRENGTHEN AREAS OF WEAKNESS AND INSTABILITY WHILE BUILDING OVERALL STRENGTH, SPEED, POWER, AND MOVEMENT ABILITY.

SYSTEM FOR SUCCESS

EXOS USES A TRAINING SYSTEM GUIDED BY OUR FOUR PILLARS OF HUMAN PERFORMANCE: MINDSET, NUTRITION, MOVEMENT, AND RECOVERY.

THIS SYSTEM, WHICH CONTINUALLY EVOLVES BASED ON THE MOST INNOVATIVE AND CUTTING-EDGE TRAINING TECHNIQUES, IS THE FOUNDATION OF OUR ATHLETES' SUCCESS AT THE HIGHEST LEVELS. IT ALLOWS EACH ATHLETE TO TRAIN WITH CONFIDENCE, KNOWING THAT THEY'LL HAVE THE TOOLS TO ACHIEVE THEIR GREATEST RESULTS.

WE ARE A TEAM

IN THE SAME WAY COACHES AND STAFF HELP AN MLB, MLB, OR COLLEGE TEAM SUCCEED, EXOS HAS A TEAM OF SPECIALISTS WHO ARE EXPERTS IN THEIR FIELDS AND DEDICATED TO WORKING TOGETHER TO HELP OUR ATHLETES REACH THEIR GOALS.

BY USING A TEAM APPROACH, OUR COACHES, PHYSICAL THERAPISTS, REGISTERED DIETITIANS, MASSAGE THERAPISTS, CHIROPRACTORS, AND OTHER SPECIALISTS ARE IN CONSTANT COMMUNICATION TO ENSURE THAT EACH ATHLETE'S INDIVIDUAL PLAN IS HELPING THEM SUCCEED.



IT WAS REALLY HARD AND INTENSE WORKOUTS EVERY SINGLE DAY. THE FACT THAT I WAS IN A GROUP WITH PEOPLE WHO PUSHED ME MADE ME COMPETE WITH MYSELF AND OTHERS. IT PUSHED ME OVER THAT LIMIT, AND MY BODY STARTED FEELING BETTER AS I STARTED GETTING USED TO THE WORKOUTS. OVERALL, IT'S JUST A GREAT PROGRAM.

-ADDISON RUSSELL
SS | WORLD SERIES CHAMPION AND ALL-STAR

THE NEXT PROMOTION
WILL BE FROM TRAC
TO THE PRINCIPAL
EARN IT HERE.

BASEBALL OVERVIEW

STRENGTH. SPEED. AGILITY. GOOD PLAYERS EXCEL IN ONE OR SOME OF THESE AREAS. GREAT ONES COMBINE THEM ALL.

AT EXOS, WE KNOW THE IMPORTANCE OF BEING STRONG AND POWERFUL AND THE NEED TO PREPARE APPROPRIATELY FOR A LONG GRUELING SEASON. BASEBALL PERFORMANCE TRAINING WITH EXOS HELPS ATHLETES TAKE THEIR GAME AND CAREER TO THE NEXT LEVEL. EACH ATHLETE WILL BE EDUCATED ON HOW TO MAINTAIN THEIR OFFSEASON SUCCESS THROUGHOUT THE SECOND HALF OF THE YEAR, MAKING THEM MORE PREPARED THAN THEY'VE EVER BEEN.

INTEGRATED TRAINING SYSTEM

AN INTEGRATED TRAINING SYSTEM INCORPORATES PERFORMANCE TRAINING, NUTRITION, AND PHYSICAL THERAPY TO MEET THE DEMANDS AND RIGORS OF A LONG SEASON. COMBINING STRENGTH, SPEED, ENDURANCE, AND FLEXIBILITY WITH PROPER NUTRITION AND RECOVERY STRATEGIES IS ESSENTIAL TO HELPING ATHLETES EARN MORE TIME ON THE FIELD BY IMPROVING THEIR PERFORMANCE AND DECREASING THEIR RISK FOR INJURY. PROGRAMS ARE DESIGNED TO MEET INDIVIDUAL GOALS ALONG WITH THE SPECIFIC DEMANDS OF THEIR POSITION.

PERFORMANCE TRAINING

- + ROTARY POWER
- + CORE STRENGTH
- + SPEED AND AGILITY
- + FLEXIBILITY
- + RECOVERY STRATEGIES

NUTRITION

- + PLANS TO MEET BODY COMPOSITION GOALS
- + ON-SITE FOOD SERVICES
- + GAME-DAY NUTRITION STRATEGIES
- + PRE- AND POST-TRAINING NUTRITION

PHYSICAL THERAPY

- + POSTSEASON CHECKUP
- + INJURY AND SURGERY REHABILITATION

ALL PROGRAMS ARE CUSTOMIZED TO MEET INDIVIDUAL GOALS AND ARE BASED OFF OF PRE-TRAINING ASSESSMENTS, INCLUDING A FUNCTIONAL MOVEMENT SCREEN, NUTRITION CONSULTATION, AND PHYSICAL THERAPY AND CARDIOVASCULAR EVALUATIONS.



“”

I ALWAYS ENJOY MY TIME HERE. THE WORKOUTS HERE MAXIMIZE YOUR POTENTIAL AND GET YOU IN THE BEST SHAPE POSSIBLE TO ACHIEVE GREAT THINGS.

-XANDER BOGAERTS
SS | WORLD SERIES CHAMPION, ALL-STAR, AND SILVER SLUGGER

RESULTS HAPPEN HERE



NOAH
SYNDERGAARD
P | ALL-STAR

BECOME A FIVE-TOOL PLAYER BY IMPROVING

SPEED AGILITY STRENGTH POWER

BASEBALL PERFORMANCE TRAINING

PERFORMANCE TRAINING ONCE OR TWICE PER DAY IN A GOAL-ORIENTED PROGRAM:

- BODY COMPOSITION
- POWER EMPHASIS
- BASEBALL-SPECIFIC SPEED
- PAIN AND INJURY PREVENTION

PERSONAL INTERVIEW TO GO OVER GOALS AND ASSESSMENTS, ENSURING WE ADDRESS AND MEET INDIVIDUAL NEEDS

SOFT-TISSUE MASSAGE TO HELP PREVENT MUSCLE ACHES, PAIN, AND INJURY WHILE HELPING THE BODY TO RECOVER FROM DAILY TRAINING (INCLUDED IN TWICE-A-DAY TRAINING, AVAILABLE AS AN ADDITIONAL SERVICE WITH ONCE-A-DAY TRAINING PACKAGES)

INDIVIDUALIZED NUTRITION PROGRAM BASED ON BODY COMPOSITION GOALS, INCLUDING A MEAL BUILDER WITH RECOMMENDATIONS FOR BREAKFAST, LUNCH, DINNER, AND SNACKS, AND OUR PERFECT DAY SYSTEM TO PROVIDE GAME-DAY BEST PRACTICES

PRE- AND POST-WORKOUT SUPPLEMENTATION FOR OPTIMAL PERFORMANCE AND TO ASSIST WITH MUSCLE RECOVERY AND BODY COMPOSITION GOALS

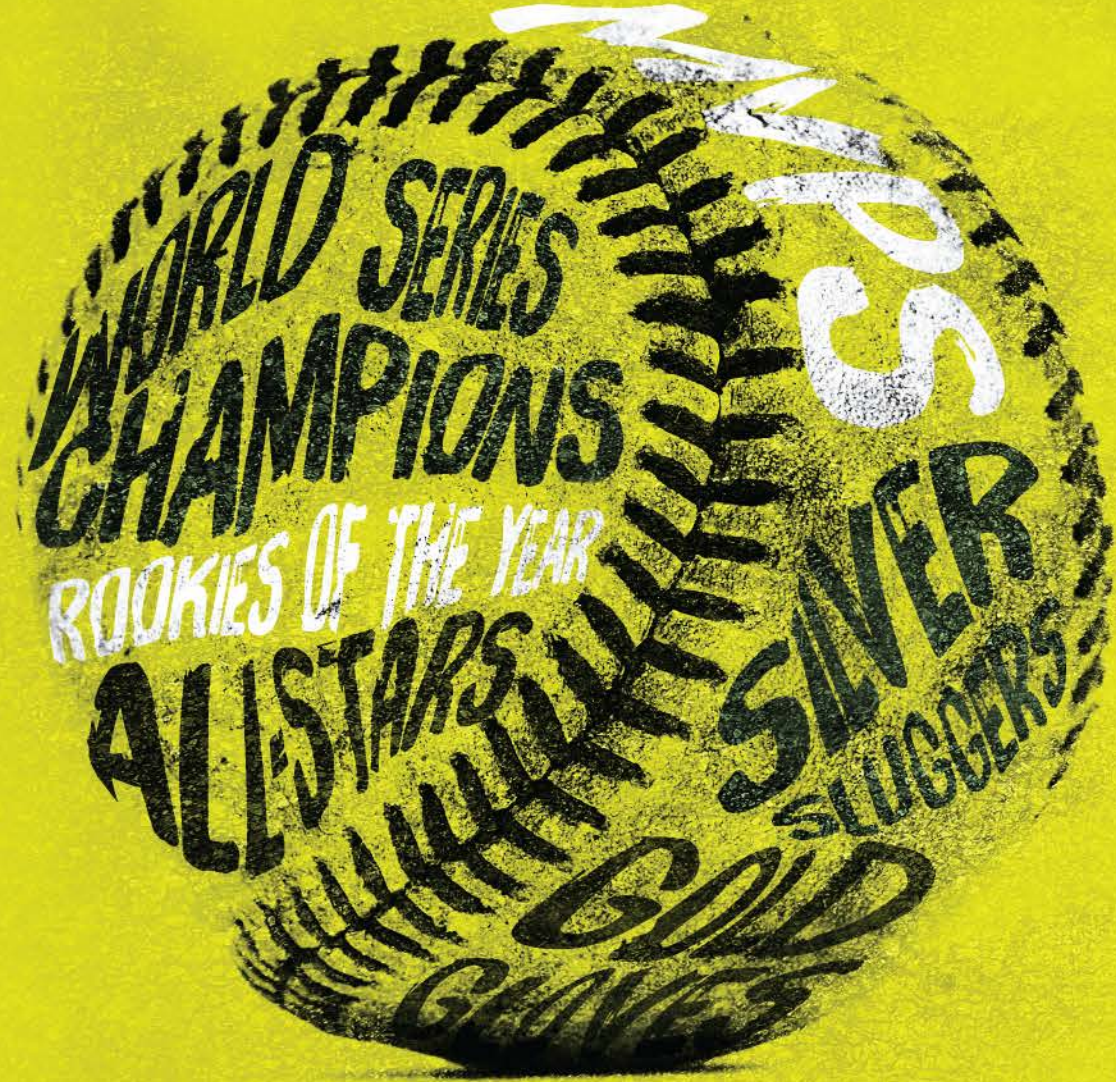
TAKE-HOME INFORMATION INCLUDING TRAINING, NUTRITION, AND RECOVERY PLANS AND TIPS TO HELP SUPPORT CONTINUED SUCCESS THROUGHOUT THE SEASON

DISCOUNTED PRODUCTS FOR PURCHASE FROM OUR LEADING EQUIPMENT PARTNERS AND THORNE RESEARCH PRODUCTS FOR PERSONAL USE OUTSIDE OF EXOS

““““

THAT'S WHY I TRAIN AT EXOS AND GET READY FOR THE SEASON BECAUSE I FEEL IT'S THE BEST FIT FOR ME AND MAKES ME BECOME A BETTER ATHLETE.

-DUSTIN PEDROIA
2B | ALL-STAR, MVP, SILVER SLUGGER, AND WORLD SERIES CHAMPION



ARE YOU NEXT?

PERFORMANCE EVALUATION AND EDUCATION

A KEY FACTOR TO THE SUCCESS OF EXOS' PROGRAMS IS THE EVALUATION SYSTEM THAT ALLOWS US TO CREATE A PERSONALIZED AND INTEGRATED PROGRAM FOR EACH ATHLETE. OUR TEAM OF SPECIALISTS USE EVALUATIONS TO MEASURE AN ATHLETE'S PHYSICAL STRENGTH, WEAKNESSES, AND MUSCULAR INSTABILITY. THIS INFORMATION IS USED TO CREATE AN INDIVIDUAL TRAINING PROGRAM FOCUSED ON IMPROVING STRENGTH AND MOVEMENT CAPABILITIES WHILE DECREASING RISK OF INJURY. EDUCATION IS ALSO A KEY COMPONENT TO PROVIDING ATHLETES WITH KNOWLEDGE AND TOOLS TO ACHIEVE SUCCESS THROUGHOUT THEIR CAREERS.

EVALUATION AND EDUCATION COMPONENTS

FUNCTIONAL MOVEMENT SCREEN

A SERIES OF SEVEN MOVEMENTS THAT IDENTIFY AND TRACK MOBILITY AND STABILITY DEFICIENCIES, ASYMMETRIES, AND COMPENSATION STRATEGIES WITHIN THE BODY. IT REVEALS INEFFICIENCIES AND LIMITING FACTORS THAT COULD INHIBIT PERFORMANCE AND LEAD TO NON-CONTACT INJURIES. USING THIS EVALUATION, OUR PERFORMANCE SPECIALISTS CREATE AN INDIVIDUALIZED PROGRAM TO ADDRESS THESE ISSUES AT THEIR PHYSICAL ROOT.

BODY COMPOSITION ASSESSMENT

AN EVALUATION OF BODY FAT PERCENTAGE, LEAN MASS, AND TOTAL WEIGHT. THIS INFORMATION HELPS OUR REGISTERED DIETITIANS CREATE A PERSONALIZED NUTRITION AND SUPPLEMENT PLAN TO HELP ATHLETES REACH THEIR BODY COMPOSITION GOALS, INCLUDING INCREASING LEAN MASS AND DECREASING BODY FAT PERCENTAGE.

MOVEMENT PREP 101

A PRACTICAL TRAINING SESSION FOR EVERY ATHLETE TO ILLUSTRATE THE CONNECTION BETWEEN THEIR FUNCTIONAL MOVEMENT SCREEN AND PILLAR STRENGTH 101. THIS WILL SERVE AS AN INTRODUCTION TO THE FUNDAMENTAL MOVEMENT PATTERNS IN EXOS' METHODOLOGY AND THE MOVEMENT-BASED COACHING PHILOSOPHY EACH ATHLETE WILL RECEIVE DURING TRAINING.

NUTRITION 101

AN INTRODUCTORY SESSION COVERING THE ESSENTIAL DETAILS OF OPTIMAL NUTRITION AND HYDRATION FOR SPORT PERFORMANCE. ATHLETES WILL LEARN ABOUT THE IMPORTANCE OF CARBOHYDRATES, PROTEIN, FAT, AND HYDRATION FOR PROPER FUELING AROUND TRAINING AND COMPETITION.

“”

THE LAST COUPLE OF YEARS, I MIGHT HAVE BEEN A LITTLE MORE MENTALLY BEAT DOWN BECAUSE MY PHYSICAL SIDE WAS LACKING. IT WASN'T LACKING WHEN I WAS WORKING OUT AT EXOS, AND THAT'S SOMETHING I WANTED TO RE-ESTABLISH IN MY OFFSEASON TRAINING PROGRAM WITH EXOS.

-ANDRE ETHIER | OF | ALL-STAR

“”

THE MOST IMPORTANT REASON WHY I COME HERE IS THE SPEED TRAINING AND MOVEMENT PREP. YOU HAVE EVERYTHING YOU NEED HERE AT ONE PLACE.

-EVAN LONGORIA | IF | ALL-STAR, SILVER SLUGGER, GOLD GLOVER, AND 2008 ROOKIE OF THE YEAR

“”

YOU'RE NOT GOING TO FIND A BETTER WORKOUT THAN EXOS ANYWHERE ELSE. YOU'RE GOING TO TRAIN THE RIGHT WAY AND TRAIN AROUND OTHER GUYS WHO HAVE BEEN SUCCESSFUL. WHY WOULD YOU NOT WANT TO BE IN THAT ENVIRONMENT? IT WILL ONLY MAKE YOU BETTER.

-CHASE UTLEY | 2B | WORLD SERIES CHAMPION AND ALL-STAR

“”

YOU PUT IN A LOT OF HARD WORK, AND THE RESULT IS SUCCESS. IT'S PROVEN HERE. BY COMING TO EXOS, YOU'LL LEAVE BETTER THAN WHEN YOU CAME IN.

-EDWIN JACKSON | P | WORLD SERIES CHAMPION AND ALL-STAR

“”

PHYSICALLY, YOU GET AS PREPARED AS YOU CAN HERE, AND YOU CAN'T COME TO A BETTER PLACE. WE HAVE A BLAST HERE. YOU'RE WORKING HARD AND PUSHING EACH OTHER.

-AARON HILL | 3B | ALL-STAR AND SILVER SLUGGER

“”

GUYS THAT WORK OUT HERE ARE GOING TO EXCEL AND BE BETTER THAN OTHER GUYS IN THEIR SPORT BECAUSE OF WHAT THEY'LL LEARN HERE. YOU'RE GOING TO SEE A LOT OF KIDS COME OUT OF HERE AND MAKE AN IMPACT IN PROFESSIONAL SPORTS.

-CURT SCHILLING | P | THREE-TIME WORLD SERIES CHAMPION AND ALL-STAR

EXAMPLE TRAINING WEEK ONCE A DAY

THIS SCHEDULE IS AN EXAMPLE. TRAINING TIMES MAY BE DIFFERENT DEPENDING ON THE ATHLETE AND TRAINING GROUP SCHEDULE.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00A	BREAKFAST		BREAKFAST		
8:30A					
9:00A	1ST WEEK OF TRAINING: ✦ EVALUATIONS ✦ EDUCATION ✦ ORIENTATION	BREAKFAST	REGENERATION	BREAKFAST	BREAKFAST
9:30A	ADDITIONAL WEEKS: TRAINING SESSION TIME WILL BE DETERMINED BY ATHLETE AND COACH	TRAINING SESSION: ✦ MOVEMENT ✦ STRENGTH ✦ ESD	SOFT-TISSUE THERAPY (ADDITIONAL SERVICE FOR ONCE-A-DAY TRAINING PACKAGES)	TRAINING SESSION: ✦ MOVEMENT ✦ STRENGTH ✦ ESD	TRAINING SESSION: ✦ MOVEMENT ✦ STRENGTH ✦ ESD
10:00A					
10:30A					
11:00A					
11:30A					
12:00P		HOT/COLD THERAPY	LUNCH	HOT/COLD THERAPY	HOT/COLD THERAPY
12:30P	LUNCH	LUNCH		LUNCH	LUNCH
1:00P	NUTRITION 101				
1:30P					
2:00P					
2:30P	TRAINING SESSION: ✦ STRENGTH ✦ ESD				
3:00P					
3:30P					
4:00P					
4:30P	HOT/COLD THERAPY				

EXAMPLE TRAINING WEEK TWICE A DAY

THIS SCHEDULE IS AN EXAMPLE. TRAINING TIMES MAY BE DIFFERENT DEPENDING ON THE ATHLETE AND TRAINING GROUP SCHEDULE.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00A	BREAKFAST		BREAKFAST		
8:30A					
9:00A	1ST WEEK OF TRAINING: ✦ EVALUATIONS ✦ EDUCATION ✦ ORIENTATION	BREAKFAST	REGENERATION	BREAKFAST	BREAKFAST
9:30A	ADDITIONAL WEEKS: TRAINING SESSION TIME WILL BE DETERMINED BY ATHLETE AND COACH	TRAINING SESSION: ✦ MOVEMENT	SOFT-TISSUE THERAPY	TRAINING SESSION: ✦ MOVEMENT	TRAINING SESSION: ✦ MOVEMENT
10:00 A					
10:30A					
11:00A					
11:30A					
12:00P		HOT/COLD THERAPY	LUNCH	HOT/COLD THERAPY	HOT/COLD THERAPY
12:30P	LUNCH	LUNCH	HALF TRAINING DAY FOR REGENERATION AND RECOVERY	LUNCH	LUNCH
1:00P	NUTRITION 101				
1:30P					
2:00P					
2:30P	TRAINING SESSION: ✦ STRENGTH ✦ ESD	TRAINING SESSION: ✦ STRENGTH ✦ ESD		TRAINING SESSION: ✦ STRENGTH ✦ ESD	TRAINING SESSION: ✦ STRENGTH ✦ ESD
3:00P					
3:30P					
4:00P					
4:30P	HOT/COLD THERAPY	HOT/COLD THERAPY		HOT/COLD THERAPY	HOT/COLD THERAPY



ADDITIONAL SERVICES

ON-SITE PERFORMANCE SPECIALISTS AND PHYSICAL THERAPISTS

EXOS PERFORMANCE SPECIALISTS AND PHYSICAL THERAPISTS OFFER ON-SITE SERVICES AT AN ATHLETE'S HOME GYM OR TEAM TRAINING FACILITY. THEY'RE RECOGNIZED GLOBALLY FOR THEIR KNOWLEDGE, BACKGROUND, AND CREDENTIALS. WITH THE HELP OF EXOS' PERFORMANCE INNOVATION TEAM, WHICH PROVIDES CONTINUING EDUCATION AND METHODOLOGY IMPROVEMENTS, THEY'RE ALWAYS IMPROVING SO THEY CAN HELP ATHLETES DO THE SAME.

TEAM NUTRITION SUPPORT

OUR PERFORMANCE NUTRITION TEAM CAN PROVIDE YOUR ORGANIZATION WITH A CUSTOMIZED NUTRITION SOLUTION TO HELP TAKE YOUR TEAM'S ON-FIELD PERFORMANCE TO THE NEXT LEVEL. THIS INCLUDES:

ON-SITE ASSESSMENT

EXOS TEAM MEMBERS WILL SPEND TIME ON-SITE WITH YOUR MANAGEMENT TO GAIN A BETTER UNDERSTANDING OF YOUR ORGANIZATION'S OPERATIONS, BUDGET, FUELING REQUIREMENTS, AND GENERAL CULTURE. WITH THIS INFORMATION, WE'LL DESIGN A CUSTOM NUTRITION SOLUTION THAT WILL BE MOST EFFECTIVE.

ATHLETE-FOCUSED NUTRITION SOLUTIONS

RECOGNIZING THAT EVERY ATHLETE IS DIFFERENT IS KEY TO IMPROVING THE OVERALL PERFORMANCE OF YOUR TEAM. EXOS EVALUATES EACH ATHLETE TO CREATE AN INDIVIDUAL MEAL BUILDER AND FUELING STRATEGY THAT WORKS FOR THEM.

NUTRITION PHILOSOPHY DEVELOPMENT

EXOS WILL COLLABORATE WITH YOUR IN-HOUSE TEAM TO DEVELOP A GUIDING MESSAGE FOR YOUR PLAYERS THAT HELPS THEM FUEL SMARTER AND IMPROVE THEIR PERFORMANCE.

MENU PLANNING AND TEAM FOOD STRATEGY

WORKING WITHIN YOUR TEAM'S BUDGET AND GOALS, EXOS WILL IDENTIFY AND WORK WITH FOOD SERVICE PROVIDERS AND CREATE HOME AND AWAY MENUS SO PLAYERS HAVE A DAILY VARIETY OF MEAL OPTIONS.

SPRINGS

PHOENIX ARIZONA



LOS ANGELES CALIFORNIA | STUBHUB CENTER



SAN DIEGO CALIFORNIA | SKLZ HEADQUARTERS



PENSACOLA FLORIDA | ANDREWS INSTITUTE



DALLAS TEXAS | FIELDHOUSE USA



EL SEGUNDO CALIFORNIA | UCLA HEALTH



GRAND FORKS NORTH DAKOTA | ALTRU ADVANCED ORTHOPEDICS



MINNEAPOLIS MINNESOTA | MAYO CLINIC SPORTS MEDICINE



WASHINGTON DC | INOVA HEALTH SYSTEM



ROCHESTER MINNESOTA | MAYO CLINIC SPORTS MEDICINE



OKLAHOMA CITY OKLAHOMA | MERCY



MIAMI FLORIDA | UNIVERSITY OF MIAMI HEALTH SYSTEM



CHARLOTTE NORTH CAROLINA | NOVANT HEALTH





EXOS[®]

EXOS IS DEDICATED TO SUPPORTING YOUR GOALS AT EVERY STAGE OF YOUR PROFESSIONAL BASEBALL CAREER. WHETHER YOU'RE A PROSPECT LOOKING TO CLIMB UP THE ORGANIZATION OR A VETERAN LOOKING TO LEAD YOUR TEAM TO OCTOBER OR EARN YOUR NEXT BIG CONTRACT, OUR INTEGRATED TRAINING, NUTRITION, AND REHABILITATION PROGRAMS ARE BUILT AROUND YOUR GOALS AND NEEDS.

OUR EXPERTS WORK TOGETHER TO PROVIDE YOU WITH A PREMIER OFFSEASON TRAINING EXPERIENCE THAT BEST PREPARES YOU FOR SPRING TRAINING AND THE GRIND OF A LONG SEASON. WE KNOW THAT EVERY PITCH, EVERY AT-BAT, AND EVERY INNING IS IMPORTANT TO YOU, AND WE WORK TO ENSURE YOU'RE PREPARED WITH THE TOOLS AND KNOWLEDGE TO REACH YOUR PERFORMANCE GOALS.

FOR MORE INFORMATION ON OUR OFFSEASON TRAINING, REHABILITATION, AND NUTRITION SERVICES, CONTACT OUR TEAM TODAY.

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LEARN MORE AT TEAMEXOS.COM/BASEBALL, AND SEE THE TRAINING IN ACTION AT @EXOSSPORTS ON TWITTER AND INSTAGRAM

