



**Velocity**  
+ ARM CARE

THE PROGRAM  
EVERYONE IS  
TALKING ABOUT  
BIG GAINS IN MPH  
AND ARM SPEED!



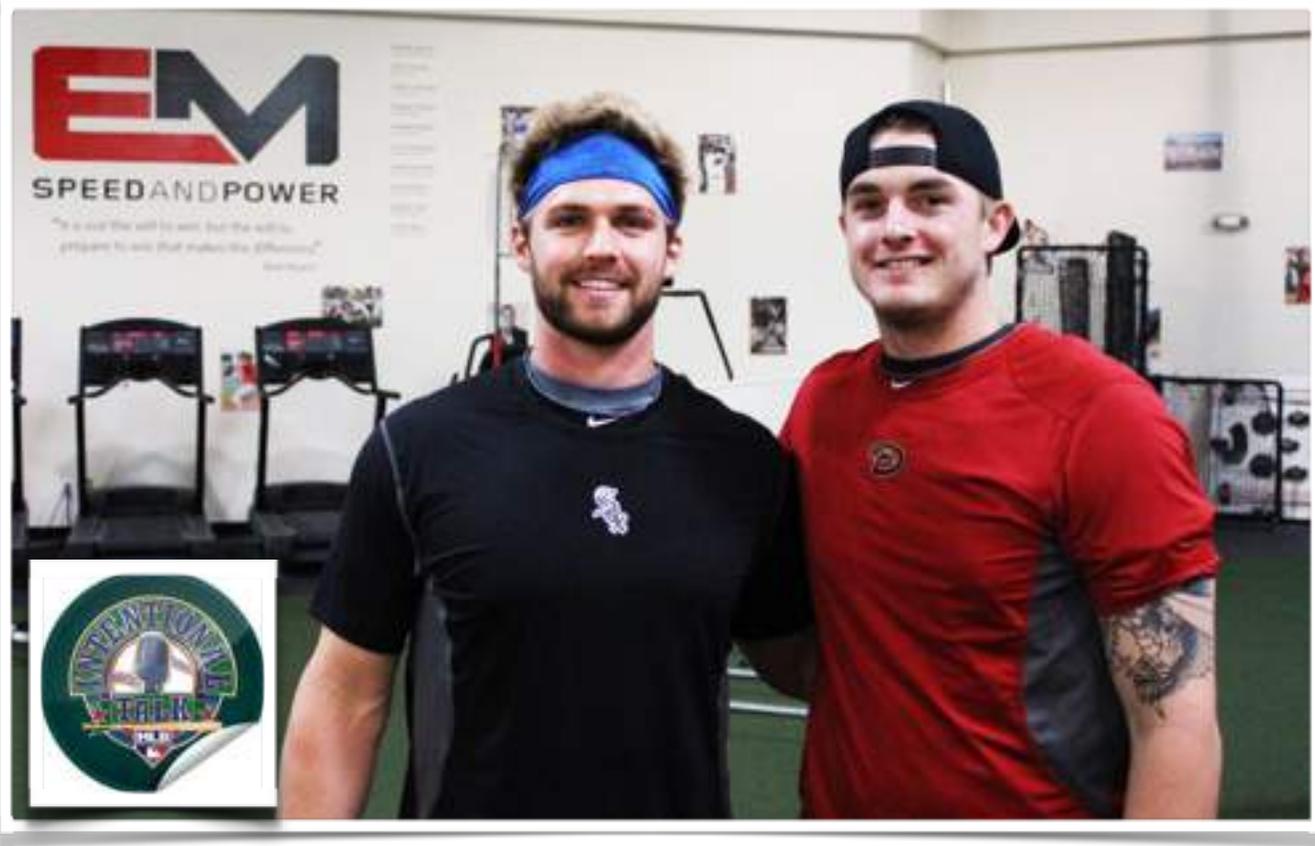
**MICHAEL LORENZEN**  
1ST ROUNDER  
6.7 - 60 AND 97 OFF  
THE MOUND



**DARIC BARTON**  
EM ATHLETE'S  
PROFILE IN THE BIGS

**EM**  
SPEEDANDPOWER

# NATION



## TRADING PLACES

Two EM Athletes and MLB Players were traded recently .. for each other.

Matt Davidson  
(White Sox) and  
Addison Reed  
(Diamondbacks)

Recently on MLB Networks Intentional Talk with Kevin Millar,

Addison 'video bombed' Matt announcing the trade and switching jerseys on national TV shot on remote at EM's Rancho Cucamonga Facility (check it out on youtube or on EM's website.

Reed, 24, has saved 69 games for the White Sox over the past two seasons, posting a 4.20 ERA with 9.0 K/9 and 2.9 BB/9 in 126 1/3 innings in that time. Sabermetric stats such as FIP (3.38) and SIERA (3.33) feel that Reed's ERA should have been substantially lower in that time. The Diamondbacks will control Reed through the 2017 season and he is not arbitration eligible until next offseason, making him a highly affordable piece to add to the back-end of their bullpen.

Davidson, 23 in March, made his big league debut in 2013, slashing .237/.333/.434 with three homers in 87 plate appearances. The 2009 supplemental-rounder entered the 2013 campaign ranked as Baseball America's No. 88 overall prospect and MLB.com's No. 77 overall prospect. Davidson delivered on that praise by slashing .280/.350/.481 with 17 homers in 500 plate appearances prior to his promotion to the big leagues. He is controllable through the 2019 season and can't reach arbitration eligibility until at least the 2016-17 offseason.



Addison and Matt talking to Kevin Millar via Skype from EM on MLB Network's Intentional Talk.

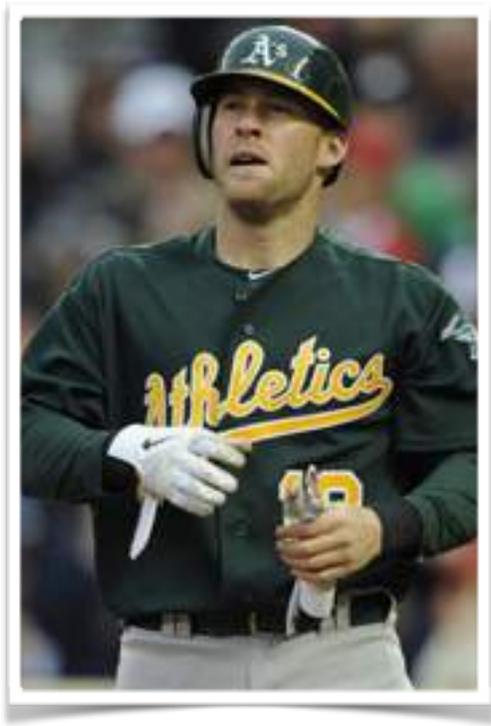
*Addison and Matt talk about EM*



--EM is the place to go if you want to take your game to the next level. The facility and trainers are the best you will find. JD has been my trainer the last 2 years and I believe he is the reason I have become a more complete athlete. If you are serious about becoming a better athlete and want to push yourself to levels that you never thought were possible, EM is the place for you!



--EM has been my offseason routine since I was a junior in high school. They always get me ready for the grind of every season. I always show up to camp ready to go



# DARIC BARTON

--The guys at EM get me right. You get results you can see as well as numbers that don't lie. I definitely felt a difference when it matters the most, **The Post Season!**

Daric Barton was a first round pick (28th overall) in the 2003 MLB Draft by the St. Louis Cardinals out of Marina High School - Daric was inked to be a starter at Cal State Fullerton, but accepted the offer (and signing bonus) from the Cards.

Barton began his professional career in Rookie League mainly playing as a catcher. In 54 games, he batted .291 with 4 home runs.

In 2004, he advanced to the Cardinals Single-A team playing 90 games and batting 313 with 13 home runs. He was named to the Midwest League Postseason All-Star team. He led the Midwest League in on-base percentage (.445), was third in the league in batting average (.313), and was fourth in the league in slugging percentage (.511).

On December 19, 2004, he was traded along with pitchers Dan Haren and Kiko Calero to the Oakland Athletics for starting pitcher Mark Mulder. **Barton was #32 out of 100 on *Baseball America's* Top 100 Prospects** list in 2005. Barton started the 2005 season slowly, but ended the year with a .317 batting average. He spent most of 2005 with the Single-A Stockton Ports of the California League, but also appeared in 56 games for the Double-A Midland RockHounds of the Texas League. He was also selected to play in the **All-Star Futures Game at PNC Park in Pittsburgh**. With the Cardinals, The A's moved Barton from catcher to 1st base.

In 2006, Barton once again appeared on *Baseball America's* Top 100 Prospects list, this time ranking at #28. **He was also ranked as the Athletics #1 prospect.**

In 2007, Barton appeared on *Baseball America's* Top 100 Prospects list, this time ranked at just #67. **He was ranked as the Athletics #2 prospect** behind outfielder Travis Buck, who ranked at #50 on the Top 100 Prospects list. Barton finished the 2007 minor league season with a .293 batting average and 9 home

Barton is a patient hitter. In 9 minor league seasons, he had 446 walks as opposed to 382 strikeouts. In 2010, Barton was one of only two players in MLB to have more walks than strikeouts, the other was Albert Pujols.

runs in 137 games. Daric Barton uses "Nightmare" by Avenged Sevenfold as his batting music.

Following the 2007 minor league

season, the River Cats advanced to the first round of the playoffs. **In the first round, Barton batted .550 (11–20) with 10 RBIs.** He had a power surge with 4 home runs and one of the home runs was a decisive one in Game 5 as it led the River Cats into the second round of the playoffs.

## Oakland Athletics

Barton made his major league debut on September 10, 2007, against the Seattle Mariners. In his third plate appearance, he had his first major league hit off Ryan Feierabend, a double. He had two hits in his major league debut for Oakland, a feat that was not matched until Nate Freiman did it in 2013.[3]

On September 14, Barton hit his first major league home run. Barton played in 18 games in 2007. He reached base safely in all 18 games via a hit or a walk.[4]

He hit .347 (25–72) with 4 home runs and 8 RBIs.

In 2008, Barton was the Athletics' starting first baseman.

**Barton began the 2010 season as the A's starting first baseman.** On April 25, he fractured his finger while tumbling into the Cleveland Indian's dugout.[6] He won a Fielding Bible Award for his statistically based defensive excellence during the year [7] and led his team in runs (79), hits (152), and doubles (33). He also led the AL in walks with 110, and was second in MLB only to Prince Fielder.[8]



Barton was once again selected as the starting first baseman for the Athletics at the beginning of the 2011 season. In May of the 2013 season, Barton was

added back on the 40 man roster when right fielder Josh Reddick was placed on the disabled list after injuring his wrist. Everyday first basemen Brandon Moss was moved over to right field. Barton took Reddick's spot on the active roster and covered everyday first base duties. On December 20, 2013, Barton signed a one-year deal with Oakland, helping the A's work a successful season into the playoffs.



## EM's VELOCITY TRAINING

EM'S Velocity Plus Throwing Program Shows an Average of More Than 5 MPH Increase in First 50 Athletes Trained!

Some EM Athletes saw an improvement of over 10 mph in throwing velocity, like Danny a right handed pitcher saw an increase of 16 mph and Dominick (RHP 12 yrs old), an 11 mph increase, and Rene (Catcher 16 yrs old) a 10 mph increase - but the first 50 athletes to run through the Velocity Plus Throwing Program at EM gained an average of over 5 MPH in actual throwing velocity in baseball and softball. The

radar gun does not lie, this is a measurable increase in throwing velocity!

EM has now trained over 250 athletes in this program and we are compiling the results for these latest throwers, and the gains in shoulder strength, stability and arm speed look even better.

Pictured above, Sophomore Pitcher from UC Davis Zach Williams who came in the beginning of summer throwing 92 and left for school testing out at 96! Zach did the Velocity Plus Throwing Program and EM's Pitcher Specific Strength and Conditioning Program 4-5 days a week.

Needless to say, you have to be committed and disciplined to the program (4-5 days per week), but with your throwing specific workouts and the Velocity Plus Throwing Program, you will get better.



# KURT NIEUWENHUIS

— My off-season routine for the past several years has been at EM. I just get stronger and get injured less! EM understands a baseball athletes body.

Drafted in the 3rd round of the MLB Draft in 2008, Kurt has been a main stay hammering the ball and running down sinking line drives in the outfield with the New York Mets since 2012. His debut outing was a sign of things to come, Nieuwenhuis went 2-4 in his first game in the bigs!

# MICHAEL LORENZEN

--EM got me from a kid who had dreams of achieving goals of getting bigger, faster and stronger, to giving me the tools I needed in order to achieve those goals.



**Runs a 6.7 - 60 Yard Dash and Throws 97 MPH Off the Mound - An EM Poster Child - 5 Tool Player!**

Drafted twice, most recently in the 1st round (38th Overall) in the 2013 MLB Draft by the Cincinnati Reds, Lorenzen played Collegiate ball for the Fullerton Titans. Lorenzen is an elite hitter and this kid is 'jacked', a physical specimen that has an upside that is unlimited. Even more, his moral base keeps him grounded even when the fame and attention of being a 1st rounder gets overwhelming. His work ethic and knowledge in terms of baseball and strength and conditioning will take him a long way.





Addison and Austin on the mound at EM

# BROTHERS IN ARMS

EM Athletes Addison and Austin Reed Take Different Paths From the Same Family!

When Scott and September Reed first had that gleam in their eyes, little did they know they would produce two of the best pitchers in

the Inland Empire - and more, two Professional Baseball Players. Addison Reed closed for the White Sox for the last two seasons, logging over 40 saves last year. Austin Reed, drafted in the 12th round of the MLB Draft by the Chicago Cubs has just started his rise to the top of the Cubs organization. Addison and Austin took different paths in high school, Addison going to Los Osos High School and Austin attended Rancho High School. Both Reeds were at the top of their league in High School, Addison closed for San Diego State and Austin went directly to pro ball from high school. I'd like to be around that table at Thanksgiving.



--"EM and JD have pushed me to a whole new level with the workouts this offseason. I never walk out of there with a dry shirt. Going into this season I know my body will be at its best all thanks to EM."

- Austin Reed, Chicago Cubs

# CHRISTIAN COLON

--Hands down the best work I have ever done has been at EM. Straight up business to the point and not only friends they know exactly what we need to get ready! Let's just say last two years that I have been with EM since I started I've been player of the year twice and I have transformed my body! EM has done anything and everything I have asked for and more. I get to do everything at EM and it's described to me in 3 words Powerful, Personal and Professional. Best training I have had and I will continue to work with for as long as I play.



1st Round - 4th Overall Pick in the 2010 Draft.

Christian Colon won back to back player of the year honors in the Royals organization for good reason, this hard working infielders talents go beyond picking backhands and diving catches in the hole - he is a true clutch hitter. Colon's knack to get the big hit when needed is catapulting him into the big leagues. Christian graduated from Canyon High in Santa Clarita and played

Collegiate baseball at Cal State Fullerton. For the US National Team he became the first player in the history of the Collegiate National Team to earn the title of team captain

- In his second stint with the college-level team, he hit .362 in 23 games before being knocked out of competition by a hard, late slide that broke his leg in the second to the last game of the championship round versus Canada
- Led Team USA in hits (34), slugging (.459), home runs (5), RBIs (37), runs (31) and stolen bases (24), struck out just 11 times in 94 at bats, and had a team low 6 strikeouts. For his performance, he was named Baseball America's Summer League Player of the Year.

Christian became the first player in history to be named US National Team Captain



## KYLE SKIPWORTH

MIAMI MARLINS



--The training program and facility that EM offers is second to none. It's simple, if you put in the work, you will see unbelievable results.



## VINCENT VELASQUEZ

HOUSTON ASTROS



--I have been with EM since I was a young buck. My success has always been their first priority, they are like family and will be there with you pushing hard to accomplish your dreams.



## CHANCE CISCO

BALTIMORE ORIOLES



--I strongly recommend that you work with EM. His workouts have made a big difference in my strength, tone, core and stamina. His passion for what he does is evident through all of his actions and drives each athlete that has the opportunity to train with him to work hard each and every day.



# BRENTON ALLEN

UCLA CWS CHAMPS / WASHINGTON NATIONALS



--The guys over at EM truly know their stuff. I've been working out there for over 7 years and would never trust anyone else with helping me to tone and perfect my performance in speed, agility and power.



# NICK RAMIREZ

MILWAUKEE BREWERS



--"EM has turned me into the athlete I am today, wouldn't be where I am with out you guys" I love JD



# MATT CARSON

CLEVELAND INDIANS



--EM is a one stop shop for a baseball player. We hit, throw, take ground balls and then have a killer workout. These guys do everything they can to make our long hard journey seem possible.



# ADAM MELKER

ST LOUIS CARDINALS



--EM is a State of the Art facility with the best trainers Southern California has to offer. It's definitely taken my game to the next level. I would highly recommend it to any athlete trying to reach their full potential.



# AARON SANCHEZ

TORONTO BLUE JAYS

--My health strength endurance and recovery are my top priority for a long professional baseball season and my short time at EM has been outstanding



# MATT ANDRIESE

SAN DIEGO PADRES

--I choose EM because it's close to home and is a great baseball facility. I enjoy working out with other professional athletes in the area. JD always makes it fun to do hard work. I enjoy the relaxed environment and can go at a pace that you want. EM prepares you for a long season and is great for pitchers working on explosiveness and power.



# ZACH WEISS

UCLA CWS  
CHAMPIONS CINCINNATI REDS

— I work with EM because I am still competing for a job, everyday. I trust them to give me the edge I need to win a spot at the next level.





# JAKE LEMMERMAN

SAN DIEGO PADRES

— I'm getting better every year at EM, and that translates to what I am doing on the field.



# K J FRANKLIN

CINCINNATI REDS

--EM has helped me reach my goals performance wise, and help me obtain a healthy lifestyle.



# CHRISTIAN LOPES

TORONTO BLUE JAYS

—Consistency and intensity with EM, resisting injuries and getting much stronger. I'll be ready for the grind and in better shape than ever.



# JAKE BAUERS

SAN DIEGO PADRES

—Better, Faster and Stronger!



*\*To see a complete list of Pro Players that train at EM visit us at [www.emspeedtraining.com/baseball](http://www.emspeedtraining.com/baseball)*





## EM FROM THE START

VINCENT VELASQUEZ, ASTROS

RYAN HALSTEAD, INDIANA

LONNIE KAUPPILA, MARLINS

These three original EM'ers were there at the beginning as some of the first athletes back when they were 12 and 13 years old. Since then it's been busy for all of them, Vincent Velasquez going one of the top picks of the Houston Astros, Ryan Halstead getting drafted by

the Astros and the Twins and playing in the 2013 College World Series, and Lonnie Kauppila playing for Stanford and getting drafted by the Miami Marlins. They stayed with what works, and obviously .. it does.



## RANCHO CUCAMONGA QUAKES

LOS ANGELES DODGERS

—We chose EM as the official training facility for our organization because of how complete the facility is and it's stellar reputation training Professional Athletes. We also recommend EM to all other Minor League teams in our division.



# EM's World Class Baseball Specific Strength and Conditioning

Increasing performance in baseball athletes has been our job for the past 8 years, and more than 40,000 athletes trust EM to increase performance, close the gap between potential and performance, and bulletproof athletes arms and bodies to resist injuries. EM works



backwards to individually find the weak link in an athlete's athletic chain, then reinforce, fortify and shore up that weakness so it can compete with larger, more explosive muscle groups. Explosive training is EM's trademark, and our programs and protocols continue to give our athletes the advantage over other methods of training.





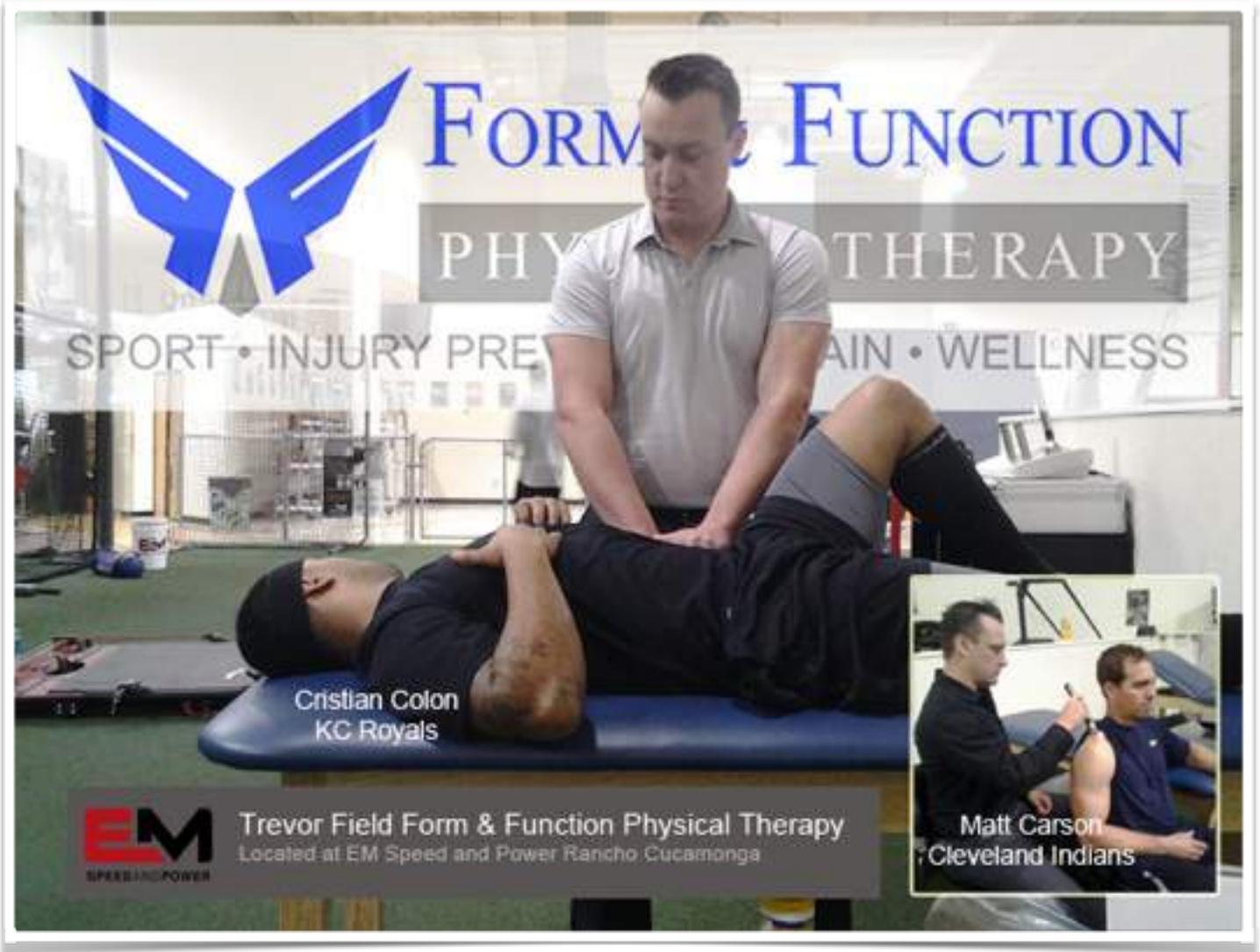
Pictured here, Coach John Daniels (EM Master Trainer) works with Pro Athletes using video analysis and the latest training techniques to give each individual a custom program based on their particular needs.



Athletes pictured: Dane DeLaRosa (LA Angels of Anaheim), Matt Davidson (Chicago White Sox), Jacob Anderson (Toronto Blue Jays), Adam Reifer (St. Louis Cardinals), Kyle Skipworth (Miami Marlins) and others...



# PHYSICAL THERAPY / INJURY PREVENTION LOCATED IN EM FACILITIES



Physical Therapy, orthopedic and sports medicine rehabilitation centers located at an EM facility for the benefit of EM Athletes and their families. These physical therapy experts are committed to providing the highest quality physical therapy care for each client's individual needs and concerns.

At EM, physical therapists with a background in treating throwing athletes work to get the most range of motion and flexibility while working out any issues small or large.



## DANE DELAROSA



LA ANGELS OF ANAHEIM

— I've been training at EM for more than 4 years, and I've gotten better every year! More innings, much stronger and more endurance.



## STEVE DELABAR

TORONTO BLUE JAYS / MLB  
ALL STAR

—Steve Delabar put the Velocity Plus Arm Care Program on the map. Since then over 10,000 throwing athletes have gained strength and stability in their shoulder and Miles Per Hour in their throwing. Steve went from 91 to 97 after breaking his elbow, (currently sporting 6 screws and 2 stainless steel plates) and rehabbing with the Velocity Plus Throwing Program.



Find out more by calling EM or visit [emspeedtraining.com](http://emspeedtraining.com) to watch videos about Steve Delabar's journey and information about the Velocity Plus Throwing Program at EM.



## EM's RANCHO CUCAMONGA FACILITY

### **FACILITIES IN RANCHO CUCAMONGA / CORONA / CHINO / ANAHEIM / SAN DIEGO**

EM's 'Mother Ship' is in Rancho Cucamonga, almost 40,000 square feet of the finest training on the West Coast. Facility includes a 50 yard run of training turf, 27 lifting platform stations, enough weights and kettle bells to sink a tanker and 10 batting cages for baseball and softball. But it's not the equipment or the place - it's the training! EM is the longest trusted facility of it's kind, period. We have helped over 40,000 athletes get faster, stronger and more explosive - Pro's, College, High School and younger have trusted EM Speed and Power for almost 10 years.

**Don't just train, Get Better at EM**

*Rancho Cucamonga | Anaheim | Corona | Chino | San Diego*

*Official Training Facility of the Rancho Cucamonga Quakes*

WWW.EMSPEEDTRAINING.COM @EMSPEEDPOWER 909-483-9000





