

ELITE VELOCITY  
PROGRAM ⚡

---

# YOUR 90MPH CHECKLIST

DO YOU CHECK OFF ALL OF THE  
STRENGTH & MECHANICAL QUALIFICATIONS  
OF A HEALTHY 90 MPH THROWER?

# 90 MPH CHECKLIST ⚡

## MOVEMENT FACTORS

- ✓ **BACK LEG GROUND FORCE**
- ✓ **CREATING PROPER MOMENTUM**
- ✓ **DELAY THE ROTATION**
- ✓ **HIPS OPEN & LET IT CLEAR**

## STRENGTH FACTORS

- ✓ **GROUND FORCE CREATION**  
Player Assessment:  
Standard Deadlift 2.25 Bodyweight
- ✓ **ARM STRENGTH**  
Player Assessment:  
Long Toss 330 Feet (110 Yards)
- ✓ **FRONT LEG STABILIZATION**  
Player Assessment:  
Single Leg Squat 75% of Bodyweight  
10X Each Leg
- ✓ **ARM & ELBOW FORCE THRESHOLD**  
Player Assessment:  
Neutral Grip Hang at 2X Bodyweight for 25 Seconds

# MOVEMENT & STRENGTH FACTORS



1

## BACK LEG GROUND FORCE

The throwing of a baseball at a high velocity begins at the strike and force of the back leg. **This force in which the stride leg hits the ground is one of the biggest predictors in throwing velocity.** That stride leg force is created and transferred by the back legs plant into the ground. Essentially, the more forcefully you drive off that back leg, the harder you will throw!

## GROUND FORCE CREATION

2

**Athlete Requirement:**

Standard Deadlift 2.25X Bodyweight for 1 Repetition

The Deadlift is an exercise in which the participant uses both legs to drive from the ground up. This creates force into the ground to lift upward. Our studies indicate that if an athlete can deadlift 2.25 times their bodyweight then they are creating the necessary ground force to safely throw 90mph.



# MOVEMENT & STRENGTH FACTORS



3

## CREATING PROPER & EFFICIENT MOMENTUM

The direction in which your center of mass moves is vital. Efficient transfer of energy from back leg to front leg is perhaps the biggest flaw in most young athletes. Many believe a longer stride is important for throwing velocity. **The truth is that stride length depends on your specific throwing motion, so not every athlete needs a long stride but instead an efficient movement of center of mass.**

## ARM STRENGTH

4

### Athlete Requirement:

Long Toss at 330 feet (110 yards)  
in the air with no pain

The big figure everyone thinks of. Do you have the arm speed and power to throw 90mph? Can your External to Internal Rotation of the shoulder meet the Standards of a 90mph thrower? If you are able to long toss the ball at 310 yards in the air, our research indicates that your arm is moving at a fast enough speed to consistently and safely throw 90mph.



# MOVEMENT & STRENGTH FACTORS

---



5

## DELAY THE ROTATION & HIP-SHOULDER SEPARATION

Frequently athletes believe that velocity comes from the rotational explosion when throwing. While that does help velocity, it is **vital** not to open too early with your front hip.

The Front hip/foot needs to stay closed entirely through the stride right until the foot strike. Once that foot strike hits, the Hip-Shoulder Separation is the action of keeping the back/scapular set back

---



## FRONT LEG STABILIZATION

6

**Athlete Requirement:**

Ability to Single Leg Squat 75% of Bodyweight 10X Each Leg

The human body will not speed up what it can't slow down! Perhaps you are generating 90mph worthy force from the back leg, **if your front leg can not handle that force then it will not allow you to throw hard on a safe and consistent basis.** The ability to do a single leg squat with 75% of your body weight 10 times shows the quad and glutes are strong enough to sustain a 90mph forward force.

# MOVEMENT & STRENGTH FACTORS

---



7

## FRONT SIDE CLEARS, FRONT LEG BRACES & LET IT FLY!

Let that front hip clear, glove-side arm clear, and let it fly! The front leg must be strong enough to handle a 90mph movement of mass and must be strong enough to brace for a 90mph thrower! Once you have developed these elite movement patterns you will be on your way to throwing harder than ever! A ton of

---

## ARM & ELBOW FORCE THRESHOLD

8

**Athlete Requirement:**

Neutral Grip Hang at 2X Bodyweight for 25 Seconds

What good is throwing 90mph if you can't stay healthy? In order to effectively execute our program you must be able to safely and effectively throw without pain, which means the arm and elbow need to be ready! While most of our program focuses on strengthening





# MOST IMPORTANT CHECKPOINT



**INTENT**

**IN ORDER TO THROW HARDER AND HIT FARTHER YOU MUST TRY TO  
THROW HARDER! YOU MUST BE EXPLOSIVE IN ALL MOVEMENTS!**

# WELCOME TO THE ELITE VELOCITY PROGRAM ⚡

This 90mph checklist is the result of years of research done by the EVP Team. The numbers factored into the checklist are based on our findings of the most common figures to develop 90mph throwing velocity. Of course, there are some outliers in the baseball community, but these numbers are tested as a baseline to reach for healthy 90mph!

The overhand throwing motion of a baseball is an extremely complex activity. The effective throwing of a baseball starts from your feet all the way through your finger tips, in what is known as the kinetic chain. The kinetic chain is the coordination of many areas of the body that allows force to be created and transferred properly. The lower half supports and generates which is transferred upwards towards the torso and throwing arm.

The throwing of a baseball at HIGH velocities involves 100% efficiency from the kinetic chain. Even the smallest malfunction can throw the entire chain off and cause a decrease in throwing velocity.

**THE ELITE VELOCITY PROGRAM SPECIFICALLY  
TRAINS THE INDIVIDUAL EXPLOSIONS IN THE  
KINETIC CHAIN.**





**JOIN OVER 1,150 ATHLETES ALL OVER THE WORLD HAVE  
INCREASED THEIR VELOCITY WITH AN  
EVP PRO MEMBERS**

**MEMBERSHIPS STARTING AT AN AFFORDABLE \$12.99 PER MONTH**

**[WWW.ELITEVELOCITYPROGRAM.COM](http://WWW.ELITEVELOCITYPROGRAM.COM)**