Transform your game with tailored development, data-led throwing programs, strategic workload management, and injury prevention for baseball players, coaches, and parents, all designed to unleash peak performance and velocity on the field.

The ArmCare app measures and then uses your strength, fatigue, and recovery data to create training programs customized for you based on your weekly test results to keep you on the mound and in the field.

The EE. Velocity+ and ArmCare app is your roadmap to accelerate velocity gains through boosting arm strength, shoulder balance, total body strength, and lower body power. This removes any weak links in transferring energy from the ground to your throwing arm.

Throw harder and stay healthy using the ArmCare Assessment Package. The ArmCare App uses your shoulder strength and range of motion data to create individualized arm care training. Training that will maximize your arm strength and velocity.
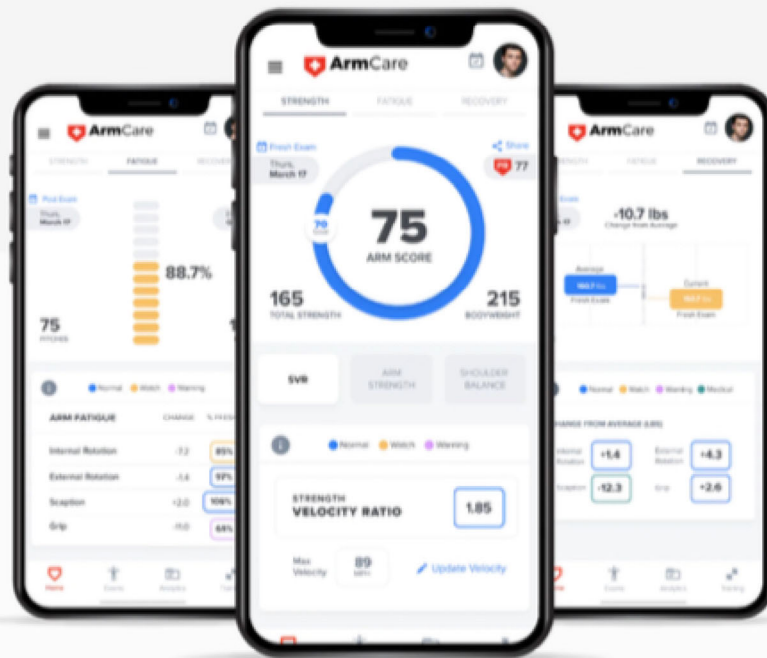
MEASURE WHAT MATTERS

We use your strength, fatigue and recovery data to unlock huge velocity gains. The ArmCare App tells you exactly what training you need to do today – so you see results fast.