

OFFSEASON MOBILITY SERIES

12-WK PROGRESSION: FUNDAMENTALS OF INTENTIONAL MOVEMENT

This 12-week virtual series improves complex dynamic movement patterns through systematic neural mapping with attention to improving active ROM, developing “true” core strength, reducing “energy leaks”, + integrating more efficient breathing strategies to move better + more powerfully than ever.

COMPLEMENTS + ENHANCES ALL S+C PROGRAMS



Profound Gains

- ✓ Players spent 15x fewer days on the IL
- ✓ 87% of players spent 0 days on the IL
- ✓ Noticeable velocity increases
- ✓ Observed improvements in command
- ✓ 69% of pitchers increased K/9
- ✓ Hitters almost doubled their HR Rate
- ✓ Pitchers lowered their ERA by 0.63
- ✓ 40% of players in AAA got called up
- ✓ Better dynamic control of movements
- ✓ More fluid movement patterns
- ✓ Overall feeling better than ever



Full Body Focus

- ✓ Hip Mobility/Stability/Active ROM
- ✓ Thoracic Mobility
- ✓ Lumbar + Pelvis Stability
- ✓ Ribs + Pelvis Relationship
- ✓ Pelvic + Hip Independence
- ✓ Core: Pelvic Floor to Shoulder Girdle
- ✓ Improved Muscle Firing Efficiency
- ✓ ↓ Energy Leaks = ↑ Power Output
- ✓ Proper breathing mechanics + its relation to mobility + performance
- ✓ Heavily biomechanically-focused



Easy to Access

- ✓ Three 60-min Zooms/wk (36 total)
- ✓ New class every Mon-Wed-Sat
- ✓ Class video viewable for 72 hours



AMPLIFIED
MOVEMENT

TRACY HAYES

INTENTIONAL MOVEMENT + MOBILITY

CREDENTIALS

- ✓ FRC® Mobility Specialist
- ✓ Master Pilates Instructor
- ✓ RYT-300 LYT Functional Yoga Instructor (rooted in the biomechanical foundations of Physical Therapy)
- ✓ Postural Restoration Institute (PRI)
- ✓ Certified Biomechanics Specialist (Jan '22)
- ✓ RYT-500 Yoga Instructor
- ✓ NSCA-CSCS (Winter '22)
- ✓ B.A Northwestern University (Cognitive Science, Neuroscience, Linguistics)
- ✓ Personal Trainer (ACE, NESTA)
- ✓ Author - “Reformer Pilates: in Plain English” (ISBN: 978-0-578-64885-9)
- ✓ NLP Practitioner (Neuro-Linguistics Programming)

REGISTER TODAY: <https://amplifiedmovement.com>

DATES: NOV 15 - FEB 5

3 classes/wk for 12 weeks

COST: \$28/SESSION

(paid in full)

* Contact Tracy directly to discuss rates for full organization enrollment

WE'RE PROS... AND OUR CLIENTS ARE TOO!

Last year, players + coaches from 22 MLB teams joined



“THE SERIES TOOK MY GAME TO THE NEXT LEVEL”



“A total **game-changer**”

“The **future** of sports training”



“The **missing KEY**”

“The results were **notable and profound**”



tracy@amplifiedmovement.com



instagram.com/mobility_chick