

Secret #4 - A pitchers arm won't speed up what it can't slow down!

Ever been on a weight training program or went to a trainer and didn't gain any velocity? We'll don't hold your breath...more muscle doesn't add up to more velocity. I'm gonna tell you why and knowing this gives you probably the fastest way to build velocity.

It breaks down like this... There are 3 muscle groups in the front of your arm that speed up your arm. There are only 2 muscle groups in the backside that slow down your arm.

So, every person walking the earth is a little out of whack.

To make matters worse almost all the exercises traditional coaches and trainers show you only build the "speed up" muscles. They never get with the program and address the slow down muscles...even if they do they never build the right balance that's needed to get the most out of what's already inside you. Forget about building additional velocity.

The arms will not speed up what it can't slow down.

Picture it like this...if I put you in a sup'd up race car and told you that you could drive it as fast as you want down the street but warned you that there was a cliff at the end of the street...how fast would you drive? Answer: Only as fast as you could stop.

That's how your arm works. It won't accelerate to the max if it can't slow it down. Pound for pound, all



"THROWING 92mph"

Alex is a 15 year old RH pitcher. He is 5' 2" and weights 100lbs. He currently plays JV for his high school. With his size he needs to be mechanically sound and needs to use his entire body to gain and type of speed on the fastball. Alex is a solid pitcher with excellent control. He has 3 quality pitches. My concern with Alex was, he was only making modest gains in velocity. We subscribed to the 90 MPH club. And in 4 months Alex has gained 6 MPH on his fastball. I do expect him to gain another 1 to 2 MPH before the season ends in July. If he continues to progress at this same rate at the age of 18 he should be throwing 91 to 92 MPH. Thanks to your program Mr. Reddick Alex has an excellent chance to make his college team as a pitcher.

Don Nowak

"From 74mph to 80mph" FRIEND GOES FROM 80 to 83mph

Me and my friend bought your program together about 3 months ago, and not only does it make me throw much harder, but also i have gotten much stronger. I threw right before i got the throwing program and was throwing around 74, and now i am hitting 80, and i think i still have much more left in me.

Thanks alot man this sure has helped me and my friend who is also now throwing over 80(he has hit 83 a few times)

Andrew Benson

"90mph Club is for real"

I was getting pretty frustrated with my pitching performance of late so i decided i'd give Mr. Reddick a run for his money and see if he actually followed through with his claims. I emailed him and told him what i was going through and i instantly received a reply that day and set up a meeting over the computer a couple days later where he not only went over what i was doing wrong but gave me ways to fix the problems. On top of all of this he also recognized that i had been in sort of a mental funk and gave me advice in order to over come this too. I'd have to say that the 90 mph club is for real and the care about and enjoy helping their clients.

Tony

those drills and exercises that traditional coaches teach are making matters worse.

If you don't build up the slow down muscles all the speed up muscles won't fire!

It's hard to swallow, but the bottom line is **you're leaving at least 3-5mph (probably more like 7-10 MPH)** on the table being out of balance and everyday you fail to train properly actually makes things worse.

These's are just 4 dramatic ways where pitcher lose velocity...

It's time to stop spinning your wheels with outdated "traditional" coaching that doesn't work and maybe never worked to begin with.

This is where I come in...

I've created a system called the 90mph Club. I'm humbled to say it is now used by more pitchers than any other pitching program in history. The results speak for themselves.

I want to introduce you to the 90mph Club members who stacked the deck in their favor, took action and took their game to the next level. The 90mph Club is their ace in the hole.

“HIT 90mph! Heard from 51 Schools”

Dear Paul,
Jack just got his showcase times for the Blue Grey Classic down in Wake Forrest. **His Fastball was 90mph**. He knew he had been hitting 89 in the game, but was unsure about his clocking during the workouts. Needless to say he is pleased. He has now heard directly from 51 colleges.
Thanks again for all of your help.
- Mr. John Bender

"From 67mph to 73mph"

My name is Alex Mcgrath and you and your program has helped me in various ways. i am 14 years old and had my first game i throw 73 mph through out the game. i uses to throw 67 but you and your program i can through much harder thanks.

Alex Mcgrath

"No Other Coach Delivered The Goods Like Paul Reddick"

Dear Paul:

Thank you for the time and effort you took with me and my family to make me a better person and pitcher. Your program to help me throw harder is excellent and the time you gave me was unbelievable and a great help.

To those of you thinking of purchasing any of Paul Reddick's products, you need to read this letter. I am a junior at a highly rated public school in New York who pitches and plays first base. I was very interested in Paul's promise of throwing harder and wrote him a letter, as so many coaches and programs promise so much, but never deliver. Much to my surprise, I received a note from Paul and the two of us worked out a time when we could talk to each other. I was so excited that someone of Paul's caliber took the time to write me personally that I used my own money to purchase Paul's course.

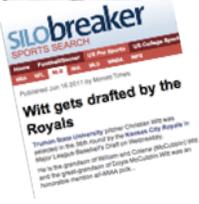
Since that time, the two of us have had the opportunity to talk and I have taken advantage of the opportunity to send Paul a video for an evaluation. Paul evaluated my pitching motion and was able to pick up on some particular issues I was having. Paul made recommendations for me to help get better as a pitcher. What a great service Paul offered me. No other coach or program has delivered the goods the way Paul Reddick did for me. I would urge you to purchase his videos today. We all know that these people who sell these programs on the Internet are mainly looking to make a buck...and there's nothing wrong with that. What impressed my family the most, was that Paul personally took the time to write and spend the time to work one on one with me to make me a better player. Who could ask for more? A promise kept by a real pro. Thanks for your help!!!

**Jake Traub
Suffern, New York**



Pitchers Dream Come True: Gained 10mph and GOT DRAFTED

Coach Paul Reddick:



I'm emailing today to tell you my story and let you know all the things your program has done for me. First off I must say that the 90mph club is the best program there is. I pitched my college ball at a small division 2 school in Missouri. When I got there I had a very unimpressive fastball that was 82-84. My first

two years at college I began suffering from arm injuries and missed a lot of time. After my sophomore season, I thought my baseball career was probably over, I kept having arm problems and I was pitching very poorly. It was during the summer of 2008 that I came across the 90mph club on the internet and thought about giving it a shot.

Within weeks of doing the workouts and the long toss I noticed my stuff was getting better, I had more velocity, and best of all my arm injuries were no more. I went on to have a very good junior season, win the league pitcher of the year in summer ball after my junior season, and then became an all-conference pitcher my senior season at college.

My fastball had gone from 82-84 to 91-94 and my offspeed stuff was better than ever. Then two weeks ago I realized my dream when I was drafted by the Kansas City Royals. I have to give a lot credit to your program for where I am today. I would highly recommend this program to any pitcher who is serious about getting everything out of themselves.

Thanks for your time,
Christian Witt

Added 7 MPH in 3 Weeks!!

Hey paul, thanks so much for your program. last year i almost never pitched and was considered a slow pitcher. i bought your program and did the workouts for only three weeks, and gained 7 mph! i was then selected to start on opening day in my first year of travel baseball! i threw three innings, striking out 5 and giving up NO HITS. almost every pitch was a swing and a miss. but not only that, your program has made me all around stronger and quicker. i can tell that my hits are going a lot farther, and i'm a lot faster than i used to be. i'm now considered a base stealing threat! thanks

for everything, and making me from never pitching to the best pitcher in our league! - **David**



"I Was Terrible Now Throwing 85mph"

I want to to thank you for everything. before this i was TERRIBLE at pitching after using 90 mph club i am now the starting pitcher,before i only pitched 75 at freshman now at Sophmore i am pitching 85 thank you

Chris Hart

"From 63mph to 70mph"

Hello, My name is Adam Netherland, i'm 14 years old and I just want to start it off saying that from reading all of your emails and watching the videos on your web site, I have pitched 3 complete games, 47 innings, and had over 45 strikeouts this season in 18 games! I just wanted to tell you thank you so much and you really helped me with my pitching. Also my fastball velocity went from 61-63mph to 67-70mph!

Thanks.

Adam

"Added 5 MPH with a mechanical fix"

Hey paul,
it's david and i just joined your 90mph club. thanks for all the videos, just by fixing my mechanics i've gained about 5-8mph.

David Klinger

MADE MORE SENSE THAT OTHER "GURU'S"

Paul,

I got and listened to/watched your rehab materials and I really liked them. They were very clear and practical. I have seen several of the other "gurus" speak and I'd have to say that you have made the most sense so far. What I liked about your presentation is that instead of placing "mechanics" first, you were noticing a problem and addressing it from a strength standpoint first and mechanic that needs fixing second.

Thanks,

Simon



STARTED OPENING DAY!!!

Just a note to say thanks. Chip couldn't break into the starting rotation last year. This year he has worked hard using your system and has earned the start on opening day. The thing that makes me pleased is when he does make a bad pitch, he can tell you why he made the bad pitch and then make the correction the next pitch. We still have a lot of work to do, but we are seeing some rewards. Thanks.

C. Alan Ogles MD
"DocRock"

UPDATE:

Chip pitched 3 innings today. Had a no-no going until the 3rd. gave up a Texas leaguer. 2 errors and then scored 2 runs. All 9 outs were Ks. Only 3 walks. It was odd. He didn't have good control of his FB, but his cutter and change were nasty.

Thanks a bunch. He's getting better.

C. Alan Ogles MD
"DocRock"

"Picked Up 5MPH and Signed National Letter Of Intent"



Stephen Dickerson, a 6'1", 185 lb. 17-year old in the graduating Class of 2011 from Danbury, CT, signed his National Letter of Intent to play for the Dustdevils of Texas A&M International in Laredo, TX next season. Dickerson is currently 3-1 with a 1.20 ERA, strikeout-to-walk ratio of 9:1, opposing batting average (OBA) of .151, an on-base percentage of .187, and WHIP of .729. Velocity was clocked at 82-mph (Stalker) by a Boston Red Sox scout on April 18th, and his breaking ball is sharp and crisp. When Dickerson joined the 90-mph Club just 3-months ago, his velocity was 77-78-mph. Far from full physical maturity, by

continuing to work hard, and remaining fundamentally and mechanically sound, another 6-8-mph is just around the corner.

12 Year Old Pitcher Gains 7mph Coach Using Workouts With Team

Good morning Paul. Love your system and the work outs for my son have been paying off. I use them as warm ups for the entire team. My son Ryan has jumped from 65 mph to 72- 74 mph! He is 12 and threw four innings, with 1 hit allowed. He proceeded to pick the kid off at first base. Had six strike outs. He loves the cutter video. Thank you and I've attached a video clip of him this last Saturday.

Jason MCarty

"You are truly an Oracle of Pitching"

Paul,

Having played major college and professional baseball, and then coached at the collegiate level, I must admit, I was more than skeptical about your 90-mile per hour club. Perhaps, it was all the gadgets and gimmicks that have flooded the market in recent years that had me drifting away from the good old fashioned baseball, basic fundamentals, mechanics and physics that you teach.

During our web-meeting today, as you carefully dissected and analyzed the video, it was clear to me that Paul Reddick is truly an oracle of pitching. I have long been and will continue to be a student of Tom House and Bob Humphreys, however, after your succinct overview of the video today, and the accompanying advice, there is no doubt in my mind Paul Reddick rounds out the 'holy trilogy' of pitching.

In short Paul...everything you said today was spot on, and when a young pitcher embraces your approach to pitching, there is no doubt in my mind, they will attain their optimal level of performance. Period.

My very best wishes to you Paul, keep up the great work...and thank you!

Very Sincerely,
Duke

"Great Investment"

90MPH Club-

Paul, as you know I have been a member for over two years and the information and updates that I receive are packed with current mechanics and philosophies being used at the Division 1 and MLB level. I appreciate the simplicity of the information. Direct to the point and easy to follow and understand. Your network of baseball coaches, instructors and contacts continually provide my teams with the best instruction possible. Your number one goal has always been the safety of my players and you always have his or her best interest in mind. Your follow up is timely and concise. Either by email or by direct phone conversation you are always accommodating. The 90MPH Club is a great investment and has assisted in the development of all of my players.

Thanks again Paul.

Bill Sinacore

"Topped Out At 88mph AND Struck Out 13..."



Paul,

I have been doing your super 7 legs 5 times a week as well as the energy workouts everyday along with running up to 12 miles a week and lifting, and I have seen great results. I have not been gunned yet this year but my coach is saying its easily high 80's, and I might even be touching 90's. I like all the weekly advice you send as well working on the mental side of the game because I have trying to read as much material as I can on pitching strategies and what not, Whatever will take me to my greatest

potential and give me an edge over my opponents. Yesterday in my game against our rival Valley, I went the distance pitching 7 innings striking out 13 giving up 4 hits and walking 2, but chalked up a loss which is a little frustrating. We made 7 errors and 3 base running mistakes in a 3-2 loss. In every outing I feel as if I am becoming better and stronger as the season grows deeper, which is something positive I can take out of this game.

Thanks for all your help and support! I'll continue to keep you updated

Dave Yakopec

UPDATE: STRUCK OUT 11!

Dear Paul,

I am continuing to find success with your program and my stamina has been unbelievable! I went the distance on Monday pitching 7 innings and striking out 11 batters. My legs have never felt better this early in the year and a Brewers scout was there clocking me and taking video. He told me i was topping out at 88, which was on two days rest. I am looking forward to the day when I can officially tell you that I topped 90 mph! The Brewers scout said he really likes me and i have great stuff. He is going to send his notes and tape to his boss and plans on attending my next two starts! I'll keep you updated.

Thanks for everything!

Dave Yakopec

"FEEL STRONGER"

I've been using the program for about 2 weeks now, and I just feel like I'm in better shape, my legs feel stronger and I'm able to throw farther and it just feels like I'm throwing harder. I haven't been radar'd but the next time I am ill let you know the jump. My mechanics are a mess however, do I have to wait until my trial is over to send in video?

Casey Mohrien

"College Coach Mentioned He Was Throwing Harder"

I read all the testaments and thought I'd share ours.

My son who is 16 was working out with a local college D-3 pitching coach (and former professional pitcher)and when he went back for a lesson after working out with your videos for a week the college coach mentioned he was throwing much harder and asked what had changed. We mentioned my son had gotten your tapes and were doing the excises and he was blown away.

Jim

Baltimore Maryland

"You Are The Real Deal"

Paul, I wanted to say thanks for the time you took to give my son, Cody Patterson a pitching analysis. You are true to your word about teaching, caring , and helping pitchers with mechanics as well as velocity gains. I have read a lot of testimonials to pitchers making gains under your coaching, however I figured you knew them personally. You really humbled me because I have never met you, however you were quick to help my son, by analyzing his mechanics. That was great but you went the extra mile to tell me how to correct the problem. You just didn't show me 4 or 5 flaws then send me on the way, you went to the root of the problem so everything could be fixed at once. Another traditional coach would have spent hours fixing individual flaws. Not only did you save me time but made sure I clearly understood the whole process. You would not end the evaluation until all questions were answered.

Thanks again,
YOU DEFINATELY ARE THE REAL
DEAL!!!!

Gary Patterson

"HIT 89mph Several Times"



Coach Paul,
Just wanted to let you know that last Thursday
I pitched the best i have all season.

Hit 89 mph several times!

Still haven't got to the "big nine oh" yet :(
I feel it coming though!

Stats for this weekend, 7 innings pitched,
3 hits, 0 er, 8 k's.

Thanks!

Stephen Leskow

"Ball Is Jumping Out Of My Hands. I'm Leading The Team In Saves"



Hey Paul,

I'm a DI pitcher and years I have been past on because of my velocity because I was only at 83-84 mph. However, from the addition with just the 30 day trial I feel like my time is just about to come. I have just done the warmups and the leg workouts and I can already feel the ball jump out of my hand. I have gone from being in meaningless games (losing 11-0) to leading the team in saves and coming into to hold teams in conference games with only a 1 run lead. I would just like to thank you very much for the addition you have made to my

career and I can only wait until I can email you back and tell you where my final velocity is at.

For those kids who think its too late to to add velocity to their fastball and another pitch to your arsenal you obviously don't want it bad enough. Regardless if you are playing juco ball or in the SEC, you can get better and it is a step in the right direction if you join the club. If you think other people won't pick up the program than you don't want to play pro ball, give your spot up to somebody who wants to have the opportunity to play at the next level. Get the program, do the workouts, get the results you want.

I have only been at this program for two weeks and the program has made my fastball jump out of my hand alot easier because the warmup and workouts have enabled me to get loose easier rather than running 20 poles. The wealth of knowledge you are giving in just the 30 day trial you should be charging about \$500 rather than just \$1. I can't believe the knowledge that you possess and I hope to have a baseball conversation with you face to face one day. I can understand why parents are buying the program for their kids now because they wish they had this resource when they played back in the day.

Ryan Dillabough

"FROM 77 to 84 MPH"

Hey coach,
When I started your program in august I was throwing 75 to 77 now I am 84 85 maybe topping 86. I got clocked at 83 on flat ground from not mound. My curveball got so filthy that yesterday it broke so late and sharp it hit my friend in the head. Even the best players on my high school team are saying nick you got sick. I couldn't do it without this program. My goal is hit 90 mph my mid june and take my pitching down to the u17 wwba championship in marrieta georgia and get looked by and hopefully offers from big time colleges.

Thank you so much.

Nick DeBari

Sent from my Verizon Wireless
BlackBerry

"THANK YOU ALL HIS OTHER COACHES NEVER PICKED UP WHAT YOU SAW"

Hi Paul,

I want to thank you for taking time to go over my son's video with us. My son, 15 yrs old, was having problems remaining consistent with his control as well as his velocity. I contacted you for help, you asked me to post a video, to YouTube, of him pitching. You then asked me to send you the link to review and a short time later you contacted me to set up a date and time where we could go over it together. During this online meeting you broke down his delivery step by step. You stopped the video at key moments in his delivery and explained to us exactly what he was doing wrong. You brought up videos of Roger Clemens and Randy Johnson to compare him to at the same points in their deliveries. By doing this it was obvious what my son was doing wrong. You then went on to explain to us how to correct this problem. You set us up with 3 easy exercises that we can do over the Fall and Winter to improve his delivery. I have to tell you that I've sent my son to a number of so call pitching instructors over the years, at a cost of \$60 per hour and none of them ever picked up this problem. What you did for us during our 30 minute discussion will definitely help him excel to the next level. We really appreciate what you've done and we are looking forward to getting him on the right track.

Ron Ney

Marlboro, Ma.

From 82 to 87 MPH !

Dear Coach Reddick,



I want to start by thanking you for the outstanding program. It truly is one of a kind! The DVDs, online content, and manuals are top notch. The materials begin with explanations that really make the coaching points click, the workouts have given me more SIGNIFICANTLY better results in just a few months than I have gotten out of more traditional training methods in the last 2-3 years!

When I started this program in the fall of 2010 (my sophomore year of college), I was topping out at 82 mph and sitting at around 77-79 mph pitching for an NCAA Division II program and was forced to rely heavily on off-speed "junk" pitches in order to get outs. Now, in the late winter/early spring of 2011, just a few short months later, I am topping out 87! Now I rely much more heavily on my fastball and guess what else? All my off speed, junky pitches have improved as well! I know this is **100%** thanks to your program! I would also like to thank you for the personal correspondence I've had with you and how much you really care about your members. I have e-mailed you on several occasions and have never had to wait more than a couple hours for a response, which, I think is one of the single best things about being a 90mphclub member. Hoping to be reaching the 90 mph mark and above soon!

---- A very, very satisfied Pitcher! #3

P.S. I would like to add that my teammates now joke that my fastball last year was slower than my change-up this year!



16 YEAR OLD NEEDED AN EQUALIZER! NOW THROWING 80+ and K'd 11 OLDER PLAYERS!

My son has always been that hot shoot kid. All stars player, top pitcher, highest batting average ect,ect. But in high school he was a year to two

younger then all the kids in his class.

We needed a equalizer. Something to put us on the same playing field with the older kids. Paul Reddick **was that equalizer.**

Now my son at the age of **16 is pitching 80+ mph to 16-19 year old kids. His last game he Ked 11 batters.**

Thanks Paul you're the man!!

Stefan's Dad

MADE MORE SENSE THAT OTHER "GURU'S"

Paul,

I like to thank you for today online meeting, going over my two son's pitching video really helped me alot. What you told me about his delivery on the mound will help me alot. You are correct when you said the pitching coaches just look at the end result not breaking it down from the beginning. They will be doing the super seven workouts all threw the winter.

Again thanks alot I didn't realize that we were on the phone for almost 50 minutes
Thanks

Rich Alheidt
BabeRuth Rec. Director

"HIT 89 MPH"

Hi Paul

I don't know if you remember Michael Healey but we sent you some video shots of him back in January and you gave him some tips. We bought a few of your products and also have been getting the Juice Plus from Zing. He is 16 and will be 17 in the next week (starting his Senior year) but has been hitting 89 mph pretty consistantly. He has not been gunned on every pitch so I don't know for sure if he has hit that magical 90 (my guess is yes)...Anyway good news is that he received approx 15 D1 offers and has committed to play at UConn... I wanted to thank you for the help and tips over the past year.

Sincerely
Paul Healey

Hey Paul,

I just subscribed to your program and have been doing the long toss and the workouts and have noticed a huge improvement i went from an outfielder to a pitcher in a matter of a month i do both and have had an arm but my accuracy was off alot now i can hit the spots im supposed to and i throw in my school as a sophomore an unheard of 86 i hit that speed very consistently and my breaking pitches are getting a later movement on them still working on that but i am getting there thank you for your program

Sincerely,
Dustin



STRUCK OUT THE SIDE WITH BASES LOADED!!

Just wanted to give you the latest update..... Ok, Vinny made the middle school team and they are carrying 22 players and they all split time which is a great way to introduce them to school ball. Vinny has pitched in one game thus far. Came in relief with the bases loaded

nobody out with his team down by a run. Struck out the side and got his team out of the jam..... Was dominate the rest of the way recording 7 strikeouts in 4 innings with no runs allowed and got his 1st school career win.

Vinny has been continuing with your program and we did some long toss and pull downs today.... Stats below:

Long Toss Max distance today was 225 feet
Max MPH - 59 today!!!!!!

HOLY MACKAREL is all I have to say! He wanted to break 60 real bad today but I know next time out he will break 60. I spoke with him and asked him for a new revised goal for August just before he gets to Cooperstown..... New Goal is 65..... He just said to me dad what happens if I hit 65 by July !!! LOL..... What a great problem to have right!!!!

Just wanted to keep you abreast of your favorite fan in Massapequa.....
Vinny Amalfitano (12U)

Thanks,
Joe Amalfitano

Longtime Member Using 90mph Club To Prepare For Pro Ball!



Hey Paul,

First off just want to thank you for everything that you've done with the 90 mph club. I've been a member since February 2009 and have loved every second of it! I am currently training for my first season of pro ball and lately had been feeling like my body wasn't quite where it needed to be.

I've been training all off-season and I needed something to kick it in to high gear. That's when you came out with the 7 Minute Velocity Workout program. I instantly signed up and it was the answer I was looking for! I've thoroughly enjoyed your velocity mindset videos on there as well; I really think that your mindset is a key to optimal performance. I have been clocked sitting at 88-90 and haven't been on the gun since I've started the program. I'm really looking forward to when I do, last bullpen catcher asked me if I had been holding back all off-season. Said I was throwing significantly harder! Those that missed out on this need to be waiting by their computers the next time you do this! Look forward to the rest of the workouts.

-Chris Welborn

"Threw 1 HITTER"

Hey Paul,
This weekend, with your workouts and techniques, i was able to bring my whole body into the equation, and threw a complete game 1 hitter. The team this was againt was one of the top schools in our city. I appreciate how much endurance your workouts gave me, and you taught me what other coaches haven't: how to use my whole body.

Thank You Paul.

Josh Ruelas

"4 MPH Faster at Showcase"

Paul,

Mike just returned from a college showcase event as threw 4 MPH faster than in the past. We are attending another and hope to see the same. I am in the midst of writing up a testimonial note to you, but want to add more to the story. Also, hoping to send you another set of videos so we can see if his form is part of the reason for the MPH gains. Hoping we can set-up another call soon.

Thanks again,

Dave

"16 K's & NO HITTER at 12U Tourney"

Coach Reddick, This e-mail is no surprise because you are the exception not the rule! We appreciate all of your work but more than that it is concern for your players that put you in a class by yourself, and perhaps Dan Huff as he is very good also. My son just finished a tournament where he hit 4 home runs (led the tournament)! Then he pitched a no hitter with 16 strike outs! This was a 12u tournament so they were six inning games. The 90 mph club has allowed him to get better, reach bigger and better goals. We really appreciate your concern for our ball players! thanks a million,

Gary Patterson

"I Was Terrible Now Throwing 85mph"

I want to to thank you for everything. before this i was TERRIBLE at pitching after using 90 mph club i am now the starting pitcher,before i only pitched 75 at freshman now at Sophmore i am pitching 85

thank you

Chris Hart

"Everything I Learned Before was WRONG!"

Dear Paul,
Thank you! After watching the mechanics video I instantly noticed a change in velocity and control. I am sure that in time the strength training will help my velocity also. Once again thanks.
Zach Orban

"Gained 5mph & Hit 92"

Thanks And btw great 90mph program :) , i gained a solid 5mph on my fast ball which is Clocked constantly between 83--87 and i top gunned 92mph with a crow up pitch! Anyway thanks for the reply.

Ian Hudon
Montreal Canada
Playing : Midget AAA

"Paul Is One Of The Most Passionate & Knowledgable Guys"

"Paul is one of the most knowledgeable and passionate guys I know in the baseball scouting industry. I can always count on Paul providing reliable information. I would highly recommend Paul to anyone looking baseball consulting services.
Jared Lane Founder Pro Edge Sports

"You Turned My Career Around"

I just felt I had to send you a thank you email, because you have turn my baseball "career" back to where i want it to be. Thank you Paul for helping me out! I really enjoyed all the advice you have given in your videos, and will most definitely continue watching for many years to come, so keep it up!
I'll let you know how the app works after my next start!!
Dave McElroy, Whitby Canadians Baseball Club- Ontario Canada.

"Throwing Harder, Better Pitches..NO HITTER, 8 K's, 4 broken bats :)"

Hey Paul,
After a couple weeks of watching your videos I can already see the development of not only the velocity on my pitches but also the late movement on them. This past weekend on my legion team I threw a complete game no-hitter, racking up 8 K's and breaking 4 of the other team's bats in the process. I could tell that I was throwing considerably harder and my catcher and coaches could definitely tell the difference. Keep doing what you're doing and hopefully I can progress even farther.
Thanks for all of your help,
JJ

"Seeing results in velocity and control in just 10 days"

Paul,
Thank you for the video review of my son Dakota's pitching mechanics. The information you gave and the breakdown of trouble areas in his motion are invaluable. Dakota has started to implement some of the changes and after just 10 days he is seeing results with his control and velocity.
Thanks, Ken.

"Now Throwing in Low 80's"

Paul just a thank you my sons lat muscle is a lot better.
By the way he threw a 1-0 shutout. He is a soph for a local single A school here in Indiana. He threw only 82 pitches to complete the game against a 4 A powerhouse.
When he started your program he was throwing around 79 mph. With a fastball now in the low to mid 80's he is one of the top pitchers and leaders in his conference.
Thank you.
Bob Wilz

"Complete Game.. looking stronger, throwing harder"

Paul,
Just wanted to give you an update on my son Will(12). He has been doing only the exercises for about a week consistant with a session of long toss in there.
Where he could only go 3 innings before getting tired and out of control, He threw a complete game(six innings) and struck out the last three to end the game. He looked stronger the whole game, and I could tell he was throwing a little harder. I didn't put him on the radar tonight but will do it next week. Thanx for your support and encouragement. I think he is a believer now and will get more serious about what he wants to achieve.
Tony Fallon
OBX N.C.

Catcher Said "You're throwing harder"

My son has been using your 90 MPH club information for about 2 weeks now. He just started his new legion team and they had their first game last Saturday. He only pitched an inning in relief, but he faced the 3-4-5 hitters and mowed them down on 8 pitches, all for strikes (2 strikeouts and a jam pop-up on infield). I didn't have the JUGS gun with me that day, but he definitely looked like he was throwing harder than he had all year. He told me afterward he could feel a difference in his legs especially. His catcher even commented on how much harder he was throwing. Anyway, I don't have exact numbers for the increase in speed, but we are seeing a difference already.
Thanks!
Mike



ADDED 6 MPH! People Accused Him Of Using Roids!

Dear Paul,

I am a sophomore at Marvville College, an NCCA Division 3 affiliated school. I was really excited when I was recruited to this school and worked hard to compete for the spring. We had a pretty deep pitching staff, but I felt like I could compete. Long story short I played a very minimal amount of innings on the Junior Varsity team due to an arm injury.

The season inspired me to work extremely hard during the summer to earn some innings the next year. I was committed to working out and running, but it felt like I kept hitting a brick wall after a while. I was looking online for some pitching tips, and some how I found the 90 mile per hour site. (I think my mom showed me a Zinger article) anyway I looked at it and asked my dad whether or not I should try it. He looked at it and noticed the 30 day trial, so we figured we'd give it a shot.

From day one I loved the focus of the workouts and the way they were taken to the extreme with whatever you had available. I focused the whole summer on being committed to this program and noticed some nice gains from it. I did struggle on the mound at first with my new velocity gains. I struggled in the form of control. It was a great summer to work on stuff for the season.

The team I played on went to a showcase (Beast of the East) in west virginia and I decided (even though i was already at a college) to show what I had accomplished. I threw a bullpin and got noticed by a pretty big Division 1 school by the name of Boston College! what a thrill to hear!

I took all that I learned from the summer to school and had a dominating fall. The fall lead me into the spring competing for the number 3 spot in the rotation on Varsity. My fastball jumped (in one summer) from topping out at 86 MPH to recently topping out at 92 our first series!

Its funny how people are questioning me about taking "roids" (I know that is a serious subject, and i have done no such thing) but, I just love how players questioned the weird workouts I was doing in the fall and pre-game but now; they are begging me to tell them why I am doing them, where I found them, and how they could get them. Don't worry you should have some customers from my school soon.

I am extremely pleased with my results and I am planning on building off of where I am now. It is exciting to have my fastball and off speed working (almost the way I want them) so I can focus on the mental approach to my game.

Thank you for offering such an honest system for a great price! I have told a lot of people about this program. (its so good, I almost don't want to give the secret away)

Respectfully, Nick Bowers

First appearance -home opener-

(In the nightcap, four MC hurlers combined for a one-hit gem on the mound. Nick Bowers surrendered the only hit in three innings of work. The hard throwing right-hander struck out seven of the thirteen batters he faced. Wes Dobson picked up the win with two strong innings of relief. He struck out three of his seven batters. Clint Helton and Mark Morales closed the door to finish the game for MC on the hill.) -Maryville College Webiste

My son Jake and I first started checking out Paul Reddick's online videos early 2006. In June of 2006 my son was 10 years old when we purchased our first collection of DVD's and joined what was then called the inner circle. In the mail came "The pitcher's daily dozen", "Hitters Grip Strength", "Rehab for pitchers" and "Power ab workout". Now, my son had already been playing on a travel team that was winning, what we thought at that time, big tournaments throughout Florida.

But we wanted something more than just lining his wall with trophies and winning by stealing bases and throwing side arm breaking balls at 10/11 years old. My son wanted velocity and power. Man did we find it in that package of DVD's. We stuck to the program religiously. We saw major improvements within a 1 month period. My son Jake was just an average pitcher, he aimed the ball too much. Jake was a just above average catcher. Once he started in on this program parents, coaches and others started calling it a "gifted arm". Little did they know.

Pitching wise many started noticing how well he used his lower body. His velocity picked up dramatically, the ball was moving big time. He didn't throw a straight ball again. The inside fastball became his #1 pitch and he commanded it. And his smoothness on the mound was perfect and is still very smooth, this from the balance training in these DVD's we purchased. Static stability, dynamic stability and power all conditioning drills in these DVD's created these perfect mechanics my son now has.

As a catcher this type of conditioning seemed to create almost like a muscle memory in his body. His throw to second now exploded as his body was now in balance. It allowed perfect footwork. Dropping and blocking seemed to come natural which he struggled with up to this point. But the big deal is now his power arm.

After using and going over and over this program and the rest of Paul Reddick Baseball programs for the past 4/5 years I can't say enough how valuable this is. Jake doesn't really go to instructors anymore. He has this program which he believes in because he has seen what it made him, another thing is it really creates a great father/son communication and training relationship. I coach some of his teams and I see it all the time, father/son bickering in the batting cage. Dad doesn't pitch good enough, son doesn't swing right or throw hard enough. My son and I are truly blessed to have this guideline to work with and discover new things about it, and have great fun doing it just to see what happens next on the field.

As of today Jake is now a 15 year old Freshman, expected to catch on the varsity high school team. Pitching wise his fastball touches low 80's consistently. He has pitched a couple no hitters and several complete shutouts against good teams. Behind the plate his pop time is 1.9- 2 seconds. These are numbers clocked by school coaches. Jake has never had any soreness or any arm injuries either. Many of his friends from 4 years ago already have bad arms, one has pins.

We attribute much of this success to Reddick Baseball's arm conditioning and training programs. These are what I call a layered conditioning program as the whole program starts with the basic conditioning exercises then advances gradually. This is why I think the program is the best out there by far. It creates muscle memory which results in perfect mechanics which are not only suited for pitchers but catchers and all position players. Preventive maintenance for the arm as one disc we have is about what pitchers go through after Tommy John surgery, definitely cuts down the risk of injury if not eliminates it.

Jake & Sam DeGrego