



SWINGZILLA®
Monstrous Power for All Sports with a Swing

SWINGING & THROWING SPEED

POWER

EXPLOSIVE ACCELERATION

EFFICIENCY OF MOTION

DISTANCE

DAN PARMA, FOUNDER
DR. ROBERT BACCI, DOCTOR OF PHYSICAL THERAPY, CO-FOUNDER
JIM MAINWARING COL (RET), WATER POLO COACH
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Testimonials:

Jim Mainwaring is a high school aquatics coach who piloted **The Swingzilla Power Training Method** after years of searching for a way to prevent shoulder injuries among his water polo players. Not only was **The Swingzilla Power Training Method** successful in preventing injuries, but data indicates a marked increase in throwing speed for his players. Percentage improvement in throwing speed ranged from a low of 3.3% to a high of 41.7%. The average percent improvement was 11.5%.

Karlan Andrews an eighteen year old athlete and 2008 Tulare County High School Player of the Year:

The Swingzilla Power Training Method was the key factor in increasing my bat speed and power my senior high school year.

Doug Hofer, USPTA Tennis Professional

In tennis we talk about getting power by increasing racquet head swing speed. After 30 years of playing tennis, I have finally found a program that will actually increase my racquet head swing speed. I have used the **Swingzilla Power Training Method** to gain power in my tennis shots. I will be recommending that all my students use this program to boost the speed of their swings.

Mark Cresse, Mark Cresse School of Baseball

I have been involved in organized baseball for nearly all my life. I have played at every level, from youth to professional and spent over 25 years as a member of the Los Angeles Dodgers organization. Bat speed is a critical aspect of every hitter's game. Developing bat speed and arm quickness is a key factor in improving power and increasing effectiveness at the plate. The **Swingzilla Power Training Method** will help achieve that goal. The **Swingzilla Power Training Method** is a safe and effective training tool that will maximize swing speed and improve hitting power. I recommend the **Swingzilla Power Training Method** if you want to improve your game and take it to the next level.

Darrell Klassen

I've been a golf professional for over forty-five years. My students come from the four corners of the earth, and I have made it a practice to never promote golf gimmicks. Well, the **Swingzilla Power Training Method** is no gimmick. It is the real thing. If you want to add some real yardage to your tee shots, as well as to all of the rest of your clubs, this is a program which will do just that.

Dr. Paul Gaspar, Doctor of Physical Therapy, President/Founder of Gaspar Doctors of Physical Therapy

The Swingzilla Power Training Method can be used as a stand-alone swing speed enhancement program or combined with your current workout. The training principles make it an excellent performance enhancement program for any sport with a swing.

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Disclaimer and Non Disclosure

The Swingzilla Power Training Method has been designed for all age groups. Please consult your physician before engaging in any exercise program. Please use caution when performing any exercises. If at any time during training you feel pain, dizziness, or shortness of breath, stop immediately and consult your physician. **The Swingzilla Power Training Method** and Power Max Swing, LLC, assumes no liability for any injury resulting from exercise performed properly or improperly, with or without physician consent. Users do so at their own risk. All rights reserved. Reproduction without permission is prohibited by law.

Swingzilla Power Training Method Mission Statement

The Swingzilla Power Training Method enhances the performance of athletes and prevents injury in sports with a swing or throw by strengthening crucial muscle groups. **The Swingzilla Power Training Method** is a sports swing/throw enhancement technique that develops both type I and type II muscle fibers in an isotonic concentric and eccentric resistive exercise program. Results include increased strength and power, maximized swing speed, increased throwing speed, and improved performance. Golfers increase club head speed/distance; baseball and softball players increase bat/throwing speed; tennis players increase racquet head speed/ power; and hockey players increase stick speed. A power surge can be expected in all swinging and throwing movements.

The Swingzilla Power Training Method Overview

1. The Swing and Throw in Sport

An effective and powerful swing or throw is extremely important in a wide variety of sports. Baseball, golf, tennis, hockey, and softball are commonly thought of when we think of such sports. But what about sports such as badminton, table tennis, team handball, lacrosse, cricket, track and field, and more? These sports, too, are power-based and require the explosive development of a large number of muscles in the human body in order to maximize performance. **The Swingzilla Power Training Method** is designed to enhance and maximize performance through the development of the muscles needed for a powerful swing or throw. Note that we keep mentioning “power.” What is **power** as it relates to human performance and how can power be developed?

5. The Swingzilla Power Training Method Difference: The Missing Link

What if there were a training method that offered the following:

- 35 + year history of effectiveness
- Enhanced swing speed and power, common to all swing sports
- Combination of concentric and eccentric muscle contractions
- Convenient year-round training program
- Low cost training method involving minimal equipment
- Suitable training method for all appropriate age groups
- Increased throwing speed

The Swingzilla Power Training Method is that method! Whether used independently or as part of a total sport's conditioning program, **The Swingzilla Power Training Method** should be a part of every athlete's training program, including but not limited to the following sports:

- Baseball and softball
- Golf
- Tennis and other racket sports
- Ice and field hockey
- Cricket, lacrosse
- Field events in track and field (hammer throw, discus)
- Mixed martial arts
- Squash, racquetball, handball
- Timber sports
- Water Polo and swimming
- Boxing
- Team Handball
- Volleyball

Equally important are the preliminary results which suggest that there is a decrease in shoulder injuries as a result of implementing **The Swingzilla Power Training Method**.

The Swingzilla Power Training Method

1. Introduction

The Swingzilla Power Training Method is about **power and speed**. It is critical that athletes be made aware of each and every aspect of the method. One of the best ways to master a skill is to use a pre-move routine. It makes it easier for the brain to implement the desired movement. “**Muscle memory**” increases as a result of performing consistent, reproducible sports specific movements: This is the key element of **The Swingzilla Power Training Method**. To gain full benefit, each phase of the method must be performed perfectly by the athlete--perfectly every set and every repetition. **The Swingzilla Power Training Method** is made up of four phases:

- **The Swingzilla Power Training Method** Warm-up Pre-Activity Routine
- **The Swingzilla Power Training Method** Performance Enhancement Exercises
- Functional Sport-specific Activity
- Stretching-based Post Activity Cool Down

The Swingzilla Power Training Method is also available on DVD at www.swingzilla.net.

Training tables as well as weight sets appropriate for performing **The Swingzilla Power Training Method** may be purchased from the Swingzilla Training and Fitness Store online at <http://www.myptstore.net/Swingzilla/index.html>.

For specific recommendations or questions, please contact us by email at info@swingzilla.net.

2. The Swingzilla Power Training Method - Warm-up

The warm-up consists of eight basic stretches, each held for twenty to thirty seconds.

Dan Parma



Dan is a 1974 graduate of California State University, Los Angeles, with a degree in Physical Education and is a former professional baseball player. He started as an All-Conference centerfielder in college. During his senior year, he led his team in hits, doubles, triples, homers, and batting average as a lead-off hitter. Dan was drafted by the Baltimore Orioles out of high school; Oakland A's out of

Cypress Junior College; played one year of winter baseball with the St. Louis Cardinals; and signed as a free agent with the New York Mets. He played two years in the Northwest League for the Portland Mavericks. Dan credits his hitting success to the training method he used during the off season of his final college year. He has developed that training method into what is now known as **The Swingzilla Power Training Method** for all sports with a swing or a throw. Dan is also co-founder of Power Max Swing, LLC, a company dedicated to preventing injury and improving the performance of athletes through increased power and maximization of swing speed, throwing speed, and kicking speed.



BILL MURPHY/Oregon Journal

SPIKES UP! — Maverick right fielder Dan Parma takes out Walla Walla shortstop Osborne Smith to break up double-play attempt during Sunday game at Civic Stadium. Parma belted three hits as Portland romped to 15-7 triumph.

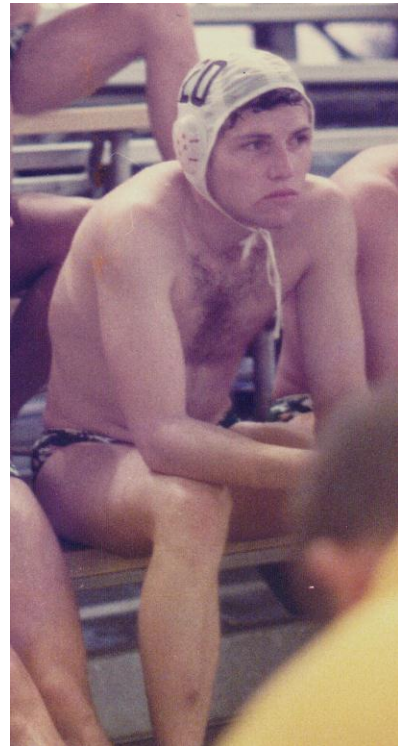
Dr. Robert Bacci, Doctor of Physical Therapy

Dr. Bacci is a 1974 graduate of California State University, Fresno, where he received his degree in Physical Therapy and is a licensed Physical Therapist in private practice, with offices in Visalia and Hanford, California. Dr. Bacci and his staff focus on orthopedics and sports medicine for all age groups. Dr. Bacci completed his Doctorate of Physical Therapy through the EIM Institute of Health Professions in Louisville, Kentucky. He has served as the Government Affairs Chair for the California Private Practice Special Interest Group and as a member of the Board of Trustees for the California-PT-PAC. Dr. Bacci is a member of the American Physical Therapy Association, the California Chapter of the APTA, and is a member of the Sports, Private Practice, and Orthopedic sections of the APTA. In addition, Dr. Bacci consults with Physical Therapists throughout California on business and practice-related issues. Dr. Bacci is licensed to practice Physical Therapy in California, Arizona, and Hawaii. Dr. Bacci is also co-founder of Power Max Swing, LLC, a company dedicated to preventing injury and improving the performance of athletes of all ages, through increased power and maximization of swing speed, throwing speed, and kicking speed.



Jim Mainwaring

Jim Mainwaring attended Mt. Whitney High School, Visalia, California. He was part of the 1970 Central Yosemite League Valley Championship Water Polo Team and was recognized as All American his senior year. Jim is a graduate of the United States Military Academy at West Point, NY, attending from 1972-1976 where he played water polo all four years. During his senior year, Jim was Co-Captain and named to the All-East Conference Team. He served in the United States Army and was stationed in Germany where in 1978 he was selected to the US Army Europe Triathlon team, competing in the All-Army competition at Ft. Sam Houston, TX. From June to September 1979, he trained with the US Modern Pentathlon Team at Ft. Sam Houston, Texas, competing for a spot on the US Olympic Team. COL Mainwaring retired from the Army Reserves in 2006. He has been a high school Varsity Water Polo coach since 1989, coaching both the boys and girls programs. He has also coached football, wrestling, and swimming.



“Former Mt. Whitney standout Jim Mainwaring, now attending the United States Military Academy at West Point, has been named to the All-conference water polo team. Army placed second in the recent Eastern Intercollegiate Championships, losing to Bucknell, 9-6 in the finals.”

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