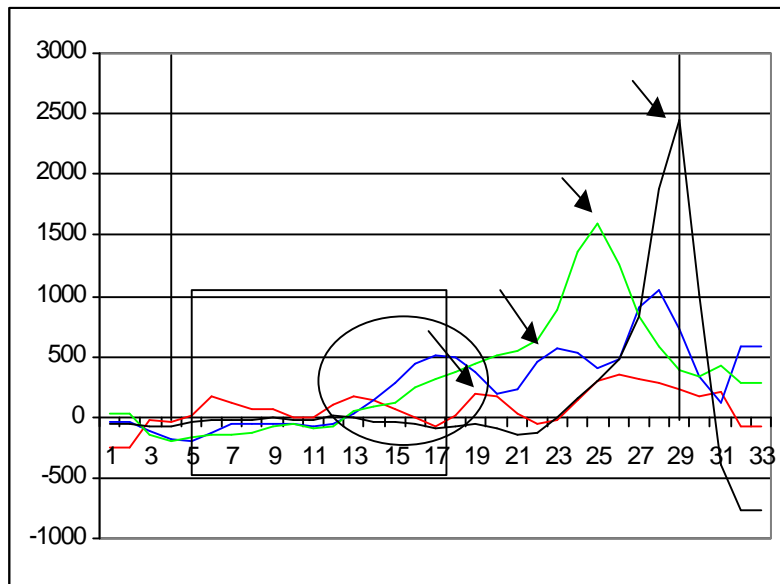


Hitting Kinetic Link Comparison

This kinetic link is a good example of efficient biomechanics and power generation.

Lower body creates good power, which is transferred through the torso to the arms.

Bat is accelerated to max speed at the point of impact.



This kinetic link is an example of poor biomechanics.

Lower body does not contribute and arm speed is generated by quickly turning the upper torso into impact.

Minimal speed is gained and some deceleration occurs through impact.

