

Baseball Strength & Performance Training

Increase Bat Speed, Throwing Velocity and Overall Athleticism



"This is the best training systems for high school football that I have seen!"
Chip Morton, Head Strength & Conditioning Coach
Cincinnati Bengals

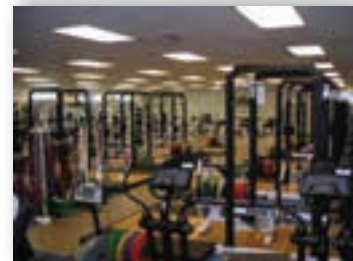
"Athletes Edge increased my fastball almost 5mph...Thanks!!"
Richard Blaier
P Texas Rangers

"Athletes Edge does a great job helping our staff with the teams speed training!"
Tony Smith, Former Head Strength & Conditioning Coach
Florida Atlantic University

The Athletes Edge is a sports performance training company committed to building the superior athlete. We have experience in training the most elite athletes in the world including, but not limited to, over 150 professional athletes. It is the vision of the Athletes Edge to bring the unparalleled style of training used with these elite athletes to the collegiate and scholastic levels. Our goal is to assist each athlete to reach their physical potential in a safe, time efficient manner with an emphasis on hard work and leadership.

PRIVATE TRAINING FACILITY

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