

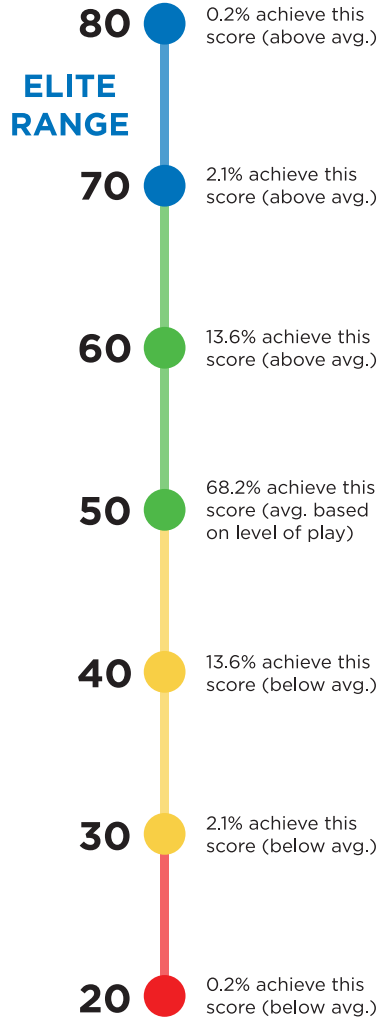
PREMIUM

SWING QUALITY SCORES

Blast iQ™ automatically assesses your swing, based on level of play, to score your swing performance.

SCOUTING SCALE

Measures a player's swing performance and distributes it on a bell curve, based on level of play.

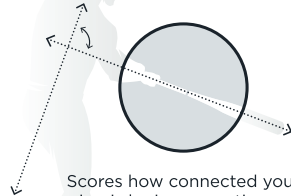


PLANE



Scores your On-Plane Efficiency for each swing on the scouting scale of 20-80.

CONNECTION



Scores how connected your swing is by incorporating your Early Connection and Connection (at impact) on the scouting scale of 20-80.

ROTATION



Scores your Rotational Acceleration for each swing, on the scouting scale of 20-80.

PREMIUM

SWING METRICS

The Blast Sensor captures swing metrics that measure pre-impact swing mechanics centered around plane, connection, and rotation.



ON PLANE EFFICIENCY



Measures the percentage of your swing where the bat is on the swing plane. **MLB avg. = 68.6%**



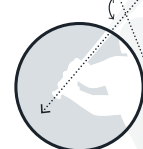
ROTATIONAL ACCELERATION



Measures how quickly your bat accelerates into the swing plane. **MLB avg. = 15.1 G's**



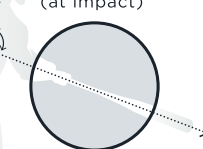
EARLY CONNECTION



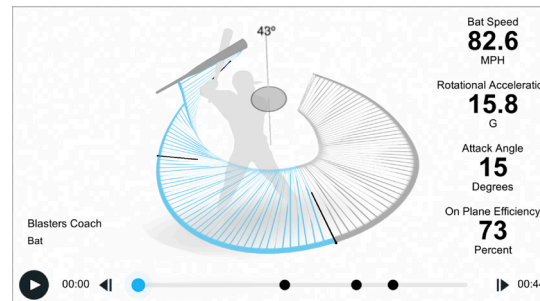
Measures the relationship between your body tilt and vertical bat angle when the hitter initiates rotation. **MLB avg. = 95.2 degrees**



CONNECTION (at impact)



Measures the relationship between your body tilt and vertical bat angle at impact. **MLB avg. = 81.6 degrees**



3D Swing Tracer results available in-app for all swings. (3D Swing Tracer export requires a Premium Services subscription.)

IMPACT METRICS

The Blast Sensor captures impact metrics that measure pre-impact performance outcomes based on ball contact.



BAT SPEED



The total speed of the barrel at impact. **MLB avg. = 71.6 mph**



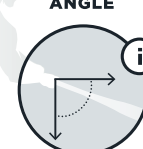
ATTACK ANGLE



The angle that the barrel approaches the ball at impact. **MLB avg. = 8.7 degrees**



VERTICAL BAT ANGLE



The steepness of barrel at impact from a catcher's perspective.



TIME TO CONTACT



The time measured from the start of the downswing to impact. **MLB avg. = 0.149 sec.**



PEAK HAND SPEED



The fastest hand speed reached throughout the swing. **MLB avg. = 22.3 mph**



POWER



Bat mass X avg. acceleration X bat speed at impact. **MLB avg. = 4.5 kW**

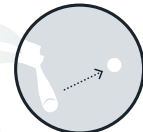
PREMIUM

BALL FLIGHT

Blast iQ™ powered machine vision measures the post-impact results of your swing, allowing you to visualize your ball flight.



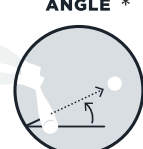
EXIT VELOCITY *



Speed of the baseball as it comes off the bat, immediately after impact.



LAUNCH ANGLE *



Vertical angle at which the ball leaves the bat after impact.



DISTANCE *



Estimated ball flight distance, measured in feet.

i Metrics dependent on contact location.

* Available with **Blast Baseball 5.0** (or newer) or the **Blast Vision** app. (iOS only feature. Requires use of mobile camera.)

PREMIUM

Swing Quality Scores, Swing Metrics, and Ball Flight Metrics require a coach or player Premium Services (Blast Connect) subscription.

To learn more about Swing Quality Scores and Blast metrics, please visit the Training Center: blastconnect.com/training-center/v3/baseball/