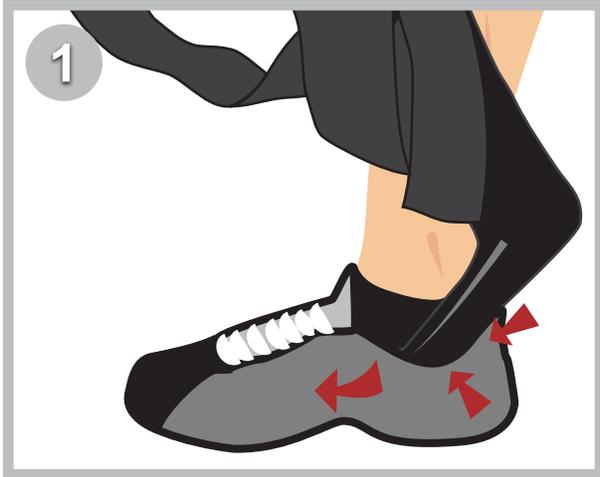
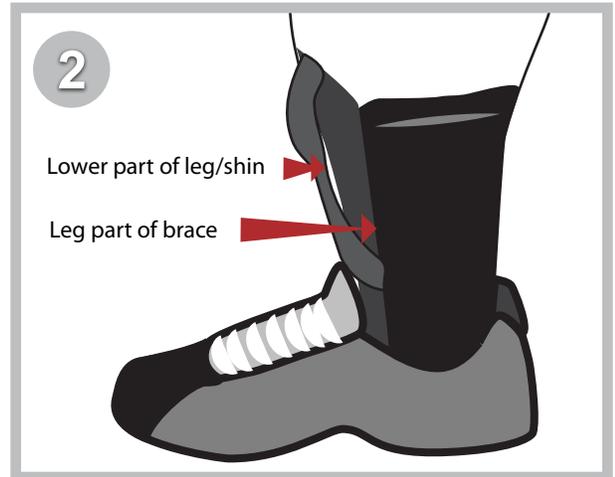


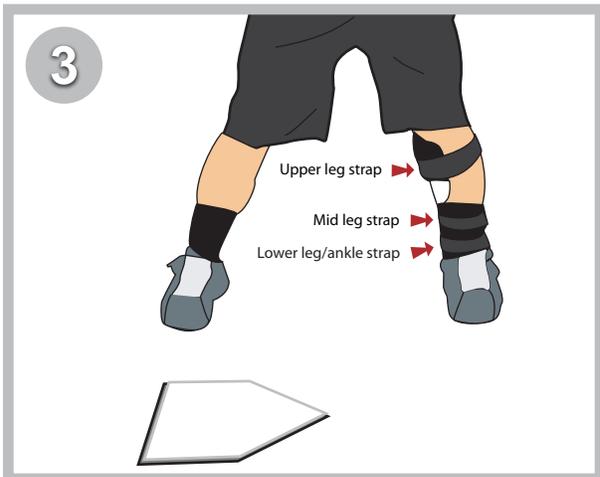
# PRO POWER DRIVE PIVOT BRACE



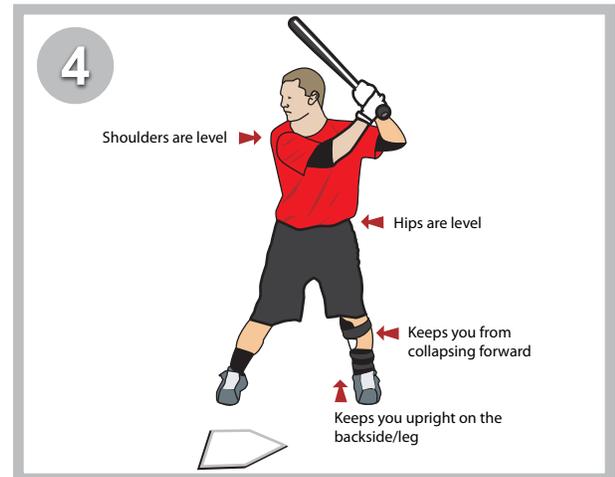
**STEP 1:** Slide the small end of the Pro PDS Pivot Brace in your shoe on the inside of you back foot.



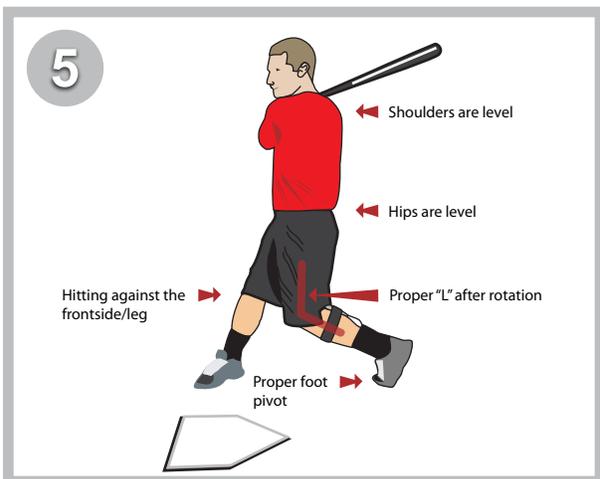
**STEP 2:** Slide it all the way in until the leg part of the brace lines up with the lower part of your leg/shin.



**STEP 3:** Strap ALL 3 Of the Pro PDS Pivot Brace straps fairly tight. Once tight get into your normal stance.



**STEP 4:** Load and separate. You should feel your weight go from 50/50 to 60/40 front leg then back to 50/50. When you load and transfer your weight, break the egg with your front foot, then come back to a 50/50 stance. This will engage your flexor muscles in your butt and put your lower half in the firing mode.



**STEP 5:** After you swing, you will notice your back foot will have the proper pivot, and your back leg will be in the proper "L" shape. You will hit against your front side/leg, and your hips and your shoulders will be level. You will also feel more powerful and balanced in your lower half and swing.

**NOTES:** When you load and separate, you will notice the Pro PDS Pivot Brace keeps you tall on the backside and will keep you from collapsing inward. You will feel more balanced. When you collapse inward on your back leg/knee/ankle, it causes your back hip to collapse which makes you swing up or loopy on the ball, making you hit pop-ups. You want to weight shift without collapsing. We designed this product at the request of several MLB players to keep them from doing this.

When swinging, your power comes out of your lower half. You may have heard in the past that when you pivot on the back foot, you lose power. Ask any Bio Mechanic Specialist or Kinesiologist (Like the ones who test ALL our products) and they will tell you your power comes from hitting against the front side/leg. By pivoting on your back foot, you allow the power to come out of your backside.