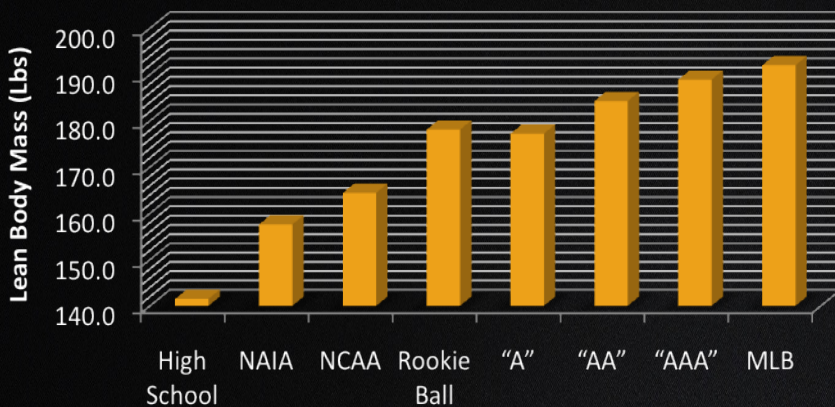


The Importance of Lean Body Mass

Lean Body Mass Data



Lehman et al., 2013

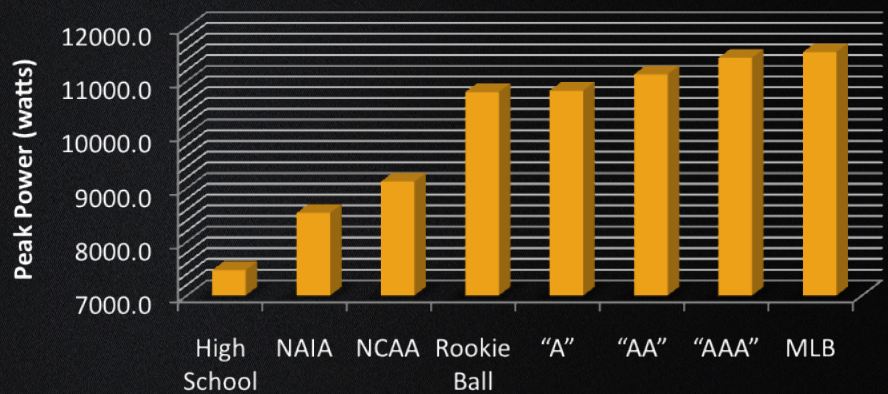
16.7 LBS

Differential between high school and NCAA.

50.5 LBS

Differential between high school and MLB.

Peak Power Output



Lehman et al., 2013

65%

The amount of peak power produced by high school athletes compared to MLB average.

6%



% of HS seniors to play NCAA baseball.

Conclusions



When compared to high school and NCAA pitchers, professional players are simply on another level – carrying far more muscle mass, which allows them to produce significantly more power (and potentially, velocity).



High school or NCAA athletes hoping to play at the next level should do take these numbers into consideration when planning a training regimen.

References

Lehman, G., Drinkwater E.J., Behm, D.G. (2013). Correlation of throwing velocity to the results of lower-body field tests in male college baseball players. *J Strength Cond Res.* 27(4):902-8
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