



GENE BASHAM, TRAINER FOR THE FLORIDA MARLINS

SHARES HIS EXPERIENCES WITH THE CROSSOVER SYMMETRY SYSTEM

Gene Basham
Rehab and Training Coordinator, Florida Marlins

Q: How long have you been using Crossover?
We Have been using Crossover Symmetry for 2 years.

Q: What is your player feedback on Crossover?
They love it. It provides them with the scapular and shoulder exercises they need. They also like the varying resistance levels and the fact that they can get a lot of exercises done in one place. Easy to follow instructions too.

Q: How do you incorporate Crossover into practice, games, and or rehab?
We use your CS outdoor set as a station during spring training and during the regular season. Each of our minor league affiliates use this set. Pitchers use the system after pitching in games or after throwing bullpen. In the rehab setting, we use your CS 1200 wall mounted unit. It is now a fixture as part of our rehab exercise routines for both shoulder and elbow injuries.

Q: What do you like most about the system?
I really like the convenience of having a multiple resistance exercise tubing area in the athletic training room. It is a one stop shop for both injured and healthy players.

Q: What results have you seen in players who use the system regularly?
We have had great results. Scapular strength training has become a priority for our throwers at all levels. The system has also helped to introduce and create a good work ethic when it comes to shoulder strengthening for our younger players. Overall, we have seen increased arm strength and what seems to be a decrease in arm injury rates.

Q: Would you recommend Crossover to youth and highschool baseball players? Why?
Yes. This system is not only a great strengthening tool for experienced throwing athletes, it is a great learning tool for the less experienced. I see some of our young pitchers coming out of high school that are just learning how to take care of themselves. The Crossover Symmetry system really helps to both teach and strengthen these young athletes.



CLIENTS

MLB: Astros, Blue Jays, Cardinals, Cubs, Giants, Marlins, Mariners, Orioles, Rockies, Royals, Yankees
UNIVERSITIES: Team USA, Alabama State, Arizona State, Arkansas, Austin Peay, Baylor, BYU, Central Florida, Faulkner, Gardner-Webb, Georgia, Marshall, Memphis, Michigan, Mississippi, Ohio, Oklahoma, Oral Roberts, Pacific, Portland, San Francisco, Seton Hall, Texas, Troy, UCONN, UMass, Vanderbilt, Vermont, Virginia, Military Institute, Washington, Washington State

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