



SWING BETTER, THROW BETTER,  
FIELD BETTER®



PERFORMANCE ENHANCING FITNESS  
[WWW.SWINGFITTGLOBAL.COM](http://WWW.SWINGFITTGLOBAL.COM)  
813-551-2255 | [INFO@SWINGFITTGLOBAL.COM](mailto:INFO@SWINGFITTGLOBAL.COM)



# INTRODUCING SWINGFITT GLOBAL

I am pleased and excited to introduce you to SwingFitt Global, a one-of-a-kind suite of performance enhancing fitness programs.

A lot of heart and soul has gone into developing a specialized fitness program that would be fun, yet effective in increasing athleticism, and most importantly, safely reduce injury risk in athletes of all ages. Our goal is to keep you playing the sports you love, as long as you want to play them, and I'm proud to say that the SwingFitt Global programs can help you do just that.

ROI for SwingFitt Global Partners comes in at 6 months for most, and of course this depends upon your effort and market. However, I encourage you to read our coach and player testimonials, watch the videos, check out our social media posts. Athletes of all ages and fitness levels love to SwingFitt, and we have pro athletes endorsing our program as well.

Read on; you'll see that our packages are designed for small investment with a lot of upside to hit that 6 month ROI. Contact us with questions, we are here to help!

In Fitness, Health, and Happiness,

Melissa Pranzo


*MA Pranzo*

Founder





# TESTIMONIALS




"SwingFitt fills a gap we have in baseball, especially for up and coming players. We've put together a program that adds a dimension to player development that no one else is doing right now. It's a game-changer."

Toby Hall, fmr MLB Catcher  
Tampa Bay Rays, White Sox

"I am blown away at the success my team has had from SwingFitt in a short period.


Every week I see velocity up, strength up, and a easier time in power hitting. It isn't just one or two kids, it's the entire team, and that's just one workout of 45min a week!

John Grant, Coach, Kangaroo Court 11U Majors (National Champs)



"I compete at an elite level in triathlon so consider myself fairly fit. Melissa managed to provide a training session that was not only fatiguing, but challenged every deficit and asymmetry that I have developed by doing the vast majority of my training in a single plane. This class will improve the strength and range of motion of individual joints, along with training the body to move better as whole."

Michael Chronert, Elite Triathlete



"What I like about the SwingFitt program for pro athletes is that it's a great alternative workout to improve flexibility and power in the off-season. For kids and up-and-comers, it's safe, and directly improves throwing, swinging, and strength. AND you can see it on the field."

Jesse Litsch, fmr MLB Pitcher  
Toronto Blue Jays



# PARTNER PACKAGES

We offer three Partner license packages, which give you the following:

- use of SwingFitt Global system, name
- SwingFitt Global Partner Training
- access to new exclusive content, workouts, and more
- ability to sell branded accessories, merchandise, and Clubs with mark-up
- SFG Hat, Shirt/Tank top, Shorts/Leggings
- discounts on Clubs and other branded fitness tools and equipment.

## Package A - \$8,500

- 40 Clubs (20-4# Clubs, 20-2# Clubs)

## Package B - \$4,500

- 20 Clubs (10-4# Clubs, 10-2# Clubs)

## Package C - \$2,500

- 10 Clubs (5-4# Clubs, 5-2# Clubs)

*One-time fee, no monthly subscription!*

For individuals and individual sports, or if you have special requirements outside our pre-defined packages, contact us at [info@swingfittglobal.com](mailto:info@swingfittglobal.com).





HELP US HELP  
ATHLETES BECOME  
BETTER, STRONGER,  
FASTER.

Reduce injury risk.

Increase strength and  
power.

Improve total body  
flexibility.

ROI in 6 months.



Performance Enhancing Fitness

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