



LOWER-BODY MECHANICS

STRIDE is not P2.

Kineologist PITCH separates the lower-body stride event from the upper-body throw-start event. STRIDE marks lead-leg plant and is the correct timing point for stride length analysis; P2 remains the upper-body launch marker.

Sales conversation points

01 STRIDE

Lead-leg plant / lower-body stride event.

02 P2

Upper-body throw-start event. It does not replace STRIDE.

03 Stride length

Measured at STRIDE to avoid later throw/follow-through skew.

04 Timing relationship

STRIDE -> P2 timing can be reviewed as its own coaching signal.

05 Phase chain

P1 -> STRIDE -> P2 -> P3 -> P4 remains visible and comparable.

06 Lower-body context

Stride metrics become part of the lower-body mechanics analysis.

SAFE POSITIONING

Stride and timing outputs are coaching-support measurements from motion data, not injury prediction or medical diagnosis.