



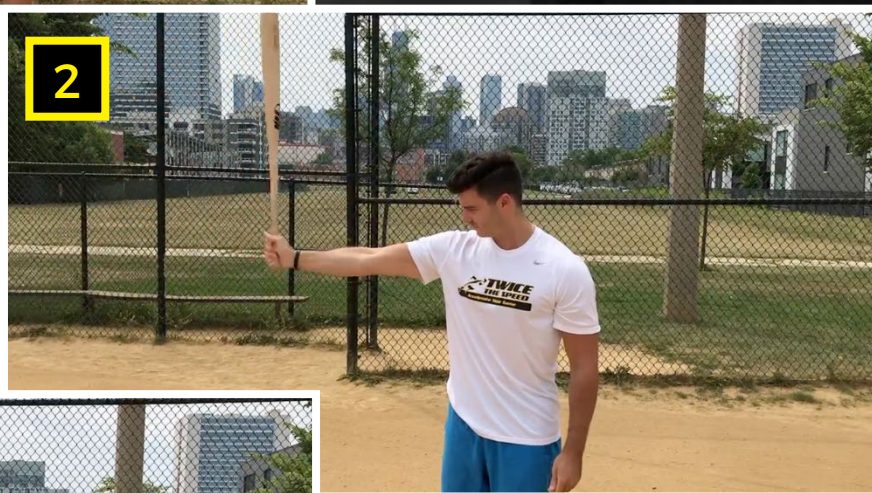
TWICE THE SPEED

BASEBALL GRIP STRENGTH

Vertical Bat Swings (Slow Tempo)

1 Set | 20 Reps Each Hand

HOW TO PERFORM: First, point Barrel of the bat straight out parallel to the ground, then with a slow tempo bring the Barrel back to parallel towards you and repeat. Remember the key to this exercises is by having a slow steady tempo.



Vertical Bat Swings (Fast Tempo)

1 Set | 20 Reps Each Hand

HOW TO PERFORM: Do The Same as the last exercise, but with a faster tempo.



Rotate Out In Front (Slow Tempo)

1 Set | 20 Reps Each Hand

HOW TO PERFORM: Similar to the previous exercise however holding the bat out in front of you then swinging the bat vertical side to side. Note that the higher you have your hand on the bat the easier it is to move because of less weight.



Mini Swings (Opposite Way)

1 Set | 20 Reps Each Side

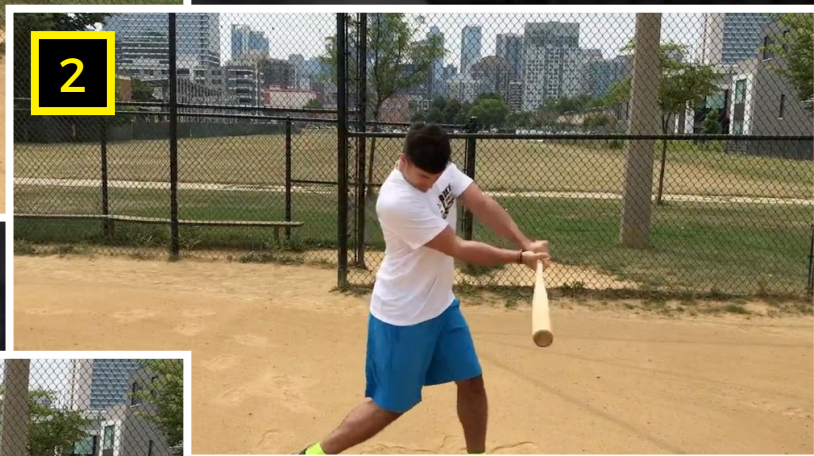
HOW TO PERFORM: The start of this exercise you will swing then stop at the point where the ball will go to right field (little bit before the plate) then start to shake the bat back and forth and shake for 10 seconds. Then at the end pull the bat back and do a full swing.



Mini Swings (Center Field)

1 Set | 20 Reps Each Side

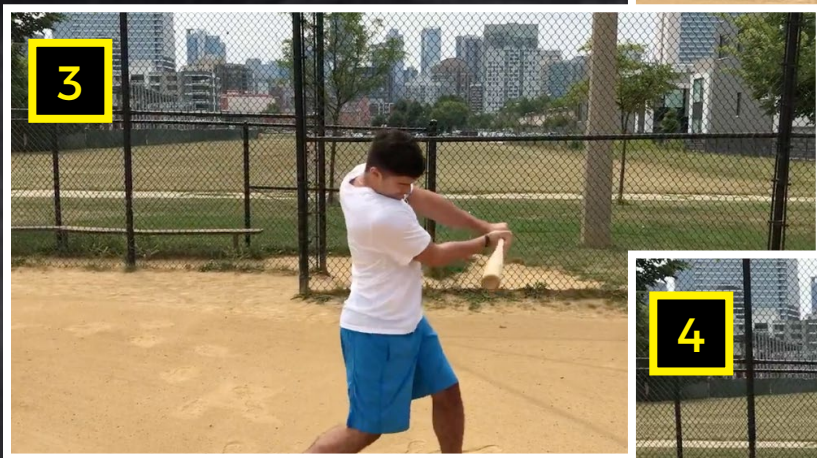
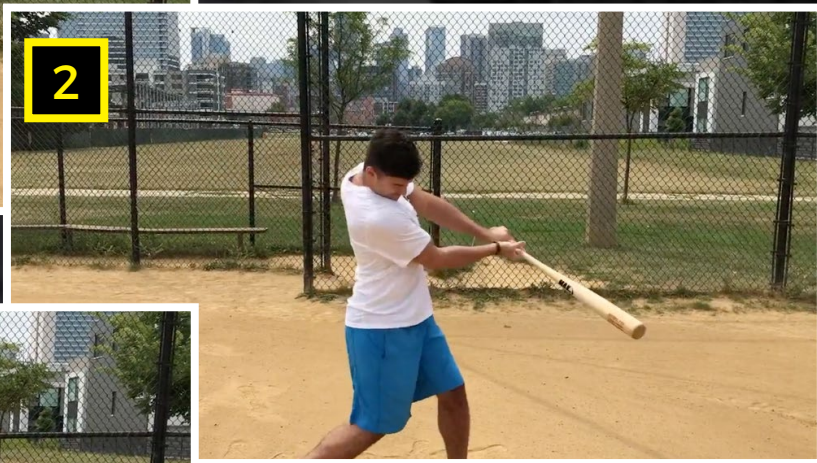
HOW TO PERFORM: The start of this exercise you will swing then stop at the point where you pull the ball (inner half) then start to shake the bat back and forth and shake for 10 seconds. Then at the end pull the bat back and do a full swing.



Mini Swings (Pulling The Ball)

1 Set | 20 Reps Each Side

HOW TO PERFORM: The start of this exercise you will swing then stop at the point where the ball will go to center field (right over the plate) then start to shake the bat back and forth and shake for 10 seconds. Then at the end pull the bat back and do a full swing.



Horizontal Hand To Hand

2 Sets | 20 Rep

HOW TO PERFORM: Grab the bat and toss it horizontally between each hand. Where you grab it depends on your strength level -- the higher you grab the easier it is. You will have to absorb the force of the bat trying to swing out. Try to keep the bat pointing forward during the catch and release.



Vertical Hand To Hand

2 Sets | 20 Rep

HOW TO PERFORM: Grab the bat by the end and toss it vertically between each hand. Where you grab it depends on your strength level -- the higher you grab the easier it is. Try to stop the bat from swinging down on each catch as in the 2nd and 3rd pictures.



Bat Wrist Curls

1 Set | 20 Reps Each Hand

HOW TO PERFORM: Grab the bat (further down is harder) and do straight up and down curls. Let the bat go all the way down as far as your wrist goes and then all the way to the top.

