

# Game Day Workout Plans

## Workout Plan 1: Light to Heavy

- Take 10-15 swings off the tee with the 9oz at about 75%. Remove it after complete the section.
- Take 10-15 swings off the tee with the 12oz. Remove it after complete the section.
- Take 10-15 swings off the tee with the 16oz.. Keep it on and take 8-10 swings of live batting practice.
- Remove the 16oz. bat weight and take 8-10 swings of live batting practice.

Note: Skip the 16oz section for softball users

## Workout Plan 2: Heavy to Light

- Take 10-15 swings off the tee with the 16oz at about 75%. Remove it after complete the section.
- Take 10-15 swings off the tee with the 12oz. Remove it after complete the section.
- Take 10-15 swings off the tee with the 9oz. Keep it on and take 8-10 swings of live batting practice.
- Remove the 9oz and take 8-10 swings of live batting practice.

Note: Skip the 16oz section for softball users

# Daily Workout Plans

## Increase Bat Speed Day (For Baseball & Softball)

- Hit 25 balls with the 9oz bat weight off the tee working to all fields.
- Keep the 9oz on and take 25 soft toss swings again working to all fields.
- Follow by 10- 15 live batting practice swings with the 9oz on still.
- Remove the 9oz from bat and take 20-25 live swings working to all fields.

## Increase Strength Day (For Baseball & Softball)

- Hit 25 balls with the 12oz bat weight off the tee working to all fields.
- Keep the 12oz on and take 25 soft toss swings again working to all fields.
- Follow by 10- 15 live batting practice swings with the 12oz on still.
- Remove the 12oz from bat and take 20-25 live swings working to all fields.

## Increase Power Day (For Baseball Only)

- Hit 25 balls with the 16oz bat weight off the tee working to all fields.
- Keep the 16oz on and take 25 soft toss swings again working to all fields.
- Follow by 10- 15 live batting practice swings with the 16oz on still.
- Remove the 16oz from bat and take 20-25 live swings working to all fields.

## 賽前訓練

### 訓練計畫1:由輕到重

- 9 oz 用75%的力道打Tee 10-15下，揮完後換上12oz
- 12 oz 用75%的力道打Tee 10-15下，揮完後換上16oz
- 16 oz 用75%的力道打Tee 10-15下，緊接著實際擊球練習(含重量環)揮擊8-10下，取下加重環再實際擊球練習8-10下

### 訓練計畫2:由重到輕

- 16 oz 用75%的力道打Tee 10-15下，揮完後換上12oz
- 12 oz 用75%的力道打Tee 10-15下，揮完後換上9oz
- 9 oz 用75%的力道打Tee 10-15下，緊接著實際擊球練習(含重量環)揮擊8-10下，取下加重環再實際擊球練習8-10下

※ 16 oz加重環僅限2 3/8-2 5/8"口徑棒球棒使用※

## 日常訓練

### 提升揮棒速度

- 9 oz加重環,搭配Tee座揮擊 25次
- 9 oz加重環,打網(Toss)揮擊 25次
- 實際擊球練習(含重量環)揮擊10-15下
- 取下加重環,實際擊球練習20-25下

### 提升揮擊力道

- 12 oz加重環,搭配Tee座揮擊 25次
- 12 oz加重環,打網(Toss)揮擊 25次
- 實際擊球練習(含重量環)揮擊10-15下
- 取下加重環,實際擊球練習20-25下

### 提升揮擊爆發力

- 16 oz加重環,搭配Tee座揮擊 25次
- 16 oz加重環,打網(Toss)揮擊 25次
- 實際擊球練習(含重量環)揮擊10-15下
- 取下加重環,實際擊球練習20-25下