

SLEDGEBATS SB MODELS TRAINING

TB-19, SB-21, SB-23, SB-25 & PRO MODELS

BEGIN ALL SLEDGEBATS TRAINING SESSIONS ONLY AFTER YOU HAVE STRECHED AND LOOSEMED UP COMPLETELY. WE RECOMMEND YOU ALWAYS FOLLOW THE INSTRUCTIONS LISTED BELOW REGARDLESS OF YOUR AGE OR SIZE WHEN FIRST TRAINING WITH THE SB SERIES SLEDGEBATS.

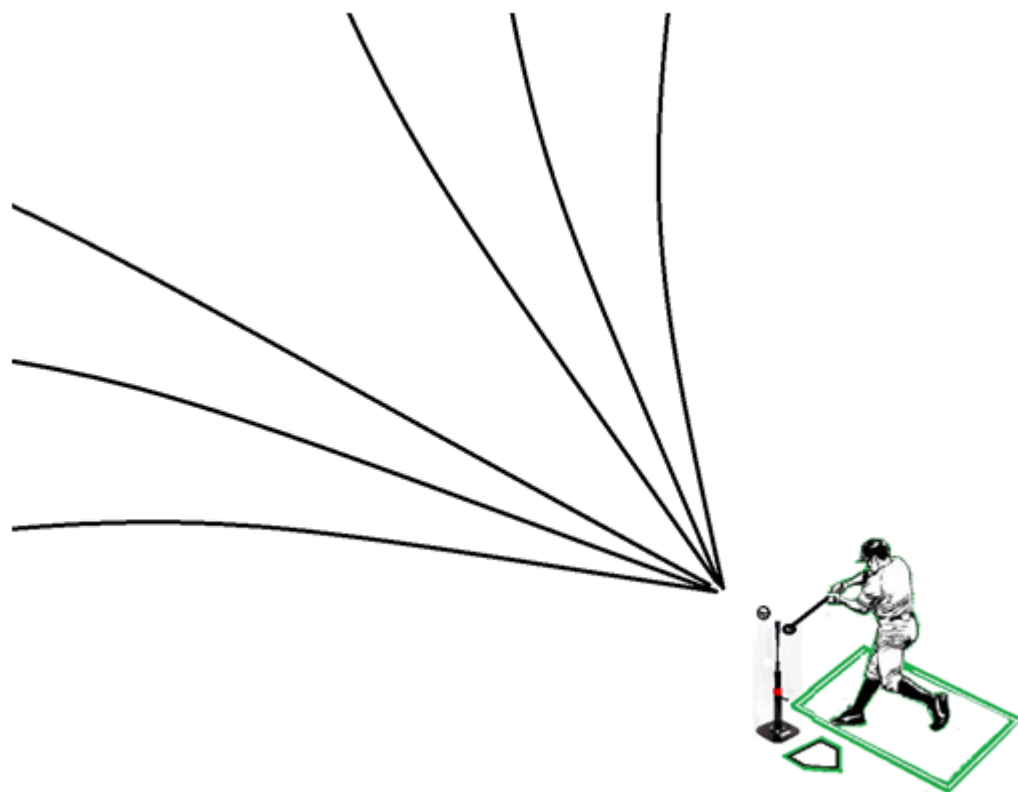
THE SLEDGEBAT IS DESIGNED TO HIT BALLS OFF OF A BATTING TEE. YOU MAY ALSO USE THE SB-21, SB-23 AND SB-25 FOR IMPACTING STATIONARY BAGS OR TIRE DRILLS. **DO NOT USE THE TB-19 FOR BAG OR TIRE DRILLS. NEVER USE YOUR SLEDGEBAT FOR BATTING PRACTICE!** UNDERHAND SOFT TOSS IS OK WITH SAFETY NETS AND PROTECTIVE FACE GEAR BUT ONLY AFTER YOU CAN HIT 75% LINE DRIVES UP THE MIDDLE OFF A BATTING TEE.

PLACE THE BATTING TEE HEIGHT SLIGHTLY ABOVE YOUR WAISTLINE DURING TRAINING SESSIONS. THERE IS A REASON WE WANT THE BALL WAIST HIGH. WE WANT PLAYERS TO BUILD STRENGTH WHILE LEARNING THEIR OWN PERFECT POINT OF CONTACT. A LOWER BALL DOESN'T BUILD BODY STRENGTH AS FAST.

BEGIN WITH NICE EASY SWINGS ATTEMPTING TO HIT LINE DRIVES OR HARD HIT GROUND BALLS STRAIGHT UP THE MIDDLE OF THE FIELD. THE SLEDGEBATS BALL NEEDS TO CONTACT THE BALL PLACED ON THE BATTING TEE PERFECTLY FOR A SOLID LINE DRIVE. BE PATIENT AS THIS IS HARDER THAN IT LOOKS. WITHIN WEEKS OF TRAINING AND CONTINUED PRACTICE, YOU WILL START ACHIEVING HIGHER RATES OF SUCCESS.

MOST HITTERS NATIONWIDE AVERAGE 20% - 30% LINE DRIVES BY THE END OF THEIR FIRST FEW WEEKS. CONTINUED TRAINING BUILDS CONSISTENCY AND STRENGTH AT THE SAME TIME. WITHIN MONTHS 30% - 50% LINE DRIVES IS EXPECTED. WHEN YOU CAN HIT 75% OR MORE PERFECT LINE DRIVES UP THE MIDDLE, YOU HAVE CREATED A STRONG UPPER BODY AND CONSISTANT SWING THAT CAN COMPETE AGAINST ANY COMPETITION YOU FACE.

MORE IMPORTANTLY, YOU WILL KNOW YOUR OWN SWING PERFECTLY AND KNOW HOW AND WHAT TO DO TO MAKE CORRECTIONS FAST.



AFTER YOU HAVE TAKEN A FEW SMOOTH AND EASY ROUNDS WITH YOUR NEW SLEDGEBAT, YOU MAY HAVE NOTICED RESULTS SIMILAR TO THE BALL EXIT TRACE LINES IN THE ABOVE DIAGRAM. THIS IS NOT UNUSUAL FOR FIRST TIME SLEDGEBAT USERS DURING INITIAL TRAINING. IN FACT, MANY GREAT HITTERS INCLUDING MLB ALL-STARs HAVE EXPERIENCED THE SAME RESULTS AT FIRST. AFTER A FEW SWINGS THEY MADE ADJUSTMENTS AND STARTED CRUSHING.

THE SLEDGEBAT IS WEIGHTED AND BALANCED PERFECTLY TO BUILD YOUR HITTING MUSCLES IN YOUR HANDS, WRISTS AND UPPER BODY WHILE YOU DEVELOP PERFECT POINT OF CONTACT USING ONLY THE SWEET SPOT.

CONTINUE PRACTICING HITTING LINE DRIVES AND AS YOUR BODY ADJUSTS TO THE WEIGHT AND BALANCE, SWINGING THE SLEDGEBAT WILL BECOME EASIER.

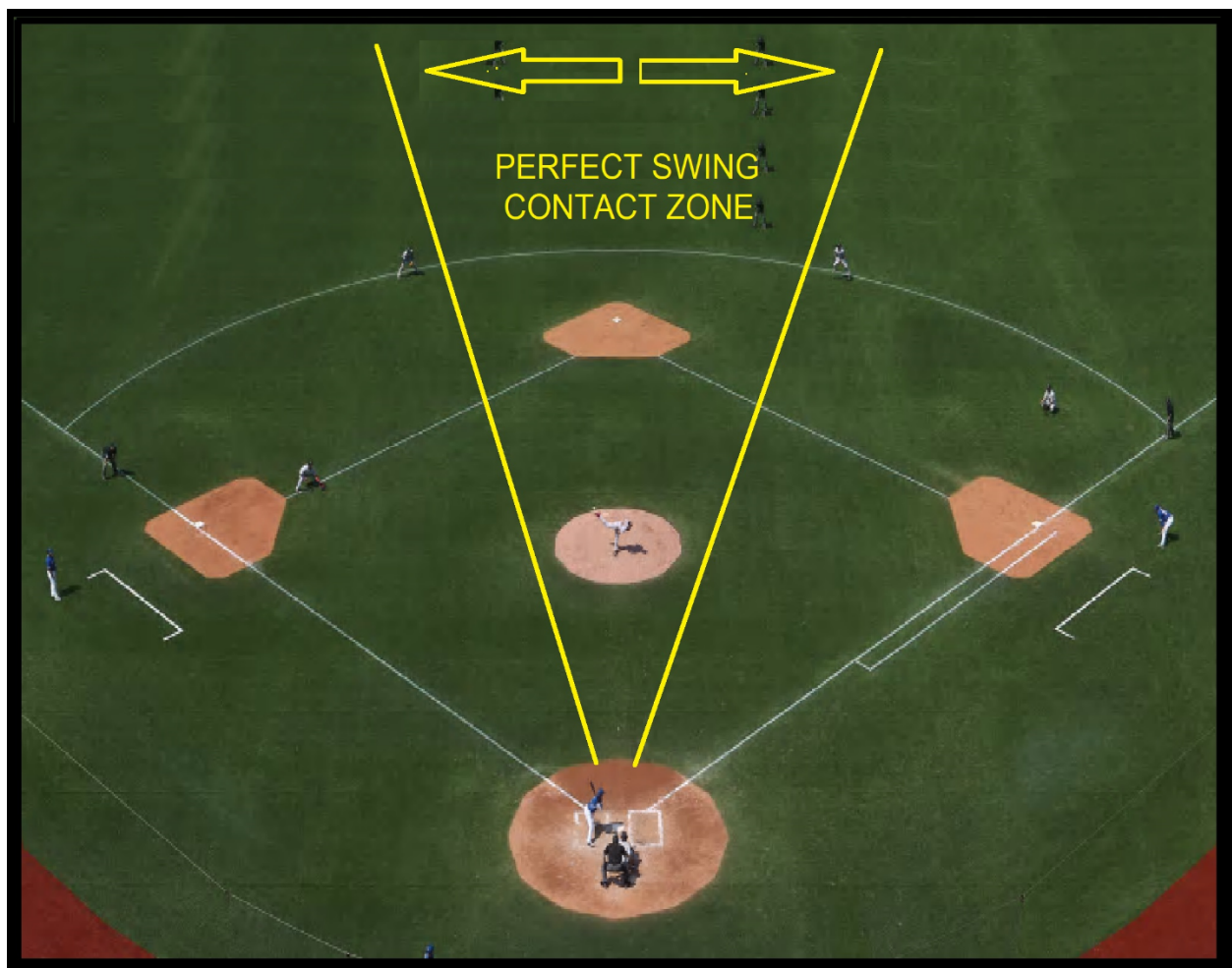
SO NOW THIS IS WHERE THE IMPORTANT TRAINING BEGINS.

NEXT PAGE

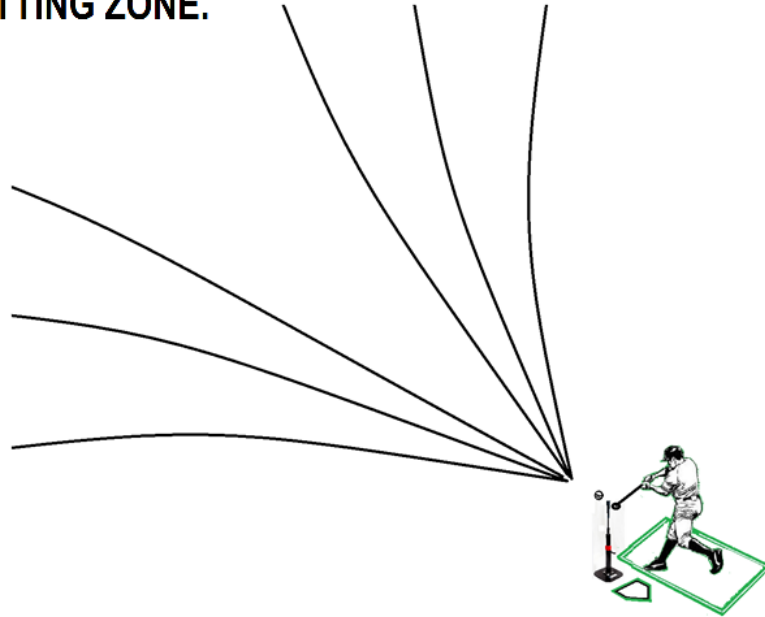


THE BEST PART OF TRAINING WITH THE SLEDGEBAT IS TRULY LEARNING WHERE YOUR OWN PERFECT POINTS OF CONTACT ARE LOCATED. THESE ARE TOTALLY DIFFERENT FOR EACH PLAYER. WE WANT PLAYERS TO TRAIN IN GROUPS FOR THE FIRST 3-5 WEEKS. THEY WILL QUICKLY DISCOVER AND UNDERSTAND THE IMPORTANCE OF PERFECT CONTACT. AS THE HITTER TRAINS, LEARNS AND FEELS THEIR SWING AND CONTACT, THEY WILL MAKE SMALL ADJUSTMENTS DAILY AND ALSO GET STRONGER. COACHES WILL SEE CHANGES IN PLAYER'S SWING PLANES, NEWLY DEVELOPED POWER AND IMPROVED OFFENSIVE STATS.

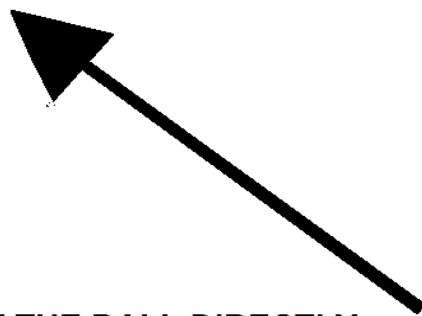
GREAT COACHES UNDERSTAND SLEDGEBATS IS A SELF LEARNING STATION TO CREATE PERFECTION AT CONTACT. ONLY THE PLAYER SWINGS THE BAT DURING THE GAME. COACH GUIDANCE IS NECESSARY FOR KEEPING THE ATHLETE TOTALLY FOCUSED ON BUILDING SUCCESS. ENCOURAGING THE PLAYERS ON GOOD PITCH TO HIT SELECTION AND CREATING AGGRESSIVE HITTERS THAT HIT BALLS HARD.



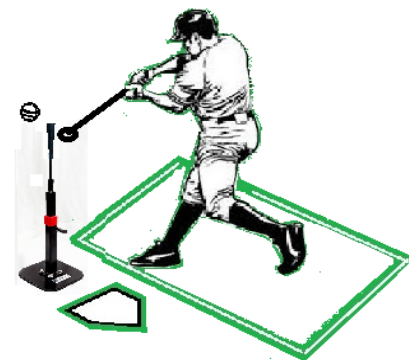
BALL EXIT TRACE LINES TELL A STORY TO EACH HITTER. HOOKED BALLS AND DRIBBLERS INDICATE HANDS THAT CAST AWAY FROM BODY AND ARE ROLLING OVER. THE HITTER IS NOT GETTING HANDS THROUGH THE HITTING ZONE.



SLICED BALLS AND SQUIBERS INDICATE THE HITTER IS NOT FULLY EXTENDING THROUGH CONTACT AND IS PULLING OFF THE BALL. ALSO MAY INDICATE THE HITTER IS MAKING CONTACT PAST THE SWEET SPOT OF THE BARREL.



THE GOAL IS TO HIT THE BALL DIRECTLY OVER THE PITCHERS MOUND ON A LINE DRIVE OR HARD HIT GROUND BALL

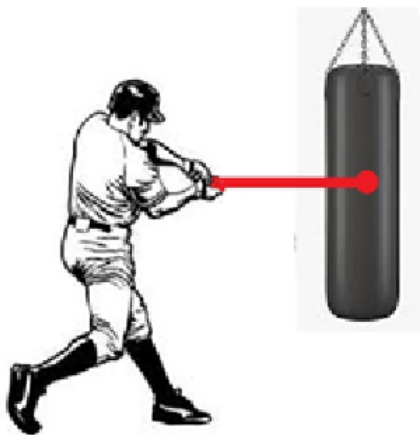


AT SLEDGEBATS, OUR GOAL IS TO HELP EACH ATHLETE GET THE MOST OUT OF THEIR TRAINING AND PRACTICE SESSIONS. MUCH MORE IMPORTANTLY IS THAT EACH DRILL AND TRAINING SESSION ADVANCES THE SKILLS PLAYERS NEED TO NOT ONLY COMPETE BUT TO EXCEL AGAINST OTHER PLAYERS. THIS EXACT TRAINING PROGRAM IS IN USE BY MLB PLAYERS AND THEIR HITTING COACHES EACH YEAR. THEY HAVE BEEN DESIGNED TO BUILD STRENGTH WHILE FORCING THE HITTERS TO DEVELOP PERFECT POINTS OF CONTACT.

OUR SLEDGEBATS TEAM WANTS SUCCESS FOR EVERYONE AND UNDERSTANDS HOW EACH COACH AND PLAYER NEEDS INSTANT SUCCESS. LEARNING TO BECOME A GREAT HITTER IS A SLOWER PROCESS. WHEN PLAYERS CAN ACHIEVE A 75% LINE DRIVE RATE USING THE SLEDGEBAT OFF A TEE, THE HITTER HAS BECOME TOTALLY AWARE OF WHAT THEIR ENTIRE BODY IS DOING WHEN HITTING. THEY WILL BE ABLE TO MAKE ADJUSTMENTS BY THEMSELVES AND LEARN FROM EVERY SWING AND AT BAT.

ALWAYS REMEMBER WHEN TRAINING OFF A TEE OR TIRE OR HANGING IMPACT BAG TO FORCE YOURSELF INTO LOOKING LIKE THE DIAGRAM CONTACT ANGLES SEEN BELOW. WE KNOW LIVE GAME SWINGS WILL LOOK DIFFERENT.

**KEEP YOUR HANDS SLIGHTLY
BELOW THE BARREL DURING
TRAINING TO BUILD YOUR HAND
STRENGTH MUSCLES FASTER.**



GOOD IMPACT FORCE TRAINING POSITION



BAD IMPACT FORCE TRAINING POSITION

SLEDGEBATS TRAINING PROGRAM

FOR MALE ATHLETES ONLY

Congratulations on your purchase of a Sledgebat. You will transform your swing dramatically by following these basic guidelines. Remember these instructions are for average weight and strength athletes.

You may need to make some modifications until athletes can handle the program with our training bats. Athletes will catch up as their strengths improve. Usually takes just a few weeks of practice. Be patient, watch what happens and enjoy.

*The below table is the **maximum** amount of swings per round we recommend before rest is needed. Use your own judgement. Athlete's arms and hands will get tired as they train. The ultimate goal is for 75% hard line drives up the middle.*

After each round of Sledgebats training, athletes should take a few swings with their game bat. (5-10 max) These (game) swings don't count on totals. We also recommend a swing training program with a minimum of (1-3) days off per week for young players. Remember your athlete is getting stronger while finally learning their own perfect point of contact. One swing at a time = success

Many coaches train baseball and softball players with identical hitting and strength programs. However, we recommend that female athletes training with Sledgebats use a slightly modified program. This allows players extra time to improve their strength and endurance in hands / wrists / shoulders. A great powerful swing is still the end result. Adding a few weeks of practice time is important for continued long term success on the field.

MALE ATHLETES CHART

Athletes Age	MAX SWINGS PER ROUND	MAX ROUNDS PER DAY	MAX SWINGS PER DAY	MAX SWINGS PER WEEK	MAX DAYS TRAINING PER WEEK
5-7	10-15	2-3	45	180	3-4
7-9	10-15	2-4	60	240	3-4
10-13	10-15	3-5	75	375	3-5
14-18	15-20	3-5	100	500	3-5
19 & UP	15-35	3-6	210	1260	3-6

MAXIMUM



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FEMALE ATHLETES CHART

Athletes Age	MAX SWINGS PER ROUND	MAX ROUNDS PER DAY	MAX SWINGS PER DAY	MAX SWINGS PER WEEK	MAX DAYS TRAINING PER WEEK
5-7	4-6	2-3	18	72	3-4
7-9	7-9	2-4	36	144	3-4
10-13	10-12	3-5	60	300	3-5
14 & UP	13-15	3-5	75	375	3-5

MAXIMUM →