

# 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**

