

# SLEDGEBATS STRENGTH TRAINING EQUIPMENT

## LB-23, LB-25 & LB SERIES PRO MODELS

ATHLETES AND THEIR PARENTS/COACHES SHOULD ONLY BEGIN USING THE LB SERIES IMPACT FORCE TRAINING BATS AFTER THE PLAYER HAS REACHED 9<sup>th</sup> GRADE OR 140 LBS OR MORE. THE IMPORTANCE OF THIS AGE AND WEIGHT CANNOT BE UNDERSTATED. EACH YOUNG ATHLETE IS DEVELOPING AT DIFFERENT SPEEDS AND IN GROWTH CYCLES THAT ARE NOT EASILY PREDICTABLE. USE EXTREME CAUTION WITH THESE YOUNGER PLAYERS AS THEY GROW BY LIMITING THEIR STRENGTH TRAINING IMPACT SWINGS ..... PLEASE

THE LB SERIES TRAINING BATS ARE DESIGNED EXCLUSIVLY FOR SMASHING INTO HANGING IMPACT BAGS, HANGING TIRE DRILLS OR OVERHEAD SHOULDER IMPACT FORCE LAYING DOWN FLAT TIRE CRUSHING. WE HAVE CONTROLLED THE WEIGHT TO ALLOW EACH SIZE ATHLETE TO DEVELOP STRENGHT IN THEIR HANDS, WRISTS, SHOULDERS AND ARMS WITHOUT THE ISSUE OF USING AN OVAL GRIPPED SLEDGEHAMMER THAT TWISTS DURING OFF CENTER IMPACTS AND IS TOO HEAVY FOR THEM TO CONTROL. THESE OFF CENTER IMPACTS ALWAYS DEFLECT THE SLEDGEHAMMER VIOLENTLY AND CAN CAUSE MAJOR WRIST INJURY.

IN THE ILLUSTRATIONS BELOW, YOU CAN SEE THE PROPER IMPACT POSITIONING. MAXIMUM STRENGTH IS GAINED WHILE AVOIDING INJURY. SLEDGEBATS RECCOMENDS ALL PLAYERS BEGIN HITTING OFF AN UN-MOUNTED OLD USED TIRE HANGING FROM A ROPE. THIS WILL PROVIDE THE LEAST IMPACT RESISTANCE WHILE LEARNING HOW TO CONTROL IMPACT ACCURACY AND POINT OF CONTACTS. NEVER HIT A TIRE WHILE IT'S FREELY SWINGING.



GOOD IMPACT FORCE TRAINING POSITION

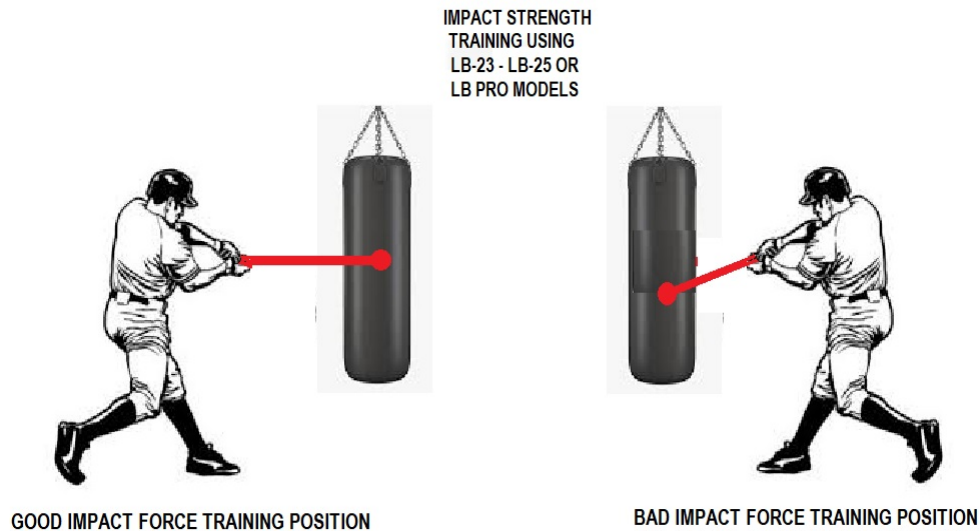
BAD IMPACT FORCE TRAINING POSITION

# SLEDGEBATS STRENGTH TRAINING EQUIPMENT

## LB-23, LB-25 & LB SERIES PRO MODELS

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

BEGIN WITH NICE EASY IMPACT SWINGS ATTEMPTING TO CONTROL THE STEEL CONTACT BALL INTO HITTING THE TIRE IN THE SAME CONTINUOUS SPOT. THIS IS HARDER THAN IT LOOKS. BE SURE TO HIT TARGETS ABOUT 6 INCHES ABOVE YOUR WAIST WHILE KEEPING THE CONTACT ON THE SAME IMPACT SPOT. MAKE SURE THE BALL MAKES CONTACT SLIGHTLT HIGHER THAN YOUR HANDS INTO THE TIRE. SEE BELOW DIAGRAM.



ATHLETES SHOULD WORK ON STRENGTH AND IMPACT TRAINING ONCE TO TWICE A WEEK AT MOST. GIVE YOURSELF AND YOUR BODY TIME TO RECOVER FROM THIS EXTREME EXERCISE. 10-15 SWINGS MAX PER ROUND FOR THE FIRST 2 WEEKS.

## ADVANCED LB SERIES STRENGTH TRAINING DRILLS

AFTER SEVERAL WEEKS TRAINING AND HITTING THOSE TIRES, YOU SHOULD FEEL AND SEE MAJOR CHANGES IN IMPACT FORCE. YOUR HANDS, WRISTS AND ARMS ARE MUCH STRONGER WHILE IMPACT FORCE HAS IMPROVED. IT'S NOW MUCH EASIER TO HIT TIRES WHILE CONTROLLING THE HEAD OF THE SLEDGEBAT. NOW ADD MORE SWINGS TO YOUR SESSIONS AND ROUNDS. SEE HOW MANY YOU CAN DO WHILE CONTROLLING THE BAT. WHEN YOU CAN DO 20-25 SWINGS A ROUND SUCCESSFULLY, YOU CAN START HITTING STATIONARY TIRES.



GOOD IMPACT FORCE TRAINING POSITION

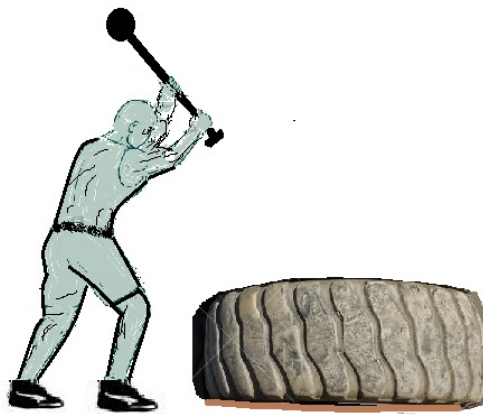


BAD IMPACT FORCE TRAINING POSITION

IMPACT STRENGTH  
TRAINING USING  
LB-23 - LB-25 OR  
LB PRO MODELS



GOOD IMPACT FORCE TRAINING POSITION



BAD IMPACT FORCE TRAINING POSITION