

Taking what we do in the weight room and applying it to what happens on the field isn't always a straight-line application. Combining our SweetSpot Bat and Weighted Balls however, gives you a sport specific drill that directly translates to increased: bat speed, batted ball speed, and power at the plate. In addition, a smaller bat forces the hitter's eyes to work better which results in a more efficient swing.

The 5" SweetSpot matches up perfectly on a regular bat of where you want to hit the ball and having two different colors creates visual awareness. This ties in with the eyes and mind/body connection.

This program is to be performed 5-7 times a week using a batting tee or soft-toss at full speed with max effort. As with all training, complete a *dynamic warm-up before starting any hitting program.

Check Out our Online Training Demo / Video @ [TrainingNets.com/training-videos](https://www.trainingnets.com/training-videos)

Note: Watch your player's swing. If he or she is unable to *accelerate thru impact*, that ball may be too heavy and an adjustment to the progression should be made. Choose the LITE or PRO Schedule depending on which Pack you own.

**Dynamic Warm-Up:* Run, stretch, perform all pre-work required to be rotationally explosive and ready to HIT.

2.8 / 3.2" LITE Pack (12oz 14oz 16oz)

Week 1	
Swings	Ball Weight
10	12oz
5	14oz

Week 2	
Swings	Ball Weight
6	12oz
6	14oz
6	16oz

Week 3	
Swings	Ball Weight
6	12oz
6	14oz
6	16oz

Week 4	
Swings	Ball Weight
6	12oz
3	14oz
3	16oz

Week 5	
Swings	Ball Weight
3	12oz
3	14oz
6	16oz

Week 6	
Swings	Ball Weight
3	12oz
6	16oz

2.8 / 3.2" PRO Pack (16oz 18oz 20oz)

Week 1	
Swings	Ball Weight
10	16oz
5	18oz

Week 2	
Swings	Ball Weight
6	16oz
6	18oz
6	20oz

Week 3	
Swings	Ball Weight
6	16oz
6	18oz
6	20oz

Week 4	
Swings	Ball Weight
6	16oz
3	18oz
3	20oz

Week 5	
Swings	Ball Weight
3	16oz
3	18oz
6	20oz

Week 6	
Swings	Ball Weight
3	16oz
6	20oz

Disclaimer: These instructions are to be used as a general guideline only. It is your responsibility to evaluate the progress of your athlete. Any training program can result in injury. Use your own discretion for moving your athlete through different weights.