

# Week 1

Access from Laptop or web browser

Type	Reps	# of Bands	Resistance (lbs)
Dry Swings	10	1	5
Check Swing Drill	10	1	5
Tee	20	2	10
Front Toss	10	2	10
Front Toss	10	2	10

	Completed	Notes
Day 1		
Day 2		
Day 3		
Day 4		

Baseline Test Results			
Max # of Bands	Bat Speed	Time in the Zone	Power Efficiency

## Week 2

Access from Laptop or web browser

Type	Reps	# of Bands	Resistance (lbs)
Dry Swings	5	1	5
Dry Swings	10	2	10
Tampa Bay Trigger	10	1	5
Tee	20	2 or 3	10 or 15
Front Toss	10	2	10
Front Toss	10	2 or 3	10 or 15

	Completed	Notes
Day 1		
Day 2		
Day 3		
Day 4		

Baseline Test Results			
Max # of Bands	Bat Speed	Time in the Zone	Power Efficiency

# Week 3

Access from Laptop or web browser

Type	Reps	# of Bands	Resistance (lbs)
Dry Swings	5	2	10
Dry Swings	10	3	15
Bottom-Hand Drill	10	1	5
Tee - Outside	10	2 or 3	10 or 15
Tee - Inside	10	2 or 3	10 or 15
End Loaded Side Toss	10	-	-
Front Toss	10	3	15

	Completed	Notes
Day 1		
Day 2		
Day 3		
Day 4		

Baseline Test Results			
Max # of Bands	Bat Speed	Time in the Zone	Power Efficiency

# Week 4

Access from Laptop or web browser

Type	Reps	# of Bands	Resistance (lbs)
Dry Swings	5	2	10
Dry Swings	10	3	15
Top-Hand Drill	10	1	5
Tee - Outside	10	3	15
Tee - Inside	10	3	15
End Loaded Front Toss	10	-	-
Pitch	10	3	15

	Completed	Notes
Day 1		
Day 2		
Day 3		
Day 4		

Baseline Test Results			
Max # of Bands	Bat Speed	Time in the Zone	Power Efficiency

# Week 5

Access from Laptop or web browser

Type	Reps	# of Bands	Resistance (lbs)
Dry Swings	5	2	10
Dry Swings	10	3	15
Dry Swings	5	4	20
3/4 Drill	10	2	10
End Loaded Tee	10	-	-
Side Toss	10	3	15
Front Toss	10	4	20
Max Out	Until Failure	Your Max	-

	Completed	Notes
Day 1		
Day 2		
Day 3		
Day 4		

Baseline Test Results			
Max # of Bands	Bat Speed	Time in the Zone	Power Efficiency

# Week 6

Access from Laptop or web browser

Type	Reps	# of Bands	Resistance (lbs)
Dry Swings	5	3	10
Dry Swings	10	4	20
Tee	5	4	20
Front Toss	10	2	10
Front Toss	10	-	-
Pitch	10	3	15
Ptich	10	4	20
Pitch	10	4 or 5	20 or 25

	Completed	Notes
Day 1		
Day 2		
Day 3		
Day 4		

Baseline Test Results			
Max # of Bands	Bat Speed	Time in the Zone	Power Efficiency

# Week 7

Access from Laptop or web browser

Type	Reps	# of Bands	Resistance (lbs)
Top Hand Drill	10	2	10
Bottom Hand Drill	10	2	10
Tee	10	3	15
End Loaded Side Toss	10	-	-
Front Toss	10	4	20
Front Toss	10	5	25
Ptich	10	4	20
Pitch	10	5	25

	Completed	Notes
Day 1		
Day 2		
Day 3		
Day 4		

Baseline Test Results			
Max # of Bands	Bat Speed	Time in the Zone	Power Efficiency

# Week 8

Access from Laptop or web browser

Type	Reps	# of Bands	Resistance (lbs)
Dry Swings	5	5	25
Dry Swings	10	6	30
Follow Thru Drill	10	2 or 3	10 or 15
End Loaded Tee	10	-	-
Side Toss	10	3	15
Front Toss	10	4	20
Pitch	10	5	25
Max Out	Until Failure	Your Max	-

	Completed	Notes
Day 1		
Day 2		
Day 3		
Day 4		

Baseline Test Results			
Max # of Bands	Bat Speed	Time in the Zone	Power Efficiency

# Week 9

Access from Laptop or web browser

Type	Reps	# of Bands	Resistance (lbs)
Trigger Drill	5 - 10	1	5
Top Hand Drill	5 - 10	2 or 3	10 or 15
Bottom Hand Drill	5 - 10	2 or 3	10 or 15
Check Swing Drill	5 - 10	Build to Max	-
3/4 Drill	5 - 10	2 or 3	10 or 15
Follow Through	5 - 10	Build to Max	-
Max Out	Until Failure	Your Max	-
End Loaded - Front Toss	10	-	-

	Completed	Notes
Day 1		
Day 2		
Day 3		
Day 4		

Baseline Test Results			
Max # of Bands	Bat Speed	Time in the Zone	Power Efficiency

# Week 10

Access from Laptop or web browser

Type	Reps	# of Bands	Resistance (lbs)
Dry Swings	10	6	30
Dry Swings	10	7	35
Tee - Inside	10	5	25
Tee - Outside	10	5	25
Front Toss	10	7	35
Front Toss	10	8	40
Ptich	10	7	35
Pitch	10	8	40

	Completed	Notes
Day 1		
Day 2		
Day 3		
Day 4		

Baseline Test Results			
Max # of Bands	Bat Speed	Time in the Zone	Power Efficiency