



Power Setting, Swing Speed, and Exit Velocity

Ability Level (average)	Number of 15-lb. Bands	Number of 5-lb. Bands	Centrifigul Force Pounds	Swing Speed (mph) *	Exit Velocity (max) **
Little League	-	1	5	21	25
	-	2	10	28	33
	1	-	15	33	40
	1	1	20	37	45
	1	2	25	42	50
	2	-	30	45	54
High School	2	1	35	49	58
	2	2	40	52	62
	3	-	45	55	66
College	3	1	50	58	69
	3	2	55	60	72
	4	-	60	63	75
Major League	4	1	65	65	78
	4	2	70	68	81
	5	-	75	70	84
	5	1	80	72	87
	5	2	85	74	89
	6	-	90	77	92
	6	1	95	79	94
	6	2	100	81	97

*Assumes 56" Total Dynamic Swing Radius (TDSR) at Impact

**Assumes 1.2 maximum theoretical smash factor