 Amazing Power Week 1 

**Execute 120 Swing Routine 3 times this week:**

**Day 1**

30 Heavy (small weight) 10 swings-rest, 10 swings-rest, 10 swings-rest

30 Light (skinny bat) 10 swings-rest, 10 swings-rest, 10 swings-rest

30 Heavy (large weight) 10 swings-rest, 10 swings-rest, 10 swings-rest

30 Regular (Game Bat 28 oz.) 10 swings-rest, 10 swings-rest, 10 swings-rest

**Day 2**

30 Heavy (heavy weight) 10 swings-rest, 10 swings-rest, 10 swings-rest

30 Heavy (wood bat) 10 swings-rest, 10 swings-rest, 10 swings-rest

30 Light (skinny bat) 10 swings-rest, 10 swings-rest, 10 swings-rest

30 Regular (Game Bat 29 oz.) 10 swings-rest, 10 swings-rest, 10 swings-rest

**Day 3**

30 Light (wooden dowel) 10 swings-rest, 10 swings-rest, 10 swings-rest

30 Heavy (towel bat) 10 swings-rest, 10 swings-rest, 10 swings-rest

30 Heavy (small weight) 10 swings-rest, 10 swings-rest, 10 swings-rest

30 Regular (Game Bat 28 oz.) 10 swings-rest, 10 swings-rest, 10 swings-rest

**Execute 50 Pull Ups**

1-2-3-4-5-6-7-8-9-10 1-2-3-4-5-6-7-8-9-10 1-2-3-4-5-6-7-8-9-10

1-2-3-4-5-6-7-8-9-10 1-2-3-4-5-6-7-8-9-10

**Execute 20 Planks (Hold each for 20 seconds)**

1-2-3-4-5-6-7-8-9-10 1-2-3-4-5-6-7-8-9-10

“You will have Amazing Power!”

 Amazing Power Week 2 

**Execute 120 Swing Routine 3 times this week:**

**Day 1**

30 Heavy (towel bat) 10 swings-rest, 10 swings-rest, 10 swings-rest

30 Light (skinny bat) 10 swings-rest, 10 swings-rest, 10 swings-rest

30 Heavy (light weight) 10 swings-rest, 10 swings-rest, 10 swings-rest

30 Regular (Game Bat 28 oz.) 10 swings-rest, 10 swings-rest, 10 swings-rest

**Day 2**

30 Heavy (heavy weight) 10 swings-rest, 10 swings-rest, 10 swings-rest

30 Heavy (wood bat) 10 swings-rest, 10 swings-rest, 10 swings-rest

30 Light (T-ball bat) 10 swings-rest, 10 swings-rest, 10 swings-rest

30 Regular (Game Bat 29 oz.) 10 swings-rest, 10 swings-rest, 10 swings-rest

**Day 3**

30 Light (whiffle bat) 10 swings-rest, 10 swings-rest, 10 swings-rest

30 Heavy (towel bat) 10 swings-rest, 10 swings-rest, 10 swings-rest

30 Heavy (small weight) 10 swings-rest, 10 swings-rest, 10 swings-rest

30 Regular (Game Bat 28 oz.) 10 swings-rest, 10 swings-rest, 10 swings-rest

**Execute 70 Pull Ups**

1-2-3-4-5-6-7-8-9-10 1-2-3-4-5-6-7-8-9-10 1-2-3-4-5-6-7-8-9-10

1-2-3-4-5-6-7-8-9-10 1-2-3-4-5-6-7-8-9-10 1-2-3-4-5-6-7-8-9-10

1-2-3-4-5-6-7-8-9-10

**Execute 20 Planks (Hold each for 30 seconds)**

1-2-3-4-5-6-7-8-9-10 1-2-3-4-5-6-7-8-9-10

“Amazing Power comes from hard work, take EVERY swing with maximum effort!”

 Amazing Power Week 3 

**Execute 120 Swing Routine 3 times this week:**

**Day 1**

30 Heavy (heavy weight) 10 swings-rest, 10 swings-rest, 10 swings-rest

30 Heavy (wood bat) 10 swings-rest, 10 swings-rest, 10 swings-rest

30 Light (skinny bat) 10 swings-rest, 10 swings-rest, 10 swings-rest

30 Regular (Game Bat 28 oz.) 10 swings-rest, 10 swings-rest, 10 swings-rest

**Day 2**

30 Heavy (small weight) 10 swings-rest, 10 swings-rest, 10 swings-rest

30 Light (skinny bat) 10 swings-rest, 10 swings-rest, 10 swings-rest

30 Heavy (large weight) 10 swings-rest, 10 swings-rest, 10 swings-rest

30 Regular (Game Bat 29 oz.) 10 swings-rest, 10 swings-rest, 10 swings-rest

**Day 3**

30 Light (wooden dowel) 10 swings-rest, 10 swings-rest, 10 swings-rest

30 Heavy (towel bat) 10 swings-rest, 10 swings-rest, 10 swings-rest

30 Heavy (small weight) 10 swings-rest, 10 swings-rest, 10 swings-rest

30 Regular (Game Bat 28 oz.) 10 swings-rest, 10 swings-rest, 10 swings-rest

**Execute 80 Pull Ups**

1-2-3-4-5-6-7-8-9-10 1-2-3-4-5-6-7-8-9-10 1-2-3-4-5-6-7-8-9-10

1-2-3-4-5-6-7-8-9-10 1-2-3-4-5-6-7-8-9-10 1-2-3-4-5-6-7-8-9-10

1-2-3-4-5-6-7-8-9-10 1-2-3-4-5-6-7-8-9-10

**Execute 20 Planks (Hold each for 40 seconds)**

1-2-3-4-5-6-7-8-9-10 1-2-3-4-5-6-7-8-9-10

“Taking 360 swings a week might not be fun, but hitting doubles, triples, and homeruns sure is!”

 Amazing Power Week 4 

**Execute 120 Swing Routine 3 times this week:**

**Day 1**

30 Light (wooden dowel) 10 swings-rest, 10 swings-rest, 10 swings-rest

30 Heavy (towel bat) 10 swings-rest, 10 swings-rest, 10 swings-rest

30 Heavy (small weight) 10 swings-rest, 10 swings-rest, 10 swings-rest

30 Regular (Game Bat 28 oz.) 10 swings-rest, 10 swings-rest, 10 swings-rest

**Day 2**

30 Heavy (small weight) 10 swings-rest, 10 swings-rest, 10 swings-rest

30 Light (skinny bat) 10 swings-rest, 10 swings-rest, 10 swings-rest

30 Heavy (large weight) 10 swings-rest, 10 swings-rest, 10 swings-rest

30 Regular (Game Bat 28 oz.) 10 swings-rest, 10 swings-rest, 10 swings-rest

**Day 3**

30 Heavy (heavy weight) 10 swings-rest, 10 swings-rest, 10 swings-rest

30 Heavy (wood bat) 10 swings-rest, 10 swings-rest, 10 swings-rest

30 Light (skinny bat) 10 swings-rest, 10 swings-rest, 10 swings-rest

30 Regular (Game Bat 29 oz.) 10 swings-rest, 10 swings-rest, 10 swings-rest

**Execute 100 Pull Ups**

1-2-3-4-5-6-7-8-9-10 1-2-3-4-5-6-7-8-9-10 1-2-3-4-5-6-7-8-9-10

1-2-3-4-5-6-7-8-9-10 1-2-3-4-5-6-7-8-9-10 1-2-3-4-5-6-7-8-9-10

1-2-3-4-5-6-7-8-9-10 1-2-3-4-5-6-7-8-9-10 1-2-3-4-5-6-7-8-9-10

1-2-3-4-5-6-7-8-9-10

**Execute 20 Planks (Hold each for 45 seconds)**

1-2-3-4-5-6-7-8-9-10 1-2-3-4-5-6-7-8-9-10

“Every time you hit a ball just over the fence, just over an outfielders head, or just out the of the infielder’s reach, it’s because you did this bat speed training!”