

HITTING JACK-IT

Recommended Training Methods for THE HITTING JACK-IT SYSTEM

PLAN 1 LIGHT TO HEAVY

1. Stretch out to loosen your entire body.
2. Secure the 9oz (red) HITTING JACK-IT and take 10-15 swings off the tee at about 75%. Remove the 9oz HITTING JACK-IT from bat.
3. Secure the 12oz (blue) HITTING JACK-IT and take 10-15 swings off the tee. Remove the 12oz HITTING JACK-IT from the bat.
4. Secure the 16oz (green) HITTING JACK-IT and take 10-15 swings. Keep the 16oz HITTING JACK-IT on your bat and take 8-10 swings of live batting practice.
5. Remove the 16oz HITTING JACK-IT and take 8-10 swings of live batting practice.

AT ANY TIME IF YOU FEEL TIRED OR FATIGUED STOP AND REST

PAYING ATTENTION TO THE FUNDAMENTALS OF A QUALITY SWING WHILE USING "THE SYSTEM" WILL RESULT IN A BETTER WORKOUT

PLAN 2 HEAVY TO LIGHT

1. Stretch out to loosen your entire body.
2. Secure the 16oz (green) HITTING JACK-IT and take 10-15 swings off the tee at about 75%. Remove THE HITTING JACK-IT from bat.
3. Secure the 12 oz (blue) HITTING JACK-IT and take 10-15 swings off the tee. Remove the HITTING JACK-IT from the bat.
4. Secure the 9oz (red) HITTING JACK-IT and take 10-15 swings off the tee. Keep THE HITTING JACK-IT on the bat and take 8-10 swings of live batting practice.
5. Remove the 9oz HITTING JACK-IT and take 8-10 swings of live batting practice.

AT ANY TIME IF YOU FEEL TIRED OR FATIGUED STOP AND REST

PAYING ATTENTION TO THE FUNDAMENTALS OF A QUALITY SWING WHILE USING "THE SYSTEM" WILL RESULT IN A BETTER WORKOUT

To change up your routine you can replace tee work with soft toss.

SAFETY WARNING

Supervision by an adult is recommended for players under 18 years of age. Always wear your batting helmet when using THE HITTING JACK-IT. THE HITTING JACK-IT is designed for use with baseball and softball bats only.

HITTING JACK-IT

DAILY PLANS FOR USE OF THE HITTING JACK-IT SYSTEM

Increase Bat Speed Day

1. Stretch out to loosen your entire body.
2. Secure the 9 oz HITTING JACK-IT. Hit 25 balls of the tee working to all fields.
3. With the 9 oz still secured on the bat, take 25 soft toss swings again working to all fields.
4. With the 9 oz still secured on the bat, take 10- 15 live batting practice swings.
5. Remove the 9 oz HITTING JACK-IT from your bat and take 20-25 live swings working to all fields.

Increase Strength Day

1. Stretch out to loosen your entire body.
2. Secure the 12 oz HITTING JACK-IT. Hit 25 balls off the tee working on driving the ball up the middle.
3. With the 12 oz still secured on the bat, take 25 soft toss swings again working on driving the ball up the middle.
4. With the 12 oz still secured to the bat, take 10- 15 live batting practice swings working on driving the ball back up the middle.
5. Remove the 12 oz HITTING JACK-IT and take 20- 25 live batting practice swings working on driving the ball up the middle.

Increase Power Day

1. Stretch out to loosen your entire body.
2. Secure the 16 oz HITTING JACK-IT. Hit 10- 15 balls off the tee.
3. With the 16 oz still secured to the bat, take 10- 15 soft toss swings.
4. With the 16 oz still secured to the bat, take 8- 10 live batting practice swings.
5. Remove the 16 oz from the bat and take 10- 15 live batting practice swings.

MAKE SURE TO PRACTICE YOUR HOME RUN TROT AFTER EACH HITTING JACK-IT WORKOUT. YOU WILL NEED IT!

AT ANY TIME IF YOU FEEL TIRED OR FATIGUED STOP AND REST

PAYING ATTENTION TO THE FUNDAMENTALS OF A QUALITY SWING WHILE USING "THE SYSTEM" WILL RESULT IN A BETTER WORKOUT

SAFETY WARNING

Supervision by an adult is recommended for players under 18 years of age. Always wear your batting helmet when using THE HITTING JACK-IT. THE HITTING JACK-IT is designed for use with baseball and softball bats only.