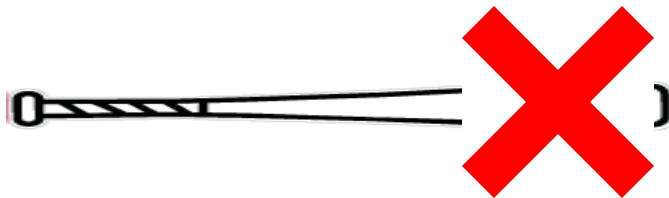


Proper use and application of the Training Lace for swinging a baseball or softball bat.

1. The Training Lace **IS NOT** to be placed on the upper half of the barrel/end loaded. Due to the diameter of some barrels and length of the “Lace” it may come off in the direction of the swing.



2. The “Lace” wears best if applied/twisted in the same direction each time it is placed on the bat. (see illustration below for the suggested twisting action)

Left hand

Right Hand



Note: similar to wringing out a wet towel.

3. The “Lace” will work best for resistance / increase bat speed and correcting swing path if it is applied where the barrel begins to taper (just at lower half) and /or right above your top hand.
4. You might need to tighten the “Lace” every few swings or so. This is actually ideal to help with refocusing and building your hitting “routine” in the batters box. Hitters are more successful when they “slow down” either during drills or when hitting live.

Science has shown through physics that swinging a heavier bat on deck before entering a game at-bat can be counter productive, it actually slows down your swing and decreases exit velocity.

The Training Lace is not designed to be used as a “donut “ weight to get loose, on deck, but rather a versatile 5 tool training device to help develop the complete baseball player.

Tool: Hitting



Proper “Lace’ placement on the bat will help correct casting and align hands along the proper swing plane allowing the bat to stay in the hitting zone longer. As a result, hitters will have quicker bat speed allowing them to wait a bit longer before committing to the pitch.

Tool: Power



Using the “Lace” as part of your overload/underload training will help obtain optimal bat velocity without sacrificing proper swing mechanics by increasing hand/forearm strength with its resistance training.

* Lace can be used off tee, front toss, and during live BP.

Tool: Arm



Placing the “Lace” on your throwing wrist while throwing. Incorporate into your throwing program to add resistance and weight. The Lace also helps complete the arm path, thus allowing for full extension and follow through, thus increasing arm speed.

Tool: Fielding



Infielders, place the Lace on your glove hand while practicing your ground ball drills. The added weight increases glove hand strength, glove awareness and quickness. Catchers, the Lace will build hand strength, which will help with framing pitches, especially down in the zone.

Tool: Running



Place a “Lace” around each of your ankles while completing functional warm-ups are as part of your cardio program. Even leave them on for an entire practice. The resistance alone will develop quick feet while you are working on other aspects of the game.

1 product...many uses.