

Sizing Main Torso Band

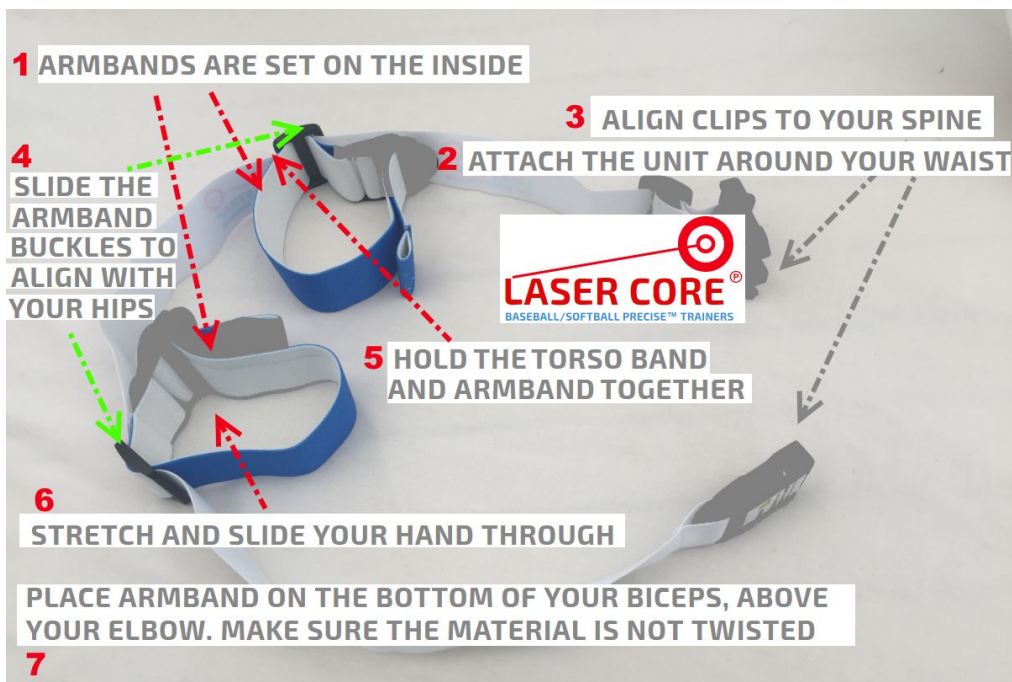
Go to thehittingproject.com/learn/how/how-to-size/ for the full web version

- Sizing the main Sport Precise Band to fit loosely around your waist. Once you start your drills you can loosen (to reduce resistance) or tighten (to increase resistance) to meet your training requirements.
- *If you require to downsize the Sport Precise Band™ more than 4 inches (as most players will) **you must thread the extra material back through the buckle** as shown below. This keeps it symmetrical and improves performance.
- Due to the importance of sizing for optimal performance **we recommend not to share** your unit with others. If you do decide to share make sure you take the time to adjust the size to fit other players correctly.

**Note: The Following Image Shows Our Original Model LASER White (now obsolete)*



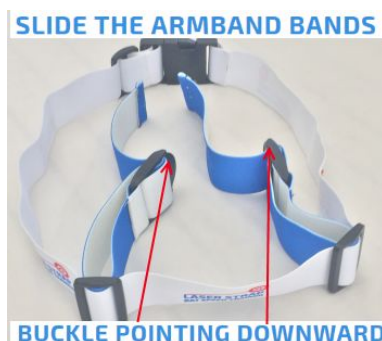
Sizing and Fitting Summary



Sizing Armbands



- 1) IF IT'S SIZED TOO TIGHT IT WILL CAUSE DISCOMFORT AND REDUCE PERFORMANCE.
- 2) IF IT'S SIZED TO LOOSE IT WILL SLIDE UP THE ARMS AND REDUCE PERFORMANCE.

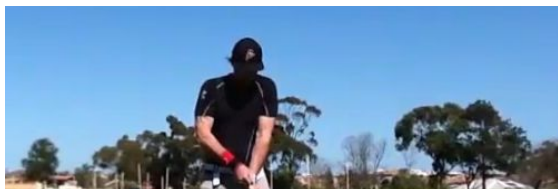


Align the armband buckles before putting on the unit.



Stretch a hole in the armband and slide your hand inside

Fit tight the bottom/middle of your bicep



1. LASER BLAST DRILLS

Improves: Explosive core power

Arms Inside Band: Both

Contact Zone: Deep

Improves: See & react - 2 strike hitting

Tension Level

Beginners: Low to medium

Advanced: Medium to strong.

Arm Band Placement

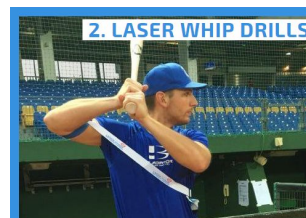
Mid to low biceps, just above your elbows

Main Torso Band

On or below your chest

Lock-in Clip

Align to the middle of your back



2. LASER WHIP DRILLS

Improves: Powerful extension

Arms Inside Band: Back arm only

Contact Zone: Extended

Improves: Hitting mistake pitches/sitting on your

pitch and extreme low/outside

Tension Level

Beginners: Low

Advanced: Medium

Arm Band Placement

Mid to low bicep, just above your elbow

Main Torso Band

Angled across your torso starting from your front hip

Lock-in Clip

Align to the middle of your back



3. LASER SHOT DRILLS

Improves: Front side mechanics

Arms Inside: Front arm

Contact Zone: Deep or Extended

Improves: Prevent casting and staying closed

Tension Level

Beginners: Low

Advanced: Medium

Arm Band Placement

Mid to low bicep, just above your elbow

Main Torso Band

Angled across your torso starting from your back hip

Lock-in Clip

Align to the middle of your back



4. LASER BEAM DRILLS

Improves: Top-hand mechanics and core rotation

Arms Inside Sport Precise™ Band: Both or back arm.

Gripping the bat with top/trail-hand only

Contact Zone: Deep

Improves: Hitting the hard stuff

Tension Level

Beginners: Low

Advanced: Medium

Arm Band Placement

Mid to low bicep, just above your elbow

Main Torso Band

Angled across your torso starting from your front hip

Lock-in Clip

Align to the middle of your back

Free Hitting Programs

Go to TheHittingProject.com/20-minute-lasers/ or TheHittingProject.com/best - everything you need to know is **covered in 20 minute lasers**. The Laser Strap Bat Speed Trainer takes care of the hardest parts of your swing (keeping you connected) so you can focus on the basics.

Allow the ball to travel... Don't reach. Some of you are not accustomed to swinging with a short and compact swing, so your brain is still telling you to reach for the ball with your regular/long/slow swing. Let it travel, the Laser Strap gives you bat speed so you can wait a little bit longer. There are so many benefits to letting the ball travel, take advantage of it.

Advanced Hitting - 2-Swing Technique Tips

**The following tips are recommended but not essential, as hitting philosophies/mechanics are a personal decision and there are many to choose from.*

We don't recommend to predetermine your swing path, the pitcher doesn't always throw a hanging breaking ball so why practice to hit only this pitch during practice? What are you going to do when you face a quality pitcher? The best pitchers minimize mistakes, locating pitches up-and-inside, down-and-way, while varying speeds.

LASER Blast drills - *deep contact zones, belt-high contact or above:* Avoid unnaturally lifting the bat post contact, as you'll knock your head off the ball, for deep contact zones we recommend to use a short and flat swing plane (the high contact zone provides the lift for you). **Avoid releasing your top-hand with deep contact zones** as it becomes virtually impossible to hit this pitch if you do. If you have always utilize a top-hand release swing, think of this as an isolation drill for deep contact/top-hand power. You can return to your normal swing after you complete the drill. If you choose to do so you can revert back to this technique when facing hard throwing pitchers and/or hitting with a 2-strike batting count in a game (where you've limited time to react).

LASER Whip Drills - *extreme extended contact zones:* We recommend to **release your top-hand** as soon as you feel pressure on your rear shoulder. If you're a full-time 2-handed grip follow through hitter, once again think of this as an isolation drill to strengthen your bottom hand, you can return to your normal swing during the game or regular BP. If you choose to do so you can revert back to this technique during game day when facing pitchers who continually locate the ball on the lower/outside edge of home plate.

If you've a one-dimensional swing (using the same follow through for every contact zone) you'll eventually catch onto the reasons why we suggest to practice our 2-Swing Technique. And understand the roles to the top and bottom hand play with hitting different contact zones for power.

You can then make your own mind up on how you want to swing in a game. But, remember if you're having trouble with a certain pitch type/location, the information above holds the answer to your problems... we are giving you the skills to make the necessary swing adjustments.

Troubleshooting:

Sport Precise Band or Armbands sliding up:

- **Tighten arm bands.**
- LASER Blast Drills (both arms inserted), for belt-high and above **avoid lifting your arms on your follow** through or extending unnaturally on your follow through. Finish swing with a short swing path. This is the only way you can hit a deep contact zone pitch location effectively.
- You can wear with most sleeves, however certain types of clothing don't allow for a snug grip. If you find it slides up when wearing sleeves, take them off and wear the armbands attached to your skin for a better hold.

Material Bunching

Maintaining Your Laser Bat Speed Trainer: The armbands and adjustment buckles takes all the pressure when you hit. You may find the material bunches. This is Ok, that's what it's designed to do - simply pull the material to straighten after your practice.

**Disclaimer - Consult your doctor or rehabilitation specialist before performing any type of new training program, especially if you're currently injured or recovering from an injury.*

Good luck with your training. Visit TheHittingProject.com/best for more information.