

A.K.A LASER STRAP



Stay Connected Drill: 1-3 Sets of 20 Rotations

DRILL 1 STAY CONNECTED

RELAX BAT IN YOUR HANDS

LET THE BARREL HEAD DROP



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CONNECT YOUR TRICEPS TO YOUR RIB CAGE



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PICK UP YOUR FOOT



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TURN YOUR KNEE IN

ROTATE YOUR TORSO KEEPING YOUR ARMS STILL



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LET YOUR ROTATION MOVE THE BAT

SWING WITH YOUR CORE



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