

Bat Speed Accelerator

ELITE

60-DAY CALENDAR

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	MED BALL MADNESS	BULLETPROOF BAT SPEED	MOONSHOT MOBILITY	DAY OFF	BODYWEIGHT BLASTER	TORQUE TRIAD	RAPID RECOVERY
2	BULLETPROOF BAT SPEED	BODYWEIGHT BLASTER	TORQUE TRIAD	DAY OFF	MED BALL MADNESS	MOONSHOT MOBILITY	RAPID RECOVERY
3	TORQUE TRIAD	BULLETPROOF BAT SPEED	MOONSHOT MOBILITY	DAY OFF	BODYWEIGHT BLASTER	MED BALL MADNESS	RAPID RECOVERY
4	MOONSHOT MOBILITY	TORQUE TRIAD	MED BALL MADNESS	DAY OFF	BULLETPROOF BAT SPEED	BODYWEIGHT BLASTER	RAPID RECOVERY

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5	TORQUE TRIAD	MOONSHOT MOBILITY	BULLETPROOF BAT SPEED	DAY OFF	BODYWEIGHT BLASTER	MED BALL MADNESS	RAPID RECOVERY
6	MOONSHOT MOBILITY	TORQUE TRIAD	MED BALL MADNESS	DAY OFF	BULLETPROOF BAT SPEED	BODYWEIGHT BLASTER	RAPID RECOVERY
7	MED BALL MADNESS	BULLETPROOF BAT SPEED	MOONSHOT MOBILITY	DAY OFF	BODYWEIGHT BLASTER	TORQUE TRIAD	RAPID RECOVERY
8	BULLETPROOF BAT SPEED	BODYWEIGHT BLASTER	TORQUE TRIAD	DAY OFF	MED BALL MADNESS	MOONSHOT MOBILITY	RAPID RECOVERY