

LEVEL ELITE HITTING SYSTEM DELUXE

60-DAY CALENDAR

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	ELEVATE AND CELEBRATE	CORE CRUSHER	BAT SPEED BLITZ	DAY OFF	SLUGGER 7'S	7 MINUTE SLUGGER WORKOUT	OFF <i>OR OPTIONAL</i> CORE CRUSHER
2	BAT SPEED BLITZ	SLUGGER 7'S	CORE CRUSHER	DAY OFF	ELEVATE AND CELEBRATE	MOONSHOT MOBILITY	OFF <i>OR OPTIONAL</i> CARDIO
3	ELEVATE AND CELEBRATE	CORE CRUSHER	BAT SPEED BLITZ	DAY OFF	SLUGGER 7'S	7 MINUTE SLUGGER WORKOUT	OFF
4	BAT SPEED BLITZ	MOONSHOT MOBILITY	ELEVATE AND CELEBRATE	DAY OFF	7 MINUTE SLUGGER WORKOUT	CORE CRUSHER	OFF <i>OR OPTIONAL</i> SPRINTS

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5	SLUGGER 7'S	CORE CRUSHER AND BAT SPEED BLITZ	MOONSHOT MOBILITY	DAY OFF	ELEVATE AND CELEBRATE	BAT SPEED BLITZ	OFF
6	CORE CRUSHER AND SLUGGER 7'S	ELEVATE AND CELEBRATE	7 MINUTE SLUGGER WORKOUT	DAY OFF	BAT SPEED BLITZ	MOONSHOT MOBILITY	OFF <i>OR OPTIONAL</i> CORE CRUSHER
7	ELEVATE AND CELEBRATE	CORE CRUSHER	BAT SPEED BLITZ	DAY OFF	SLUGGER 7'S	7 MINUTE SLUGGER WORKOUT	OFF
8	BAT SPEED BLITZ	SLUGGER 7'S	CORE CRUSHER	DAY OFF	ELEVATE AND CELEBRATE	MOONSHOT MOBILITY	OFF <i>OR OPTIONAL</i> CARDIO