

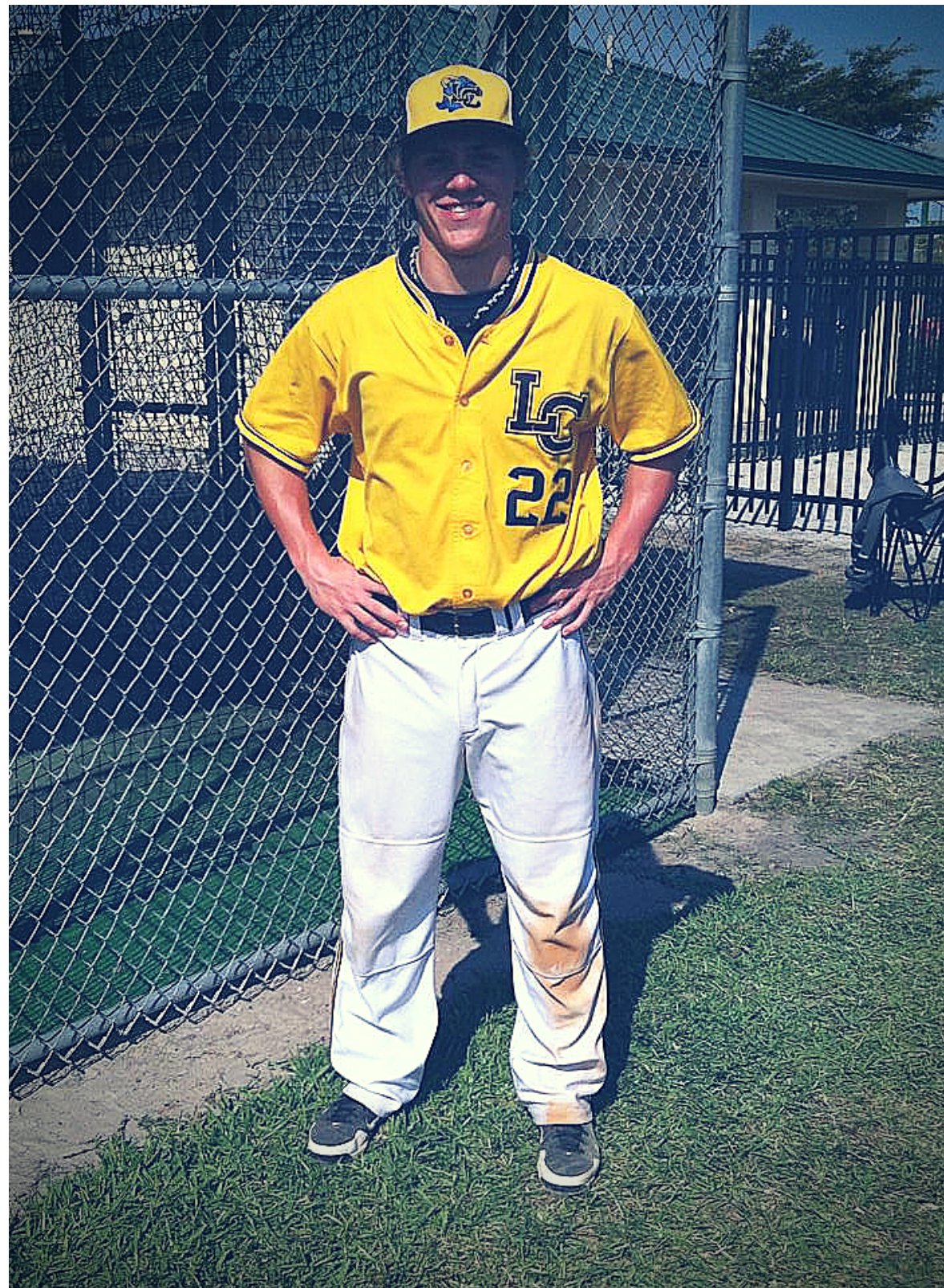
At-Home Training

This at home workout is not designed to be done daily. This is a last resort type of workout. On days you can't go to the field, you can use those days as active recovery or rest...

However if ever you miss multiple days at the field then that's when the At Home Workout will come in handy. Don't do this training just to do it.

Do not do this training on days that you do the Level Elite Hitting System.

More doesn't mean better, you don't want to overtrain, that's why this is to only be done under those special circumstances mentioned above.



- **Pre Maintenance** - foam rolling
- **Dynamic Warm Up**
- Contact Drill (25-50 quality reps)
- High-Low-In-Out Positioning (2 minutes)
- Visualization (5 at-bats)
- Bat Behind Back - Hip Fires (25-50 reps)
- Reverse Grip Lat Stretch (25 reps)
- Put It All together Swings (15 swings)