

## J band exercises for elite hitting program

These exercises should be used to warm-up before performing your daily hitting drills. They will be used both for a warm up and for strengthening your rotational core.

1. J band anti-rotational press. For this exercise the hitter will go down on one knee.
  - Hitter will kneel on one knee
  - J band will be attached at shoulder height of kneeling hitter
  - the hitter will move out to get adequate tension on the band
  - hold the cuffs in both hands and press straight out on a one-two-three count
  - bring the cuff back in to your chest on a one-two-three count
  - perform three sets of 10 reps on both sides-left and right
2. J band dry swings
  - assume your batting stance
  - attach the J bands at the height of your hands-just below the shoulders
  - move away from the attachment until you get the right pressure
  - perform your swing properly through extension-you will start in stance- 1.perform your negative move into toe touch- 2.perform heel plant- 3.perform connection-4. rotate into bat lag- 5.release the hands into the contact position through and to extension.
  - Perform the move in a 1-2-3-4-5 count both forward and back to the starting position.
  - Perform three sets of 10 on your correct hitting side-both for switch hitters!
3. Hip shoulder separations:
  - attach the J bands at shoulder height or even with the hands
  - hold the cuffs in your hands as if you're holding a bat
  - stride into toe touch, heel plant and connection
  - your hips-belt buckle should turn while your shoulders do not have much movement
  - perform three sets of 10 on your correct hitting side..