

CAMWOOD 10-DAY BAT SPEED CHALLENGE

DAY 1:

Drill - Overload Trainer Full Swings w/ Camwood Bat

25 Swings - 4 Rounds (Total Swings = 100)

DAY 2

Drill: Overload Trainer Full Swings (Camwood Bat)

25 Swings - 4 Rounds (Total Swings = 100)

DAY 3

Drill: Overload Trainer Full Swings (Camwood Bat)

25 Swings - 4 Rounds (Total Swings = 100)

DAY 4

Drill: Overload Trainer Full Swings (Camwood Bat)

30 Swings - 4 Rounds (Total Swings = 120)

DAY 5

Drill: Overload Trainer Full Swings (Camwood Bat)

30 Swings - 4 Rounds (Total Swings = 120)

DAY 6

Drill: Overload Trainer Full Swings (Camwood Bat)

30 Swings - 1 Round

**Drill: Bat Speed 2 & 2's - Overload Training (Camwood Bat) & Game Bat
(Alternate between 2 swings with the Camwood & then 2 swings with
your Game Bat)**

32 Swings - 4 Rounds (Total Swings = 158)

DAY 7

Drill: Overload Trainer Full Swings (Camwood Bat)

30 Swings - 1 Round

Drill: Bat Speed 2 & 2's - Overload Training (Camwood Bat) & Game Bat (Alternate between 2 swings with the Camwood & then 2 swings with your Game Bat)

32 Swings - 4 Rounds (Total Swings = 158)

DAY 8

Drill: Overload Trainer Full Swings (Camwood Bat)

30 Swings - 1 Round

Drill: Bat Speed 2 & 2's - Overload Training (Camwood Bat) & Game Bat (Alternate between 2 swings with the Camwood & then 2 swings with your Game Bat)

32 Swings - 4 Rounds (Total Swings = 158)

DAY 9

Drill: Overload Trainer Full Swings (Camwood Bat)

30 Swings - 1 Round

Drill: Bat Speed 2 & 2's - Overload Training (Camwood Bat) & Game Bat (Alternate between 2 swings with the Camwood & then 2 swings with your Game Bat)

32 Swings - 4 Rounds (Total Swings = 158)

DAY 10

Drill: Overload Trainer Full Swings (Camwood Bat)

30 Swings - 1 Round

Drill: Bat Speed 2 & 2's - Overload Training (Camwood Bat) & Game Bat (Alternate between 2 swings with the Camwood & then 2 swings with your Game Bat)

32 Swings - 4 Rounds (Total Swings = 158)