



Items we Sell

The Power Bag – Junior Sizes, \$170.00 – Shipping \$15 or The Large Size is \$200 – Shipping \$20

The Power Bag develops power hitting strength in the wrist and forearms. The Houston Astros, Lance Berkman (pictured) credits a similar device his father made with much of the power he has in his wrist and forearms. Hitting the ball with authority requires power and strength at contact which results in more spring off of the bat head. Bat speed is crucial for hitting the ball a long way, but if there is give in the wrist at contact much of the benefit of bat speed is lost. Strengthening the hands, wrist and forearms by using the Power Bag™ will decrease bat recoil and cause the ball to jump off of your bat. This is like the basketball drill I have set up



Wrist Roller (Most Popular - \$25 plus \$10 for shipping)

Improve your hitting and throwing today! Stronger Wrists, Forearms and Shoulders help insure a better game!



Wrist Roller unit helps build strength in the hands, wrist, forearms and shoulders for power hitting. Perfect training tool for pitchers to develop a stronger, more powerful throw and increase ball spin. 1" steel tubing with cushion grip handles. Includes an adjustable strap with Velcro fastenings for easy removal and installation of weights. Also available with 2.5 and 5 lb. weights.

Muhl Balls (\$25 for 1 or \$70 for 3) help teach hitters to drive through ball contact and encourages strong hip rotation. A great training aid for developing power hitting strength in the wrist and forearms which is crucial for hitting the ball with authority. Each Muhl Ball weighs 1 pound and is 20". By comparison, volleyballs are 27". They force hitters to be more precise with contact than old



deflated basketballs or volleyballs. Muhl Balls are tough, yet spongy! Each ball is made by hand to our specifications. They have a flexible foam center coated with polyurethane. The poly coating is an extremely durable elastomer, the same material used in pitching machine balls.

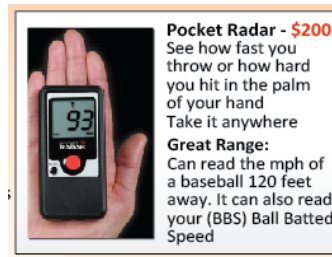
Muhl Balls will sit on most any tee. Easily incorporate power hitting training into your batting practice training sessions.

Combat Bats and Pocket Radars

Model Codes

YB = Youth Baseball
AB=Adult Baseball
SL=Senior League
Version

B1 Composite – Senior League (Only) // B2 Composite – Senior League // B3 Gear (Composite) – Youth Baseball – Only // B1 – Alloy (Metal) Youth League Only



Pocket Radar - \$200
See how fast you throw or how hard you hit in the palm of your hand
Take it anywhere
Great Range:
Can read the mph of a baseball 120 feet away. It can also read your (BBS) Ball Batted Speed

Youth Baseball – B3 or B3 Gear – (discounted B1 or B2 Composite)

YB B1 – 12 (Alloy) – Metal bat - \$99.99 Size _____ Oz: _____
YB B3 -10 \$199.99 YB B3 -12 \$199.99 Size _____ Oz: _____
YB B3 Gear -10 \$249.99 YB B3 Gear -12 \$249.99 Size _____ Oz: _____

Senior League

SL B1 -10 \$209.99 SL B1 -8 \$209.99 SL B1 -5 \$209.99 Size _____ Oz: _____
SL B2 -10 \$269.99 SL B2 -8 \$269.99 SL B2 -5 \$269.99 Size _____ Oz: _____

Adult Baseball

AB B1 -3 \$299.99 Size _____ Oz: _____
AB B2 -3 \$379.99 Size _____ Oz: _____

