

Helic Batting Program Putting Bat Weight On



1. After putting the end of the bat weight over the bat knob, move the weight in a circular motion. Continue to wind the weight around knob of bat while holding onto the handle.



2. Put light pressure on the end of bat weight with your thumb while lightly pushing weight towards the bat barrel. With your other hand turn the bat handle clockwise until weight is in desired location and release bat weight.



Find the point of the bat that balances on your pointer finger supported by your ring finger knuckle. Put a small mark on your bat for a reference point.

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1. Turn bat weight end counter clockwise while turning the bat barrel clockwise. At the same time push weight towards knob. Put the end of the weight over the knob of the bat while holding onto the bat handle.



2. After putting the end of weight over the bat knob, put your thumb on the bat weight end and lightly push bat weight off while turning bat handle clockwise.



After you have slid the bat weight over the bat knob, put light pressure on the end of the bat weight while pushing towards the bat barrel at the same time turning the bat handle clockwise. Release bat weight at desired location. To remove bat weight, review instructions above.