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HeavySwing Releases White Paper to Explain Benefits of Handle-Weighted Versus Barrel-Weighted Swing Training for Baseball and Softball Players

Innovative concept of handle-weighted training products challenges traditional barrel-weighted method, changing the paradigm of training in diamond sports

BALTIMORE (March 10, 2015)—Baltimore-based baseball and softball training products company, HeavySwing, today released a white paper explaining the benefits and concept of handle-weighted versus traditional barrel-weighted swing training. Citing supporting research and scientific principles, the white paper demonstrates that traditional barrel-weighted training, where the end of the bat is loaded with additional weight during warm-up, can be counterproductive and even detrimental to a hitter's swing.

"The handle-weighted concept is changing the training paradigm in diamond sports," said HeavySwing President Danny Kenney. "Unlike traditional barrel-weighted tools that can corrupt a batters swing by creating a casting effect, handle-weighted bats provide effective weight resistance training without altering a player's natural swing plane."

The white paper highlights the following benefits a player will realize when incorporating handle-weighted training bats into their workout:

- Improved slow-twitch muscle development and core strength;
- Development of proper swing plane mechanics;
- Ability to keep their hands "inside the ball;"
- Greater bat speed and barrel exit speed.

According to Kenney, HeavySwing's handle-weighted technology helps experienced athletes fine-tune their attack on the ball and build swing power, whereas for the younger players, handle-weighted products help develop their baseball muscles while aiding in the difficult BBCOR (Batted Ball Coefficient of Restitution) weight drop transition.

Currently, many big-league teams have players who use handle-weighted training products, either in the on-deck circle or in the batting cage. Baseball and softball training facilities and programs have also adopted the handle-weighted training concept, including Maryland-based Baseball Factory, a division of Factory Athletics, and one of the leading player development organizations in the United States.

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"I have a philosophy of how I understand and teach hitting, and handle-weighted training bats fit perfectly with that philosophy of working on foundational parts of hitting every day," says Jason Stein, former hitting coach assistant with the Cleveland Indians and Texas Rangers. "I've coached players of all ages, and when the Major League players I have worked with use a handle-weighted bat consistently, their path to the ball is more consistent which makes their on-field results improve dramatically."

To learn more about the handle-weighted training concept and how the technology is changing the way baseball and softball players train, please click this link to read HeavySwing's white paper "*Hitting Science 101: Why Handle-Weighted Training is [Sweeping](#) Across Diamond Sports.*"

HeavySwing baseball and softball training products are available at select sporting goods retailers nationwide and online at www.heavyswing.com. For more information or media inquiries contact Jessica Bieber at 410-459-7008 or by email at jessica.bieber@fallstongroup.com.

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About HeavySwing

Based in Baltimore, HeavySwing manufactures an innovative line of patented handle-weighted training bats that give baseball and softball players of all ages a safe and mechanically sound way to stretch and strengthen their swing. HeavySwing's integrated system helps players build strength, improve bat speed, and increase core power. The HeavySwing system is used by hitters at every age and level of play, including a majority of big league clubs. Learn more at www.heavyswing.com.