



Use Leverage Bag with the ABT to ensure ideal position of bag.

Bag is positioned at center of stance.



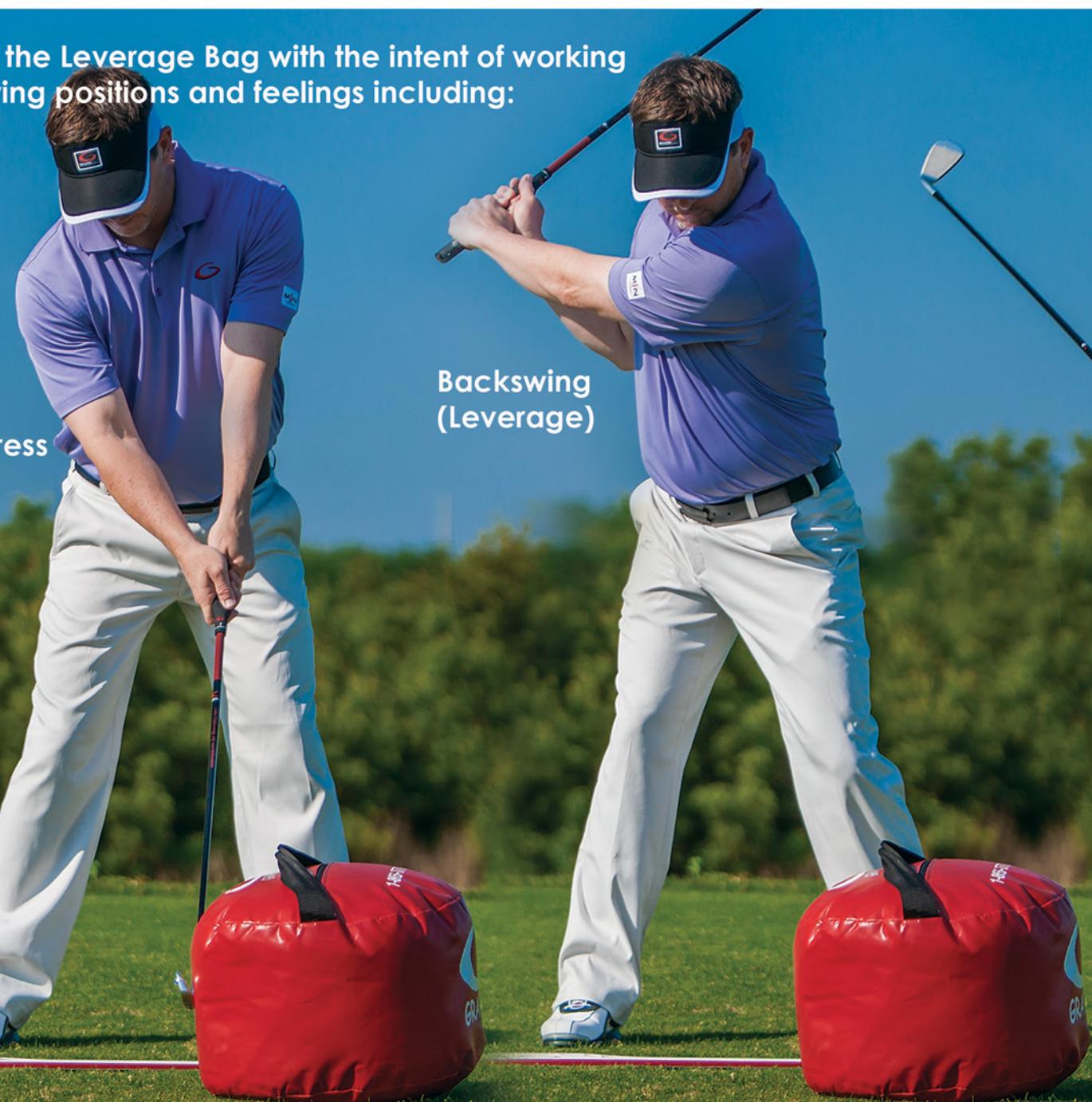
Address the Bag In a Single Plane starting position.



Always Strike the center of the Leverage Bag.



Strike the Leverage Bag with the intent of working on swing positions and feelings including:



Address

Backswing (Leverage)



Maintain Leverage

Impact Hold: Hold the impact position and feel the following:



Hands Ahead (Shaft Lean)

Trail Arm Bent

Knees Flexed