

Welcome to the Most Innovative and POWERFUL Core Conditioning program that will have you Throwing Harder and Hitting with More POWER

After Just 3 Workouts!

...And do this right ON THE FIELD using bats, balls and bands!

STRONG CORE = POWER!



"I seek out experts in the field of conditioning, power, core strength, flexibility and hitting. I can tell you this, there is know one better and more innovate or who produces better results than Barry Lovelace. He is a great teacher and very innovative and creative. If you're looking for more power, looking to increase bat speed, looking to throw the ball harder and more efficiently you have to go to his website and get his information. I can't thank you enough Barry for all the things that you have shown me. I have implemented your training into my programs and have gotten really great results."

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