

STANDARD

ONE HAND ISOLATION

LASER BLAST

LASER WHIP

LASER SHOT

LASER BEAM

LASER LINEA



Purpose
Resistance
Setting
Arm/Arms
Inside the
Laser Strap
Grip

All-Round Power Hitting

All-Round Power Hitting

Front Side Isolation

Top Hand Isolation

Bottom Hand Isolation

General

General

General

General

General

Both

Back

Front

Both

Both

Both Hands

Both Hands

Both Hands

Top/Trail Hand Only

Bottom/Lead Hand Only

Swing
Methods

Works with all drills, swing types, and hitting methods