

4 Minutes to Faster Bat Speed

December 11, 2012

In March [I wrote about DMOI Bats](#):

DMOI Bats: A Hitting Aid That Actually Works?

March 19, 2012

Now [a new study](#) has found that you can get faster bat speed by waiting 4-8 minutes:

EFFECTS OF VARIOUS WARM-UP DEVICES AND REST PERIOD LENGTHS ON BATTING VELOCITY AND ACCELERATION OF INTERCOLLEGIATE BASEBALL PLAYERS

In the study, 16 college baseball players:

- Took 5 warm-up swings with different warm-up bats weighing 26, 30, 34, 38, and 50 ounces
- Took 5 more swings with a 33-inch, 30-ounce bat and measured their bat speed at 1 minute, 2 minutes, 4 minutes, and 8 minutes after swinging the warm-up bat.

What Did They Find?

findings that **baseball players did not become significantly faster until 2 minutes after warm-up and peaked at 4-8 minutes are in agreement with those of past research, which**

- The slowest bat speed occurred at 1 minute post warm-up (137.2 milliseconds)
- The fastest bat speed occurred at 4 minutes post warm-up (135.5 milliseconds)
- Bat speed at 2 minutes (137.1 ms) and 8 minutes (136.5 ms) was still faster than the 1-minute swing

Why Was Bat Speed Fastest at 4 Minutes?

- Because of "[postactivation potentiation](#)":

exhibit [postactivation potentiation](#), which is a phenomenon whereby [muscular performance is enhanced acutely by a previous activity that is executed at a relatively higher intensity](#) (e.g., a 1 repetition maximum back squat performed

What Did The Researchers Recommend?

20 seconds of rest between pitches), [it is recommended that batters should complete their warm-up swings as soon as they step into the on-deck circle \(1-2 minutes before the start of the at-bat of the player ahead of him\) and then simply use their time in the on-deck circle to practice timing the pitcher and watch the type and sequence of the pitcher's pitches.](#)

Have A Question About This Newsletter?

Call (631-352-7654) or email (PitchingDoc@msn.com) Dr. Arnold!