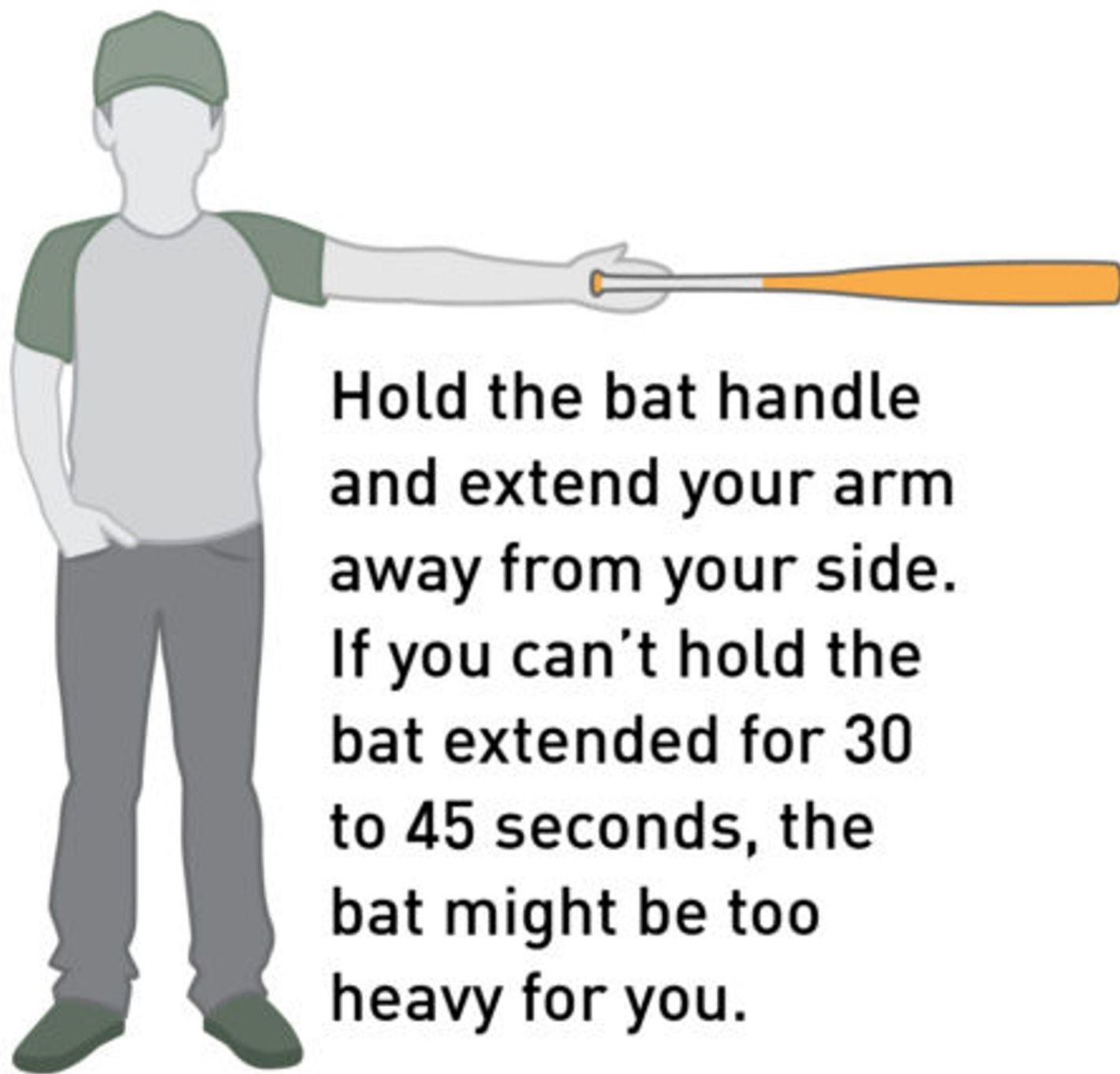# WEIGHT

Hold the bat handle and extend your arm away from your side. If you can't hold the bat extended for 30 to 45 seconds, the bat might be too heavy for you.

MEASURING DROP

LENGTH - WEIGHT = DROP

LIGHTER

HEAVIER

-3 ←- -→ -13