



SwingPRO



Instructions & Quick Tips

Congratulations! Your purchase demonstrates a desire to improve your golf game. Proper use of **SwingPRO** will build strength in your golf swing, increase your flexibility, improve your balance and release, and quickly make your hands accustomed to the grip considered most proper by golfing professionals. Please take time to read these instructions to safely and effectively use your **SwingPRO** to enhance your golfing experience.

The Grip

The **SwingPRO** grip will naturally place your hands in the proper grip. With the white Vs upward and pointing toward your body, place your left hand with the thumb to the right of the rear V. Overlap your right hand and place your right thumb to the left of the forward V. Your grip should resemble the hands in the photo. (NOTE: This instruction is the opposite for left-handers.)



The Swing

Make sure you have a clear swing area and the counter-balanced weights are securely screwed on to the **SwingPRO** bar before exercising. Take an address position as you would with your driver. Make a long continuous, semi-slow swing about half the speed of a normal. At the top of your swing, HOLD that position for about two seconds. Finish your swing as you would with your driver. Return the **SwingPRO** to the address position and repeat the exercise.

Caution

DO NOT swing it back and forth in a pendulum fashion or swing it at the same rapid speed you would swing a golf club! This defeats the effectiveness of the **SwingPRO** and could cause injury. A semi-slow swing motion allows the isometric resistance of the counter-balanced weights to strengthen the muscles used in the golf swing. As with any exercise program, a physician should be consulted if you have any health concerns about using **SwingPRO**.

The Workout

Train, don't strain. Start slowly and build consistently. Do repetitions in sets of 10, doing as many as you feel comfortable. Since many exercise experts believe stimulated muscles need 48 hours to recover, we recommend a workout with **SwingPRO** every other day on a weekly basis. Increase the number of sets according to how your muscles are responding. **SwingPRO** allows you to practice your golf swing on the driving range or in the comfort of your home, all year round.



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