

# swinggait

## What is Swinggait?

Swinggait is a simple alignment tool that takes the words out of golf training. To learn any swing setup your shot, stand in it and swing. That's it.



## Solid Construction

Swinggait is built to be light and durable, thus portable and resistant to the occasional foot. The aluminum alloy also keeps Swinggait stable when fully expanded.



## Dura-flex Swing Guide

The Dura-flex swing guide is made of a high quality, durable rubber and reinforced with metal. It can be reshaped for each swing again and again without losing integrity.



## For Kids and Adults

Swinggait is fully adjustable with a telescoping aluminum frame and a reversible swing arm to get the right distance from the ball.



## Use for Shift Control

Turn up the bracket and rest against the leg on either the back foot, front foot or both to prevent excessive weight shift and promote torso rotation.



Back Foot

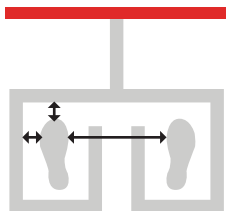


Front Foot

# Getting Started

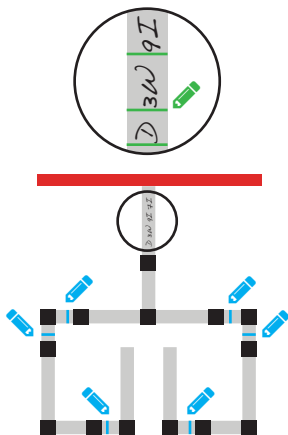
1

Expand squares slightly bigger than shoe size. Approximately **1 inch around feet** to reduce shifting. Expand squares to place **feet shoulder width apart**



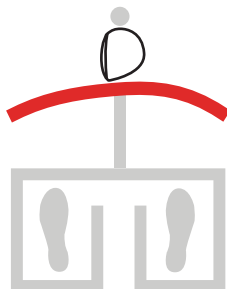
2

Make **marks** at **quick locks for easy repositioning**. Extend swing guide and **mark** for each club length.



3

The ball should be placed **one club head length away from the Dura-flex swing guide**

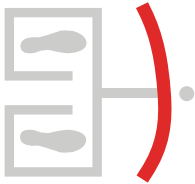


Adult supervision is required • Tighten screws to avoid slipping • Do not fix to ground  
**Do not overbend swing guide**

For additional instructions and videos visit [Swinggait.com](http://Swinggait.com)

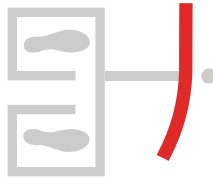


# Common Configurations



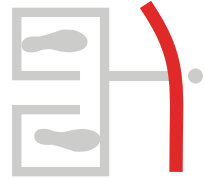
Neutral Iron

Keep your swing consistent and hit the ball straight with your Swinggait in its neutral iron position. Dura-flex swing guide bent with equal arch, and ball position in the middle of your stance. Feet should be in the middle of the squares with approximately an inch of clearance.



Driver

Drive longer and straighter with your Swinggait in the driver position. Dura-flex swing guide should be lower and straight to target. Ball position is slightly towards the middle of the front foot. Feet should be in the middle of the squares with approximately an inch of clearance.



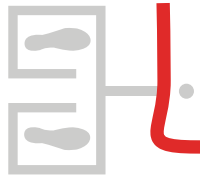
Fade

Dura-flex swing guide should be bent to a steeper swing plane and swing guide should follow an outside-in path. For a high fade, place the ball on the inside of the front foot, and for a lower fade place the ball closer to your back foot. Feet should be positioned with your front foot heel to the back of the square and the back foot toe to the front of the square.



Draw

Position Swinggait to hit the ball off the inside of your back foot. Follow the Dura-flex swing guide on an inside-out path to the ball and watch that slice turn into a draw. Use your Swinggait at the driving range to create muscle memory for the course.



Ball First

Want to hit like the pros? Use your Dura-flex swing guide to create steep impact. Bend at a 75 degree angle behind the ball to make sure you are hitting "Ball First" instead of sweeping the ball. Use this technique with any ball placement or foot position.

**Caution: Do not overbend swing guide**



Putting

Create consistent alignment with putting by keeping the ball position closer to your front foot for a forward roll to the hole. Dura-flex swing guide can slide forward and back for visual reinforcement of length of backswing and follow through. It can be used straight or curved depending on your putting style.