

# GETTING STARTED WITH THE TURN TRAINER



SCAN FOR  
TURN TRAINER  
VIDEOS & TUTORIALS

## Foot Straps



Lay the straps on the ground with the logo facing down and long ends facing you. Step into the center of the strap as shown, close the velcro over the top of shoe then around back of shoe.

## Belt



Wrap the belt around your waist with the triangles facing down. Loop the end of the belt through the metal ring, pulling it tight and securing it with the velcro. Adjust straps on the front and back of the belt, placing the triangles on the sides of your waist.

## Bands



Connect the orange bands to the foot straps and belt using the clips. Refer to the back page for recommended turn training connections and routines.

**BACK SWING**  
TURN TRAINING



**FORWARD SWING**  
TURN TRAINING



**TURN TRAINING**  
PRACTICE ROUTINE

**Train Back Swing Turn**



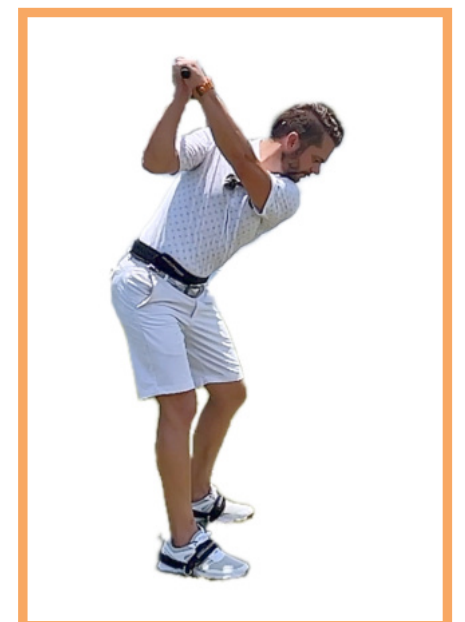
**Hit 10 balls**

**Train Forward Swing Turn**



**Hit 10 balls**

**Train Without Bands**



**Hit 10 balls**

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**2 FREE WEEKS**  
**CANCEL ANYTIME**

