

- SYNCHRONIZATION
- FLEXIBILITY
- DISTANCE CONTROL
- HIGH CLUB HEAD SPEED

WWW.SMARTBODYGOLF.COM

SWINGING DRILLS:



FIXED WIDTH DRILL FOR WARMING UP AND SMOOTH SWING TRANSITION
(wear the Inside80 vest with yellow straps facing up)



PERFORM ALL DRILLS WITH THE **LEVERAGE DISCS** FOR OPTIMAL TRAINING



CROSS-HANDLE HALF SWING DRILL FOR DISTANCE CONTROL



ONE-HANDLE HALF SWING DRILL FOR SYNCHRONIZATION



CROSS-HANDLE FULL SWING DRILL FOR SPEED

Inspect the Inside80 for damage prior to use. Please contact us at info@smartbodygolf.com within 30 days for replacements.

Always consult with your physician before beginning any physical training program.

The Inside80 is to be used solely for golf improvement training. Not to be used for any other purpose.

Keep away from children. Store in a cool, dry place.