

LEVEL 1

POSITION	LIGHT	MEDIUM	HEAVY
1 NORMAL	3 EACH SIDE	3 EACH SIDE	3 EACH SIDE
2 STEP-CHANGE	3 EACH SIDE	3 EACH SIDE	3 EACH SIDE
3 MAX OUT	3 DOMINANT		

Step-Change: Starting in golf posture, put both feet together. Press the club forward slightly, swing back while stepping out with the lead leg, and swing through.

Rest: Take a 60-90 second rest break before completing the heavy club swings for each position.

TOTAL 39 SWINGS