



Level Two protocol is for golfers progressing from Level One. Level Two is also for golfers that want to get started right away without changing swing mechanics. For many high-level players this is the place to start. If you have serious swing flaws you are working through, visit our 'Swing Fix' options first on our website.

**Best Practices for Rypstick™ Training**

- You can train inside or outside, just make sure you have enough room. Check your surroundings before training with your Rypstick™.
- Warm up first. Warming up allows you to train appropriately and prevents any injuries.
- Swing with intensity on every swing. Rest as needed between swings and sets, so that you can keep the intensity high.
- Track your progress and set goals. Eat, sleep and speed train like you really want it!
- If you feel an overuse injury setting in, do your best to eliminate the offending drill and consult a doctor.

**RYPSTICK™ LEVEL 2 PROTOCOL**

	NO WEIGHTS	1 WEIGHT	2 WEIGHTS
TRANSITION STEP	3 EACH SIDE	3 EACH SIDE	3 EACH SIDE
LEAD HEEL LIFT	3 EACH SIDE	3 EACH SIDE	3 EACH SIDE
NORMAL SWINGS	END OF DAY BASELINE TEST, DRIVER OR 2 WEIGHTS IN YOUR RYPSTICK, 5 DOMINANT SWINGS		

IF YOU USE YOUR RYPSTICK™ TRAINER 3X PER WEEK YOUR PROGRAM WILL FINISH IN ONE MONTH. AFTER 12 SESSIONS YOU SHOULD MOVE ON TO LEVEL THREE. 5 DOMINANT SWINGS WITH YOUR DRIVER OR 2 WEIGHTS WILL DETERMINE YOUR FINAL BASELINE FOR EACH TRAINING SESSION.

	DATE	AVG OF FINAL 5 SWINGS
DAY 1		
DAY 2		
DAY 3		
DAY 4		
DAY 5		
DAY 6		
DAY 7		
DAY 8		
DAY 9		
DAY 10		
DAY 11		
DAY 12		

## Frequency & Duration

This protocol should take 10-20 mins. For best results, perform this protocol 3 days per week with one full rest day between sessions. Please repeat this weekly cycle for 4 weeks.

\*Note that the third weight is not used in Level 2. If you feel strong enough, add the third weight into your training, starting at 1 weight and increase to all 3 weights.

\*If you're using an indoor Rypstick™ please use 1 weight, 2 weights, 3 weights instead of the above. Due to the shorter length more weight is needed to match the overall swingweight of the Rypstick™.

## Pictures & Descriptions

### TRANSITION STEP

Transition step swings start with your feet together. As you approach the halfway point of your backswing, you should step toward your target. Your arms will continue to move back for a split second as you step forward. As soon as you plant your lead heel you can swing as hard as you can. Transition step swings are great for developing better lag and wrist mechanics.



### LEAD HEEL LIFT

To perform them properly lift your lead heel off the ground in your backswing. Use your lead heel to trigger your downswing just before you get to the top of your backswing. Fire it hard and use the ground. Swing back fast and long, and then down even faster. Be aggressive. Use the ground. Speed comes from pushing your limits!



### END OF DAY BASELINE TEST

Set your end of day baseline by using your Driver or Rypstick with 2 weights in it. Perform 5 dominant normal swings with intensity, recording your swing speed each time. Take the average of those five swings. This will be your end of day baseline.

