



LEVEL FOUR

Level Four protocol is for golfers progressing from Level Three. 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.

USE THE FOLLOWING PLAN 3X PER WEEK. YOUR BEST RESULTS WILL COME FROM SETTING A REGULAR TIME OF THE DAY AND TRACKING YOUR PROGRESS.

RYPSTICK™ LEVEL 4 PROTOCOL

	NO WEIGHTS	1 WEIGHT	2 WEIGHTS
TORSO TURNS			10 SEC X2
HAND/ARM SWINGS			10 SEC X2
ONE ARM SWINGS	3 EACH ARM	3 EACH ARM	3 EACH ARM
TRANSITION STEP	3 EACH SIDE	3 EACH SIDE	3 EACH SIDE
STEP BACK	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 CONTACT THE RYPSTICK TEAM FOR CONTINUED TRAINING.. 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 4. 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

TORSO TURNS

Set your Rypstick™ at the heaviest setting. Get in golf posture and extend your arms out in front of your chest. Lock your lower body and hips in place as you swing your club around your body as fast as you can (90 degrees both ways). Don't stop until you've completed 10 seconds!



HAND/ARM SWINGS

Hold the club out in front of you like you're hitting a baseball, but maintain a golf posture. Keep your hands in the same location as you use your wrists and arms to swing the Rypstick™ right and left. You'll feel your hands doing some serious work as you do this. Go for 10 seconds, then rest.



ONE ARM SWINGS

Just as it sounds. Swing holding the Rypstick™ with only one hand. Start slowly and build speed as you get more comfortable with it. No backhands. Just left and right.



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.



STEP BACK

Step backs are great drills for learning how to load into your trail leg. Start with your feet together. Step AWAY from your target with your trail foot. As you step back, swing the club to the top. As your weight posts onto your trail foot don't sway. Instead, quickly transition back to your front foot focusing on your lead heel action to trigger your downswing.



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.

