



LEVEL ONE

Level One protocol is for golfers that want to get started right away without changing swing mechanics. We recommend golfers start on Level One. If you have serious swing flaws you want to fix, be sure to check out the "Swing Fix" options on our website first.

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 1 PROTOCOL

	NO WEIGHTS	1 WEIGHT	2 WEIGHTS
TOP DOWN	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™ 3X PER WEEK YOUR PROGRAM WILL FINISH IN ONE MONTH. AFTER 12 SESSIONS YOU SHOULD MOVE ON TO LEVEL TWO. 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 1.

*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

TOP DOWN

Top down swings are effective at teaching you how to fire your kinematic sequence in the right order (feet, hips, torso, arms, wrist, club). If you do it right, you'll feel the power come from the ground! Begin by getting to the top of your swing. Lift your lead heel. After 5-8 seconds, fire your lead heel to the ground and swing as fast as you possibly can.



LEAD HEEL LIFT

Lead heel lifts are a great extension of top down swings. 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.

