

# BASIC TRAINING INSTRUCTIONS:

These three items have been developed to eliminate the most prevalent swing errors made by golfers who are “handsy” and subsequently hit most shots fat or thin.

The Basic Training bundle will have you making powerful, well connected shots in a very short time.



## SWING-EASY™

Designed to improve arm position and swing plane.

1. Set the elastic bands just above the elbows.
2. Make practice swings (9 iron or wedge) with arms snug against armpits.
3. From the beginning to the end of the swing, hold the club at the center of the triangle formed by the shoulders and arms.
4. Hit balls with Swing-Easy in place and notice how much body movement is required (and how little hands).



## POWER PLATFORM™

Will reduce swaying and deliver more yardage for every club.

1. Put Power Platform underneath and behind the back foot at address.
2. Make full swings with back knee flexed and held in same position as address. It should not sway.
3. Notice how much power is delivered to ball with less effort.



## ALIGNMENT STICKS™

Designed improve alignment, swing path, ball position, etc.



1. Plane correction fixes over the top swing
2. Perfect positioning for every club
3. Railroad track for perfect alignment of feet, hips and shoulders.