



## Workout Program

The best way to train with PHG regardless of your age and skill level is as follows:

1. Start with the 10lbs acceleration band.
2. Begin with making a full powerful swing/rep by coming as far back as you can in your backswing and swinging as hard as you can on your downswing/follow through, and holding your finishing position for 1 sec.
3. From the finishing position, immediately take another swing by drawing your club towards the ground and directly into another backswing without readdressing the ball/stopping your swing (like a pendulum), and then execute another full powerful downswing/follow through, and holding your finishing position for 1 sec.
4. With every swing, you should challenge yourself to get a little further back in your backswing (more width) and a little faster on your downswing and follow through each time.
5. Once you can successfully make 20 consecutive swings/ reps without getting fatigued, tired, off balance, or readdressing the ball/stopping your swing, then your next goal is to get to 25 swings/ reps.
6. Continue this process and increase your swings/ reps in increments of 5 until you get to 50 consecutive swings (20,25,30,35,40,45,50).
7. Once you have correctly completed 50 consecutive swings with the 10lbs acceleration band as directed above, then you are ready to advance to the 20lbs acceleration band.
8. Simply pull the cover back on the belt to access the connection point of the 10lbs acceleration band to the belt, remove the 10lbs acceleration band and replace it with the 20lbs acceleration band on the same connection point.
9. Funnel the 20lbs acceleration band through the exit point, attach the cover back on to the belt, and then start the process over, beginning with 20 consecutive swings.
10. Once you can get to 50 consecutive swings/ reps with the 20lbs acceleration band without getting fatigued, tired, off balance, or readdressing the ball/stopping your swing, then you are ready to advance to the 30lbs acceleration band.
11. Once you can get to 50 consecutive swings/ reps with the 30lbs acceleration band without getting fatigued, tired, off balance, or readdressing the ball/stopping your swing, then you are ready to advance to the 40lbs acceleration band.
12. Once you can get to 50 consecutive swings/ reps with the 40lbs acceleration band without getting fatigued, tired, off balance, or readdressing the ball/stopping your swing, then you are ready to purchase the next set of acceleration bands from the PHG website.

By training this way, you allow your body to safely condition itself to perform a full and powerful golf swing while staying on plane every single time. This is designed to be used as a swing and strength trainer and not while hitting balls.

If you have any additional questions, please contact PHG at [info@perfecthandsgolf.com](mailto:info@perfecthandsgolf.com) and we will be happy to discuss them with you. Thank you for supporting PHG and we are excited to accelerate your game to a level you never thought was possible!