



**PERFECT
HANDS** *Golf*

■■■■■■■■■■ ACCELERATE YOUR GAME

Disclaimer

- It is **HIGHLY IMPORTANT** to be completely honest with yourself throughout this entire process because it is not about getting to the bigger bands as fast as you can. It's about allowing your mind and body to condition themselves simultaneously to be able to execute the number of swings necessary to properly complete each stage in this program. Failure to do so **WILL PREVENT** you from maximizing your PHG training and **WILL DELAY** you from achieving optimal results!
- You may have noticed that there is a **Left- and Right-Handed Glove** with your PHG System. This is on purpose because we **NEED** you to train both sides of the body for symmetry. To do so, simply flip your belt so that the side where the Acceleration Bands funnels through the small exit point/opening from under the cover is now pointing towards your non-dominant side. On this Non-Dominant side, you want to stay connected to the same D-Ring on the Belt as your dominant side, but clip into the Middle D-Ring on the Non-Dominant Glove. This will prevent you from overloading the dominant side of your swing, which may lead to injury in the future simply from neglecting your non-dominant side.
- PHG is designed to be used **EVERY SINGLE DAY** and by doing so, you will naturally create a higher and advanced level of muscle memory. The best part is that regardless of where you are in your PHG Journey, the whole workout takes **LESS THAN 5-MINUTES TOTAL!** Our recommendation is to alternate your clubs each day by using your driver one day, and using your woods/irons/wedges the other day, simulating how you would play a round of golf!
- Lastly..... **PHG IS NOT DESIGNED TO BE WORN WHILE HITTING BALLS!!!! Doing So WILL DELAY RESULTS!!!!**

So, with that being said..... Let's Begin The PHG Workout Program!

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

1. **EVERYONE** starts with the 10lbs acceleration band as we need to establish YOUR PHG swing/rep baseline that will be used when you graduate to the larger bands (20lbs, 30lbs, & 40lbs).
2. Begin making a controlled, full, and powerful swing/rep by coming as far back as you **Safely and Comfortably** can in your backswing and by swinging as hard as you **Safely and Comfortably** can on your downswing/follow through and holding your finishing position for 1 sec to train proper balance.
3. From this finishing position, immediately take another swing by slowly drawing your club towards the ground and directly into another controlled and full backswing without readdressing the ball/stopping your swing (like a pendulum), and then execute another full and powerful downswing/follow through and holding your finishing position for 1 sec to train proper balance.
4. With every swing, you should **Safely and Comfortably** challenge yourself to get a little more rotation in your backswing, and a little faster on your downswing/follow through each time.
5. The goal here is to see how many of these controlled, full, and powerful swings you are able to successfully complete without readdressing the ball, getting fatigued, off balanced, or straining yourself to get to the TRUE TOP of your backswing. This is where you **MUST** be honest with yourself so you can establish YOUR PHG swing/rep baseline! Whatever this number is, you **NEED** to do at least half on your Non-Dominant side, with the goal being to get as many as possible.

******* Full Transparency, our Inventor & CEO was only able to get to 13 swings/Reps on his Day 1 *******

6. From here, the goal is to try and add at least 1 extra swing/rep each day until you can **FULLY and CORRECTLY** execute **50 CONSECUTIVE SWINGS!!**
 - No this is not a made-up number. The average golfer will execute between 35-45 Full Swings in one round of golf. So, if you train your body to correctly execute 50, then you will not be tired on the 18th approach shot, allowing you to finish the whole round with confidence!

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/opening, attach the cover back on to the belt, and then start the process over, beginning with YOUR PHG swing/rep baseline.
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 and Comfortably** condition itself to perform a full and powerful golf swing while staying on plane every single time. More importantly, you will continue to gain more range of motion and speed every single day but for the 1st time, without being concerned about sacrificing accuracy.

If you have any additional questions, please contact PHG at 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! Remember..... Don't Think. Just Swing.