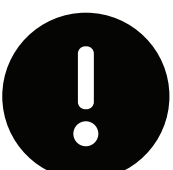
DYNAMIC INERTIA
PERFORMANCE

GOLF SWING TRAINING

BEFORE YOU SWING

• If you have any medical conditions such as back problems, tendonitis in any of your joints, shoulder joint problems, etc., please consult a medical professional first. The golf swing can aggravate these conditions.
• Make sure there is nobody near you when you are swinging ONE. Make especially sure that there is nobody standing in the direction of your swing. Serious bodily injury could result if ONE strikes a person when swung.
• The ONE carriage can weigh up to 800g and accelerates very rapidly, generating inertial energy. Be aware that a serious amount of momentum force is generated when swinging ONE!
• Never strike balls with ONE.
• Never strike the ground with ONE.
• If ONE is damaged, please refrain from swinging it.
• Do not attempt to repair ONE. If you try to repair it, you may alter its safety features. Swinging an incorrectly repaired or damaged ONE could be potentially dangerous to you and people around you.
• Ensure weights and elastics are secured properly at all times and readjust if necessary.

DO NOT SWING IF:
– The product is damaged or incorrectly assembled;
– Someone is in front of you;
– You begin to feel unwell while training;
– You have not consulted the training program. Get to know your product and how to train at **www.oneclubtrainer.com**



ONE SWING TRAINER

ONE is the perfect training tool for anyone looking to improve their swing speed, power, and consistency. Utilizing dynamic inertia resistance, ONE provides instant feedback that helps you optimize your timing while training. ONE is easy to use and can be tailored to train different aspects of your game, including correcting full swing, half swing and short game mechanics.

By engaging different muscles beyond those used in a normal golf swing, ONE helps golfers to train like never before. The unique design of ONE makes it one of the most powerful swing exercise tools available. ONE leverages concepts like plyometrics and the stretch shortening cycle, both of which accelerate your development no matter what stage of golf you're starting from.

Additionally, ONE is designed to improve a golfer's swing using physics principles. The dynamic inertia resistance helps golfers develop a natural feel for club acceleration. By aligning with the body's reflexes during the downswing, ONE promotes a pendulum-like motion and corrects swing imperfections like outside-in swings and impact deceleration. It also addresses issues such as reverse pivoting, weak left arm, and deficiencies in follow-through and finishing techniques.

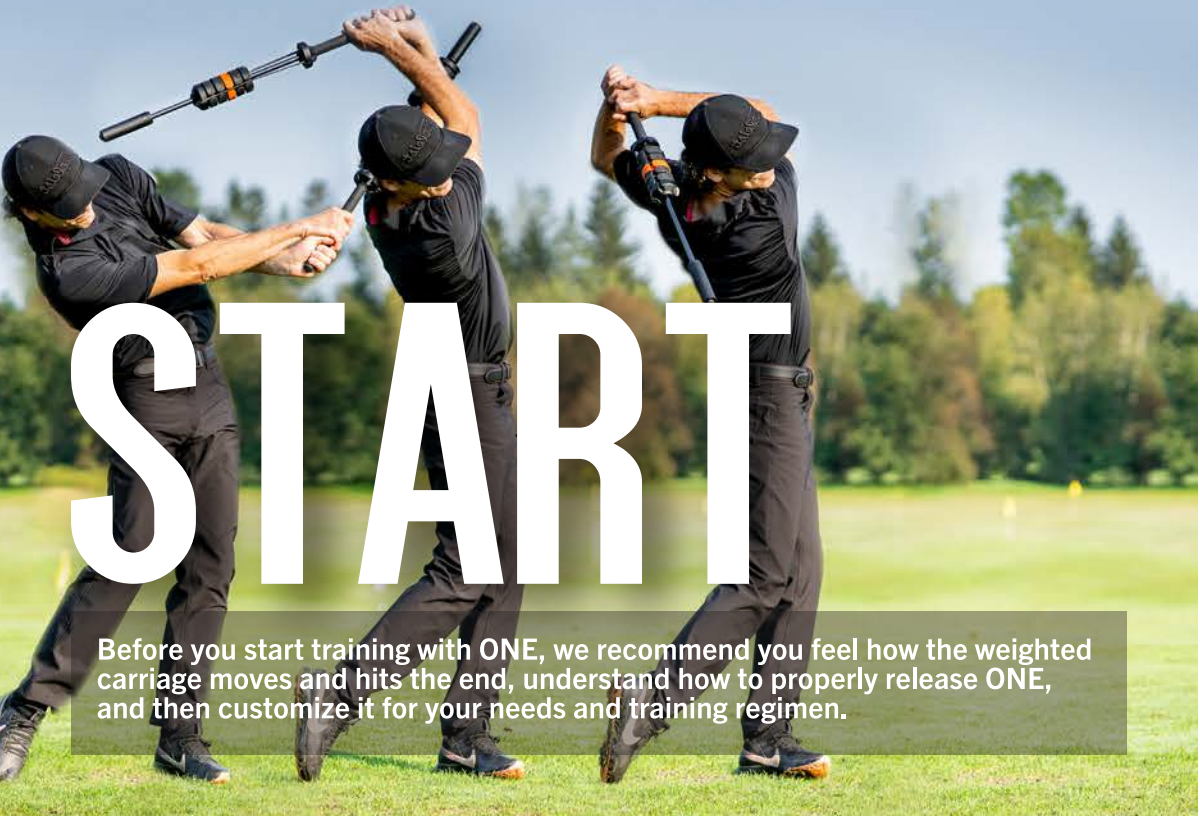
Incorporating it as part of your pre-game routine, utilizing ONE serves as a valuable warm-up tool that aids in refining your swing, establishing optimal tempo, and rhythm. Notably, the impact feature accurately replicates the experience of striking a ball outdoors, ensuring that you can derive the same advantageous outcomes regardless of your practice location. With a shorter length than a normal golf club, most ONE customers are able to train indoors, too.

DYNAMIC INERTIAL RESISTANCE AND HUMAN NEUROMUSCULAR PHYSIOLOGY

ONE works in harmony with the subconscious part of our mind that controls body movements, known as the subcortical mind. During the golf downswing, which occurs in a fraction of a second, our conscious mind is unable to fully process and control the movement. As a result, the unconscious mind takes over. This is why many amateur golfers struggle to recall what happens during impact.

Learning the golf swing is challenging because it relies on the unconscious mind, which operates differently from our conscious mind and relies on pre-programmed muscle firing sequences known as "muscle memory." Reprogramming these muscle memories requires neuromuscular stimulation. The innovative design of ONE facilitates powerful changes at the subcortical neuromuscular level, allowing for effective improvement.

QUICK



START

Before you start training with ONE, we recommend you feel how the weighted carriage moves and hits the end, understand how to properly release ONE, and then customize it for your needs and training regimen.

ONE COMPONENTS

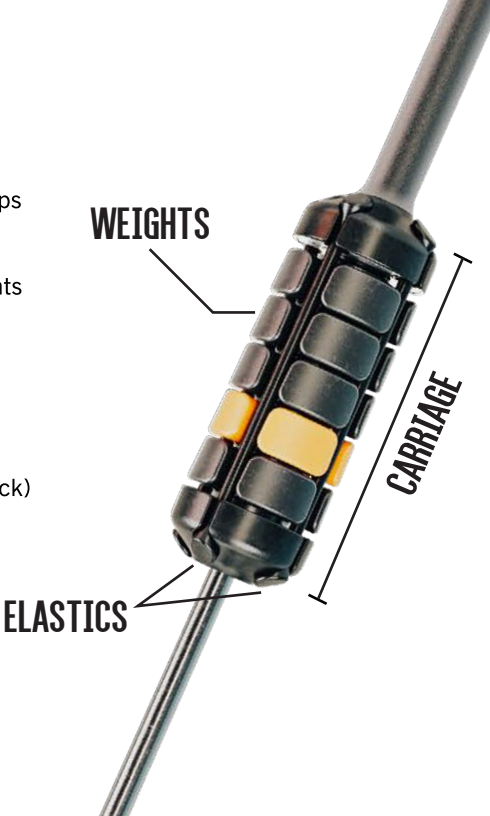
- Lightweight shaft with comfortable hand grips
- 33 inches (83.82 mm) total length
- Dampened end stopper
- Sliding carriage with space for five (5) weights and four (4) elastics

ELASTICS

- Comes with two (2) strong, one (1) medium, and one (1) weak elastic (all elastics are black)
- Durable, UV and weather resistant

WEIGHTS

- Four (4) black, one (1) orange
- Weight: Black: 60g; Orange: 125g



INSTALLING & REMOVING

ELASTICS

- Hold the elastic from the top and pull so that the elastic thins and can be pulled through the carriage slot.
- To insert, slide the elastic in grab pull so that the thinnest part is being inserted through the slot.
- The thicker elastics must be stretched to be inserted or removed from the carriage.

VIEW INSTALLATION VIDEO

WEIGHTS

- To remove the weight, make sure there are no elastics installed over the weights.
- Separate the weight and pull it off the carriage. The rubber weights are flexible and are made with a slotted section.
- When installing the weight make sure the slotted section is aligned with the slotted section on the carriage.
- Make sure the weight is snug and secure.
- Then reattach the elastics.

VIEW INSTALLATION VIDEO

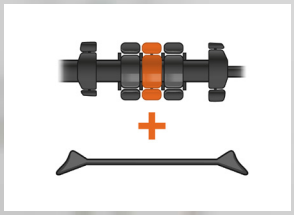
FEEL ONE

To begin, it is important to get a feel for how the dynamic inertia carriage moves along the shaft and impacts the end.

1. Set up ONE with the 3-weight configuration (265 g) and a weak level 1 elastic.

2. At first, swing it slowly and lightly back and forth in front of you to experience the sliding weight sensation. (You will feel a weight sliding down and then quickly retracting back)

1.



2.

SCAN FOR VIDEO

FEEL ONE

3. Take a light trial swing (50%) with ONE. The carriage should easily hit the end.

4. Experiment with ONE. Take another swing and try releasing the carriage early, in a “fly casting” movement, and then take another swing and try to release late by holding your lag and having the carriage hit later.

3.

4.

RELEASE ONE

Once you got a feel for ONE's variable weight and feedback it is time to work or understanding your release with ONE.

1. Add a Medium level 2 elastic to ONE.

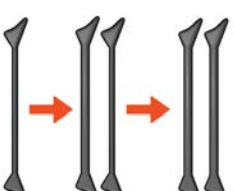
2. Take a swing with ONE. You will notice you need to swing faster to get the carriage to move to the end.

3. Continue to increase the elastic resistance one level at a time. As you increase the resistance, your effort will need to increase to get the carriage to release.

1.

2.

3.



SCAN FOR VIDEO

4. Work your way up to around 75% of your max effort.

5. Swing ONE again (at 80%) and identify where the carriage is hitting. This is "YOUR" release point. Take note of where the sound and impact are. As well as the force of the impact.

6. Many coaches prefer to have ONE release at the back knee (before the ball and after the back foot).To train for an earlier release, make the carriage hit earlier. To train for a later release, have the carriage hit closer to where the ball would be.

4.

5.

6.

CUSTOMIZE ONE

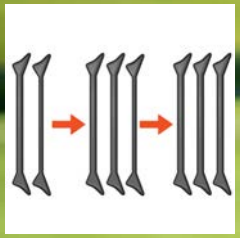
Once you have achieved a comfortable release, it is time to Customize ONE for your swing speeds.

1. Continue to gradually increase the resistance level and then swing ONE 2-3 times. You always want to be able to achieve the same release you identified earlier.

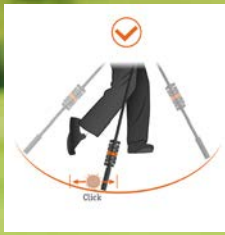
2. The goal in to identify the maximum resistance you can swing while being able to get "your" release.

3. When the resistance is too high, you will not get the same impact and the carriage will hit a bit later.

1.



2.



3.

SCAN FOR VIDEO

CUSTOMIZE ONE

4. Drop the resistance down 1 level. This will be your elastic setting for 3 weights.
5. Repeat the same process for 1 weight and 5 weights (refer to the speed chart).

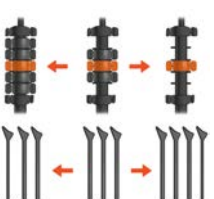
Note: 5 weights usually require 1 resistance level higher, while 1 weight (Orange) usually requires 1 resistance level lower. See Elastic Resistance Level Chart

E.g.: Jake is gradually increasing the resistance and swinging ONE. Jake has achieved level 6 with 3 weights, where he is hitting the same release point he identified. Jake then increases the resistance to level 7 by adding weak elastics. Jake swings again, and the release point is now later.

Jake swings 2-3 times more and is unable to get it to release like he did at level 6. What happened? This means that the resistance is too high. Jake returns to level 6 and trains there.

3.

4.



ELASTICS RESISTANCE CHART

ELASTIC RESISTANCE GUIDE

ONE
DYNAMIC INERTIA PERFORMANCE

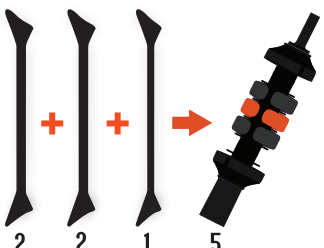
YOUR DRIVER CLUB HEAD SPEED (MPH) *	ONE WEIGHT (130G)	THREE WEIGHTS (265G)	FIVE WEIGHTS (395G)
51-59	N/A	1	2
60-68	1	2	3
69-77	2	3	4
78-86	3	4	5
87-95	4	5	6
96-104	5	6	7
105-113	6	7	8
114-122	7	8	9
123-131	8	9	10
132-140	9	10	11
142-150	10	11	12

*CLUBHEAD SPEEDS ARE ESTIMATES

5 EXAMPLE

WEIGHT CONFIGURATION

ELASTIC STRENGTH
LEVEL 5 2 MEDIUM + 1 WEAK
2 + 2 + 1 = 5



TYPES OF ELASTICS**

1.WEAK — 5 LBS
2.MEDIUM — 10 LBS
3.STRONG — 15 LBS

* CLUB HEAD SPEEDS ARE ESTIMATES

TYPES OF WEIGHTS

ORANGE (HEAVY) — 130 G

BLACK (LIGHT) — 65 G

VISIT US ONLINE FOR MORE A MORE
DETAILED PROTOCOL AND TRAINING PROGRAMS.

ONECLUBTRAINER.COM