

# Full Swing Training

Workout: 2-3 sets, 10-15 reps per set



## Torso Twist

**Purpose:** Synchronizing upper and lower body through proper foot work. Stand fairly erect with your feet shoulder width apart, arms extended at stomach height, holding the center of the Orange Whip with palms facing the sky. While keeping the Orange Whip and shoulders parallel to the ground begin slowly rotating back and forth in a continuous motion. Be sure to engage your feet while maintaining balance.



## Hinging Forearm Rotation

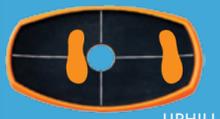
**Purpose:** Training the body to properly release the golf club. With one hand hold the Orange Whip at the bottom of the grip. Swing the Orange Whip in a back and forth motion, allowing your wrist to hinge and unhinge. Use your footwork to control the pace and maintain balance. Repeat using opposite hand.



## Full Swing

**Purpose:** Promoting an athletic swing that focuses on rhythm and balance. While maintaining your balance, start slowly with back and forth pendulum ¼ swings, increase to ½ swings, gradually letting the momentum build to full swings. The objective is to make multiple swings without losing your balance. If your balance is lost, stop and start over. Finish with 3-5 individual golf swings from your natural & athletic setup to reaffirm a balanced takeaway, smooth transition and a full finish.

# Approach Training



UPHILL



DOWNHILL



SIDE HILL  
BALL ABOVE



SIDE HILL  
BALL BELOW



Swing Inside The Sphere



Swing Inside The Sphere



## Golf Course Lies

**Purpose:** Developing rhythm and balance from any lie angle. Take a stance anywhere within the Orange Peel. From your chosen stance, practice your normal swing to build rhythm and balance allowing you to be more consistent on the golf course when faced with a variety of lie angles.

## Standard Position

**Purpose:** Naturally positioning you into a balanced athletic golf stance. Take your normal golf stance in the center of the Orange Peel with the white line bisecting your feet. Perform all of the above Orange Whip drills from this position.

## Pitching/Chipping

**Purpose:** Positioning you into a proper short game setup. Take stance as illustrated, positioning the weight on the front foot. Practice your normal short game swing. The result is a proper angle of descent, creating distance control and greater overall accuracy.

# Short Game Training

ORANGE WHIP  
WEDGE



ORANGE WHIP  
PUTTER



CORRECT

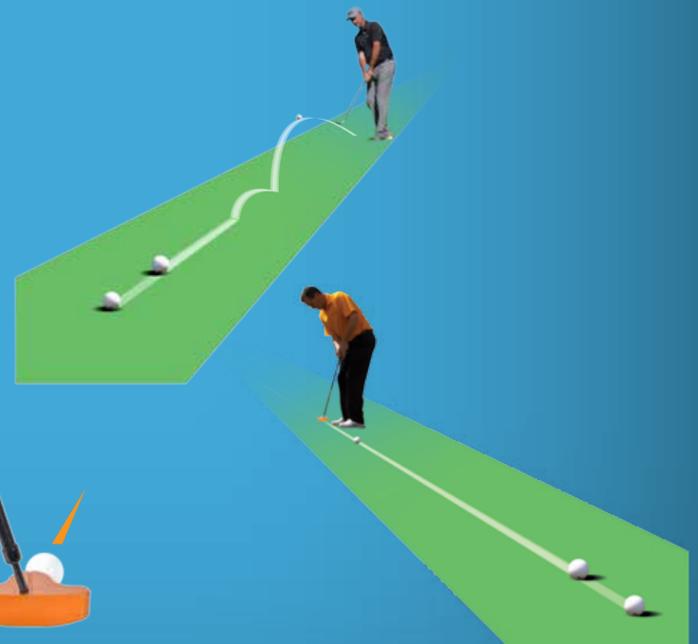
CORRECT

INCORRECT



STANDARD POSITION

PRO POSITION



## Train your hands

Begin by allowing the wedge or putter head to swing freely from your wrists, elbows, shoulders and body. The Orange Whip will help you find your sequence, rhythm and balance.

## Impact training

Good rhythm and sequence leads to solid contact. Allowing the Orange Whip Wedge or Putter to load and unload at the correct time will help you make solid contact.

## Distance training

Solid contact gives you the ability to control your distance. You will now be able to chip or putt your ball to a spot and predict the runout to leave your ball close to the hole.

For Instructional Videos, visit [OrangeWhipTrainer.com/Video](http://OrangeWhipTrainer.com/Video)