



ProPull Testimonials



The Pro Pull is simply amazing. It teaches you what a "correct pull" feels like. After only 2 weeks I was able to add 50+ feet to my drive and it is effortless. I find myself having to dial down my power. The ISO hold is no joke. You definitely get a workout.

Joseph Krajewski - Coeur d' Alene, Idaho

I primarily use the ProPull for isometrics strength training and angle control. These areas have improved with both my forehand and backhand, and increased distance respectively. Great tool to use for teaching form & mechanics.

Stephen Schroeder – Charlotte, NC
1012 Rated – Highest Rated Round - 1062

Amazing disc golf training device! I've played 20 years... 1st training aide I've purchased. REALLY helps you stay on plane. You can really feel the lag in your pull. If you want to improve your technique and distance, give the pro-pull a try!

Michael – Chattanooga, TN

Just finished playing the 2019 DGPT Memorial and had a 1012 Rated Round. I know its crazy but I've only been using the ProPull for a few weeks and have seen a big improvement in my distance and accuracy since I've been training with it. Two months ago, I played a tourney at Fountain Hills and Vista. Some holes I have always been 60ft short and this time I was just inside 30ft. I've noticed when I throw slower speeds like mids & putters I'm not throwing as hard and was more accurate on upshots.

Jason Krueger - Chandler, AZ

I absolutely love my Pro Pull trainer. After about one week of use, I noticed a substantial change in the distance that I was able to throw. I also would take it to tournaments to warm up before the event starts. Pro Pull is a great tool for gaining distance and muscle memory. One last thing, knowing what I know now about the Pro Pull trainer, I would have paid more for it. Thank you guys for developing tools to grow the people that grow the sport of disc golf.

Pastor Lance Feliciano – Sacramento, CA

The ProPull is a must have for all disc golfers. When I first started using my ProPull, I noticed results very quickly. In only 2 weeks I went from throwing 250-280 feet up to 300-330 feet. I also like to use my ProPull to warm up before a round rather than spend time running down disc. I highly recommend. Thanks ProPull.

Kyle Haddock – Florence, AL

I love the propull! It has increased my distance by almost 50' and my release point has been extremely accurate on the tight woods shots on my local courses. I have zero doubts that using the propull has dramatically progressed my game. I originally bought the propull as a part of my rehab after ACL surgery. It wasn't specific for my knee, but it was low impact and it helped curb that urge to get back out and throw before I was fully healed. I would highly recommend the propull to anyone, especially new players because I would've loved having this tool to progress my game faster. Regular elastic bands are nothing compared to the propull when it comes to mimicking the proper disc golf throw form.

James – Paris, IL

My ProPull has helped me so much. So far I've added 35ft to my distance. I can FINALLY throw over 400ft.

Justin – Mt Pleasant, IA

Really helped improve and solidify my form for not only backhand but forehand as well. I'm throwing further and with better control. One of my all time purchases and I can't recommend this product enough. Thanks guys!

Bret – Kansas City, MO

5.0 out of 5 stars I love this thing! I'm new to disc golf. This tool has really helped my game.

Gary – Pace, FL

Thanks for the Pro pull it's amazing!

Lance – Henderson, TX

The Pro Pull has been great! Keeps me excited during the off season so I can kill it during the summer!

Benjamin – Milford, MA



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I noticed results after only a few sessions of using the Pro-Pull. Better form, more distance, and more confidence in hitting my release point. It's a real game changer!

Jason S – Cincinnati, OH

I've just completed the 6-week workout. Definitely stronger with my throwing mechanics. I'm able to turn over stable discs that I've never turned over before, and I'm able to throw my over stable discs straighter and farther.

Duane – San Diego, CA

Final Verdict is ★★★★★ ... ProPull Disc Golf Resistance Bands are a great addition to your disc golf training routine. Increasing speed and improving consistency will help all facets of your game.

DGPuttHeads – Published Review

I LOVE my ProPull! It's really helped with my backhand form and keeping the disc from going nose up to get that extra distance. I'd recommend the ProPull to any level of player. It's an AWESOME tool to help improve your drive! Definitely recommend!!!

Greg – San Juan, TX

The ProPull has really added a ton of distance to my throw. It really taught me proper form as well. I previously wasn't throwing with much pop/snap but now my throwing motion is much more fluid and powerful. Thanks!

Blake – Denver, CO

I have been using the ProPull now for over two years. Not only has the distance on my drives increased by 30 feet, my mobility, especially in my hips, has vastly improved. As an MA 40+ golfer, mobility is key! Thanks for a great product... I have recommended it to many of my friends!

Chris - Hendersonville NC

I love the ProPull! At first I bought it as a joke but after giving it a shot, I learned, it is no joke. I use it quite a bit for a quick stretch and to remind me of how my form is supposed to feel. Great product!

Brandon – Davison, MI

I've been playing disc golf for about 15 years, and like most people, I learned a bunch of bad habits right off the bat. I've always grabbed the disc on my reach back with my non throwing hand, and just couldn't shake the habit. My distance was poor, and I just felt like I was missing something. I started seeing videos for the ProPull and thought I'd give it a try. Immediately I could tell I was doing things wrong. The first time I reached back, I said "Whoa, that's different". This product is teaching this old dog some new tricks. I've gotten noticeably more distance, feel more comfortable, and now I have other league players asking me what I'm doing differently! Thank you so much for helping my stagnant game!

Jeremy – Cedar Falls, IA

I love the propull! It is super easy to use and has helped me with both speed and working on my form! I can tell a big difference in my game! I would recommend it to anyone wanting to improve their game!

Hunter – Jackson, MS

The ProPull has been a fantastic product for me to keep engaged and even improve in the sport during the winter months. I keep it in my office, and when I have 10 minutes to spare, I connect the band to my door and practice my form. I have noticed a meaningful 'snap' increase in my forehand shots leading to better straight-line accuracy and 30-50 ft of distance, and I attribute my improvement to the repetition that I achieve easily using ProPull. Thank you for developing this product!

Loren Barnhurst – Ooltewah, TN

My pro-pull has been fantastic for me. I have always been struggling with the game, but my pro-pull has really helped me to "see" my throw as I pull with resistance. I can tell that I have improved my game and confidence on the course. As I have been improving, I have seen some of my best shots ever. I can tell I have further to go, but pro-pull is the accessory that is working for me.

JW- Dallas, TX

I love my pro pull! As a beginner, I have added strength, distance and confidence! Thanks for all of that.

Dale – Pacifica, CA



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5 STARS - I bought this as kinda a joke to annoy my girlfriend and make her laugh at me for "training" to throw a piece of plastic. Little did i know this is no joke, it has actually has helped me a lot by correcting my throwing motion. I pick it up and use it when i get bored just sitting in the house and it really builds arm speed and it helps you find a good release point. I cant believe i am even writing this review (i feel like a jamoke on TV telling you how great the Sham Wow is). but this is a great product and if you are interested in this at all i would buy it, because i love it.

Vinny – South Attleboro, MA

I have noticed much more accuracy and distance after using my ProPull after just a couple weeks! Very easy to set up and take down. I have recommended it to many people that I throw with. Thank you for such a great product!

Dan – Layton, UT

I have had the propull system now for about 5 months and have zero regrets! I used to be really bad at keeping my pull through level and low, but now with propull I've managed to gain good distance while having nice controlled throws.

Brandon - Longmont, CO

I coach an after-school disc golf club at my elementary school in Los Angeles, Ca and we use the PRO-PULL to help with technique and proper form. It's a great product!

Sean – Glendale, CA

5.0 out of 5 stars Great Training Tool! The Pro Pull is a great tool for the beginner to work on form. The availability of on-line training for this tool also good, especially the content provided by Dave Feldberg and Philo.

Terry W. –

5.0 out of 5 stars It works! Easy to use. Easy to learn. Versatile for places to use it from. The videos on YouTube or the website shows you the technical, strength and speed exercises.

Marshall - Collegeville, PA

Thanks so much for making this great product. The ProPull has really helped my game. I like to spend about 15 minutes with the ProPull before a round to remind my body and muscles where the power pocket is. The ProPull has also greatly reduced the percentage of nose up shots that I throw. I would recommend the ProPull to anyone looking to get better at disc golf.

Eric – Homer Glen, IL

ProPull has changed my driving game.

Although it's still not where I want it to be, my driving has greatly improved. I owe it all to the combination of slow-mo video and my ProPull! Using the video, I was able to identify a few mistakes in my form. Then, I used the ProPull to help reduce those mistakes. I've still got a long way to go, but I noticed improvements almost immediately! The best thing about ProPull is that it can be used practically anywhere! You can train in your home or office...even if it's raining! You can use it outside also, even as a warm-up before a round!

My son and I are playing a tournament in Thailand this January and you can bet we will be bringing our ProPull with us!

Chris – Jacksonville, FL

I am enjoying the ProPull quite a bit. Could see improvements in my form and distance the first week. Glad to hear you will be releasing more videos/tutorials as that seemed like the one area that has been lacking to date. Thanks for the update and keep up the good work!

Chris Lefore– Portland, OR

My son and I just received the pro pull. We can both say that the pro pull have helped us to throw longer and more accurate. So, we are very pleased with the pro pull.

Bjorn Steinsland – Norway

These workouts are great !! Love them !! Please don't forget the puck a chow at the end though. That might be the best part!

Chris Vazquez– Metairie, LA



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It all started when I decided to compete in the Trilogy Challenge in Roxboro, NC back in May 2018. In case you are not familiar with this challenge, it is a challenge where disc manufacturers give every competitor the same 3 golf discs to use and only those are allowed during the tournament. You get a putter, midrange, and driver. I watched people out drive me and out play me. I finally couldn't say, "It is the disc" because we all had the same discs in this tournament. Now I had to own up to it. "It's not the disc, its me." That was one of the hardest things I had to realize. So I was desperate to find something that would help me because I am obviously practicing wrong and playing wrong. I watched hours and hours of YouTube videos where people and self-proclaimed experts say hold the disc like this, pinch here, do this, throw there, and I tried it all thinking this is the best I'm going ever get. But something had to change. So I bought a Pro Pull. Within two weeks I started seeing results. My flights started looking like what the discs I had previously purchased were designed to do. The distance was also an issue. I was only throwing maybe 150 feet at best in the beginning. Now I am getting over 220 consistently. And I doing this from a stationary throw. In other words I'm not running up to the tee and throwing. And my discs weight are 165+. I'm proud that I'm getting better. I will be honest I was skeptical. I wasn't sure if Pro Pull would help me or not, but I was willing to give it a try. My only regret now is I wish I knew what I know now a year ago! It would have saved me a lot of money and time buying discs thinking it was the disc that was bad when it was me all along. I'm so happy I made this purchase because it has opened me up to being more confident in my throws and projecting where my discs will land before I let them go. And now I'm throwing them correctly thanks to Pro Pull. If you are like me and have become a "disc jockey" thinking "its the disc" when it doesn't fly the way it is intended or go as far as you think it should. In my case, it wasn't "the disc"....."it was me"...and Pro Pull has been the only thing that I have tried that has given me true results that I can see and measure consistently.

Tommy – Raleigh, NC

It's working great and I was able to find the videos. I was shocked that my arm felt the workout with just the 5lb band. Thanks again!

John – O'Fallon, MO

5 STARS - This training system is pretty dope. It pretty genius. The resistance bands are great for building arm speed. I used this 2 times and have noticed a major difference. This system has helped me with my form and helping the disc close to my body on release. The Cool thing is you can also add more resistance bands to it of you have them. I had a pretty weak forearm and with this system it's helped me a lot, keep in mind I've used it twice, I went onto the course and my form and power with sidearm is pretty decent I'm a lot more confident with throwing sidearm. I can now hit around 320-350 consistently now with sidearm. All I have to say is get this product. It's great.

Edmond – Hendersonville, TN

Hi Larry, after using ProPull for 2 weeks I throw my discs about 5-10 meters longer than before. Amazing! I think it was mainly because of better technique.

Martin – Las Vegas

I really like my ProPull system. I have actually used it for a short time and I have literally had people come up to me and ask what changed in my game since my distance has increased by at least 70 feet. Great product, great price.

Lance – Sacramento, CA

GAME CHANGER! This trainer will help you with your ENTIRE GAME: form & timing, balance, power & distance, and even putting... if you know how to get the most out of it.

I highly recommend this trainer to anyone that is interested in getting better at disc golf. Accelerate your improvement, no matter your skill level.

Joe – Austin, TX