

## **Dura-Band Golf**

### **Resistance Drills and Swing Strengthening Exercises**



### **Dura-Band Golf**

#### **Resistance Drills and Swing Strengthening System & Specifications**

Provides exercises components recognized by fitness experts for maximum exercise benefit:

Strength Training  
Golf Drills with Functional Resistance

Specially adapted Dura-Band® Shaft Clip allows golfer's own club to be used for strengthening and preventing injuries in muscles used during swinging.

Stronger muscles lead to increased distance; preventing injuries keeps muscles at maximum performance and golfer on the course, not the couch!

Our process not only strengthens the muscle used in various sports but also builds endurance and effectiveness. Use of the Dura-Band System can make a definite improvement in performance.

Dura-Band Shaft Clip will not scratch golfer's club and is attached or detached within seconds.

Up to three Bands may be used simultaneously

Band length may be adjusted which further varies its resistance opportunities

Portable, total System weighs 20 ounces

Comes in a carrying case measuring 6 in. by 8 in. by 1.5 in.

Resistance can be varied from 11lbs. to 60 lbs.

Need 60 pounds of dumbbells to compare and would make impossible to travel with

Provides complete full body workout to both upper and lower extremities

Exercise Handle safely and easily creates a fixation point anywhere along top, side or bottom of door

Bands use metal clips providing maximum strength as compared plastic used by other manufactures

A design patent protects the look and design of Dura-Band

Unique design of **Dura-Band®** provides greater durability for many years of use

**System Includes:**

- 1 Red Dura-Band
- 1 Orange Dura-Band
- 1 Green Dura-Band
- 1 Blue Dura-Band
- 2 Exercise Handles
- 1 Extremity Strap
- 1 Dura-Band Shaft Clip
- 1 Color Instruction and Exercise Insert
- 1 Carrying Case

**See following pages for Resistance Drill and Swing Strengthening Exercises**

# Dura-Band® Golf Resistance Drills and Swing Strengthening Program

1



Drill Step  
Description

2



Drill Step  
Description

3



Drill Step  
Description

# Dura-Band® Golf Resistance Drills and Swing Strengthening Program

4



Drill Step  
Description

5



Drill Step  
Description

6



Drill Step  
Description

# Dura-Band® Golf

## Resistance Drills and Swing Strengthening Program

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Drill Step  
Description

8



Drill Step  
Description

9



Drill Step  
Description

# Dura-Band® Golf Resistance Drills and Swing Strengthening Program

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Drill Step  
Description