

Power Flex Strength & Tempo Trainer

This training aid is simple and durable, it provides immediate feedback and instant results also works for LH and RH golfers.

The Power Flex Strength and Tempo Trainer is great for use at home and on the range, before, during and after practice sessions. With practice, you will be able to better capture that feeling of tempo and adapt it to your full swing.

If used regularly it will promote a smooth swing. The result will be more fairways hit, better ball striking and lower scores.

The Power flex training aid is essentially a very flexible shaft with a reasonably heavy weight on the end. It's impossible to swing it at any pace without doing so on a good swing plane and with good tempo.

In terms of the concept, the theory of tempo can and should be adapted to every club in the bag including the putter.

Good tempo stems from constant (light) grip pressure and being tension free throughout the body. Additionally, good tempo provides center face contact, greater distance, and a balanced finish.

Great tempo can be accomplished with the help of the Power Flex Strength & Tempo Trainer. Using the Power Flex builds muscle memory that translates to an improved tempo and swing path with all your clubs.

By improving your swing path the Power Flex also builds improved lag as well so you can hit the ball further. The Power Flex training aid also provides a workout and strengthens core muscles used for the golf swing.

The best way to use the Power Flex is to have 10 swings with it and then pick up your regular club and have about 10 shots with that. You will notice that your club feels like a toothpick and the tendency is to also grip your club lighter as well. You should notice an immediate improvement in your swing path and tempo.

After you have 10 shots with your regular club grab the Power Flex again and just have a couple of swings before having another 10 shots with your normal golf club. This process will help build muscle memory that is lasting.

This training tool is outstanding for training proper swing sequence and tempo.

Swinging this trainer daily will help build good muscle memory and strength in the right muscles

This tool will help train your body about swing plane, pausing at the top of the take away and lag on the way down, which helps you to "strike down" on the ball,

This trainer is an excellent tool for identifying areas of your swing that are out of sync.

Your swing will improve in tempo, lag, and power.

Swinging this trainer is great for ingraining proper feel of tempo, swing path, and understanding where the clubhead is during the swing. It's also great for working on things like rotating your arms through impact.

It's easy to take smooth swings and feel your body react to it. The weight allows for you to naturally progress with your body moving in the correct sequence on the backswing and downswing.

Gives you the feeling of what a proper swing should feel like.

The weight on the end and the flexible shaft forces you to perform the right moves and in the proper sequence

Power Flex Benefits

By using the Power flex with diligent practice you will be able to:

**Improve your swing plane
Improve your rhythm and tempo
Improve your core muscle strength
Improve your lag and distance.**

If you whip the club back, need help with tempo and or balance the Power Flex Strength and Tempo Trainer is a product you should consider. Golfers have boasted that they were getting an extra 10 to 15 meters off the tee and hitting it a lot straighter as well.

