



BASIC TRAINING POSITIONS

The effectiveness of TruSpeed™ lies in the application of proper golf swing techniques throughout the ENTIRE swing:



The TruSpeed® Training Clubs are meant to be taken back slowly; this is to create width and keep the connection of the arms & body together to enable you to load properly onto your trail side.

The pause at the top of the swing is key! This “setting” of the club at top of the backswing will establish the completion of the load into the transition of the downswing and helps to maintain the angle and load of the wrist, or “lag” as you accelerate to impact.

The follow through to finish is an indicator of everything that precedes it, and it’s also one of the most neglected parts of the swing. When your follow through is in line, it’s a sign of a pure golf swing.

INCLUDED EQUIPMENT



TruSpeed Case



Overspeed Weights



Steel Cable Iron



Connector Clip

SAFETY PRECAUTIONS

- Ensure training environment is safe and free of other equipment, trainees & golfers.
- Do NOT attempt to hit a golf ball, impact bag, ground or ANYTHING with training clubs.
- Swing 8-12 inches above the ground.
- Do NOT store training club with weights attached.
- Do NOT lean on the ground with the Training Club cable end
- Do NOT swing by holding the cable end.
- Always switch grips when going from dominant to non-dominant side training.
- Always wear a glove to ensure maximum grip on training club.
- Store in a cool environment. Do NOT leave in trunk of car on a hot day.