

instructor's Gadget

Orange Whip

The Orange Whip (\$99, orangewhiptrainer.com) is both a golf swing trainer and golf fitness tool. Simple and efficient, the device was developed to be dynamic and practical. It consists of a weighted white ball connected to the grip end of a very whippy golf shaft, which is thus connected to a weighted orange ball where the clubhead would normally be.

It's the brainchild of Massachusetts-based PGA Professional Jim Hackenberg – also a former PGA Tour caddie – who wanted to help golfers improve their swing while getting a core-muscle workout focused on golf-specific muscles. Hackenberg urges golfers to swing the product for a few minutes, three to four times a day, to help improve their swing

rhythm, strength and balance – which in turn creates power and consistency.

“Most of my students focus all of their attention on hitting the ball,” says Hackenberg. “This is much different than swinging a club; both mentally and physically. I have developed a teaching concept that encourages a person to swing the club with momentum to promote balance and consistency. The concept needed a tool to enhance the learning process; that is how the Orange

Whip came to be.”

To use the Orange Whip, you assume a proper golf stance and grip it as you would a normal club. Maintaining your balance, begin to swing the weight of the device

back and forth like a golf swing. Start with quarter swings, then increase the motion to half swings, and continue to gradually let the momentum of the Orange Whip build until you're taking full swings. The Orange Whip is portable, fits easily in a golf bag or car trunk, and can be used indoors and outdoors. ●

