

TOTAL GAME IMPROVEMENT

The Orange Whip Trainer

Workout: 2-3 sets, 10-15 reps per set



Torso Twist

Purpose: Synchronizing upper and lower body through proper foot work. Stand fairly erect with your feet shoulder width apart, arms extended at stomach height, holding the center of the Orange Whip with palms facing the sky. While keeping the Orange Whip and shoulders parallel to the ground begin slowly rotating back and forth in a continuous motion. Be sure to engage your feet while maintaining balance.



Hinging Forearm Rotation

Purpose: Training the body to properly release the golf club. With one hand hold the Orange Whip at the bottom of the grip. Swing the Orange Whip in a back and forth motion, allowing your wrist to hinge and unhinge. Use your footwork to control the pace and maintain balance. Repeat using opposite hand.



Full Swing

Purpose: Promoting an athletic swing that focuses on rhythm and balance. While maintaining your balance, start slowly with back and forth pendulum ¼ swings, increase to ½ swings, gradually letting the momentum build to full swings. The objective is to make multiple swings without losing your balance. If your balance is lost, stop and start over.

The Orange Peel

Workout: 2-3 sets, 10-15 reps per set



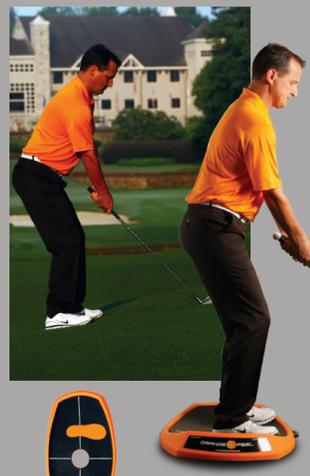
Standard Position

Purpose: Naturally positioning you into a balanced athletic golf stance. Take your normal golf stance in the center of the Orange Peel with the white line bisecting your feet. Perform all of the above Orange Whip drills from this position.



Golf Course Lies

Purpose: Developing rhythm and balance from any lie angle. Take a stance anywhere within the Orange Peel. From your chosen stance, practice your normal swing to build rhythm and balance allowing you to be more consistent on the golf course when faced with a variety of lie angles.



Wedge/Chipping

Purpose: Positioning you into a proper short game setup. Take stance as illustrated, positioning the weight on the front foot. Practice your normal short game swing. The result is a proper angle of descent, creating distance control and greater overall accuracy.

The Putting Wand



Rhythm Training

Purpose: Finding your natural putting rhythm. Swing the Putting Wand in a back and forth pendulum motion. The goal is to find a putting rhythm that flexes the shaft the least. Repeat making individual putting strokes.



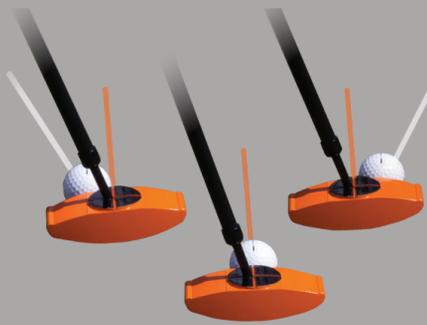
Achieve a pendulum motion like Newton's Cradle

Distance Training

Purpose: Increasing your putting distance control. Choose a desired length and attempt to roll three putts to that distance. Notice that the smoother your rhythm is, the easier it is to roll your putts the same distance.



Achieve a pendulum motion like Newton's Cradle



Impact Training

Purpose: Increasing putts where center contact is made. The curved face of the Putting Wand requires center contact for the ball to roll on the intended target line. Striking the putter face off-center results in the ball immediately moving from its intended target line.



Ball Position

Purpose: Finding your desired ball position. The goal is to experiment with the ball position in your putting stance that allows for the ball to roll with the least amount of bounce.

For Instructional Videos, visit OrangeWhipTrainer.com

