

**Before you start!** - Please remember to warm-up before working through this training protocol. If you at any time feel pain or discomfort, stop immediately and consult your medical professional. Always swing the SuperSpeed Training clubs in a safe environment and toward the driving range or hitting net. Do not hit the ground or try to hit a golf ball with the training clubs. When swinging, we recommend keeping the head of the club about 6 to 8 inches above the ground through the bottom of the swing arc.

Club Color	Light	Medium	Heavy		Light	Medium	Heavy
<b>Men</b>				<b>Ladies, Senior, Junior</b>			

During this protocol you are going to make swings in two different drill positions, **Standing**, and **Crow Hop**.

You will begin this protocol in the **Standing** position on your dominant side, take **EIGHT** swings as aggressively and in as rapid of a succession as possible. Next, swap the direction of the swings to the non-dominant side. Take **EIGHT** swings in this direction. Repeat this same process with the medium and heavy weighted clubs.

The last position involves taking a running start or “**Crow Hop**” motion. Make sure that you have enough room to perform this motion. In this drill, if possible, we recommend starting the crow hop right after the finish of the previous swing. This will only work if you have a good amount of space to move. Take **EIGHT** swings as aggressively as possible in the dominant direction. Next, swap the direction of the swings to the non-dominant side. Take **EIGHT** more swings in this direction.

Finally, finish the protocol with **FIVE** more swings with the lightest club in **Standing** position on your dominant side. Always stay aggressive and unleash your speed!

Position	Sets	Reps
<b>Standing</b>	<b>THREE</b> – Light, Medium, and Heavy	<b>EIGHT</b> Dominant Side and <b>EIGHT</b> Non-Dominant
<b>Crow Hop</b>	<b>THREE</b> – Light, Medium, and Heavy	<b>EIGHT</b> Dominant Side and <b>EIGHT</b> Non-Dominant
<b>Standing</b>	<b>ONE</b>	<b>FIVE</b> swings on the dominant side only