

**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 **Step-Change of Direction**. You will start with the lightest club in the set (green for the men's set and yellow for the women's and junior sets).

Starting in the **Standing** position on your dominant side, take **THREE** swings as aggressively as possible. Next, swap the direction of the swings to the non-dominant side. Make sure to switch your grip and swing direction. Take **THREE** swings in this direction. Repeat this same process with the medium and heavy weighted clubs.

Now move on to the **Step-change of direction** position. For this position, start with the normal golf stance and then move the lead foot back toward the trail foot so that the feet are touching. Make a swing stepping the lead foot forward as the club is going back, plant the lead foot aggressively and then swing through. Take **THREE** swings as aggressively as possible in the dominant direction. Next, swap the direction of the swings to the non-dominant side. Make sure to switch your grip and swinging direction. Take **THREE** more swings in this direction. Repeat this same process with the medium and heavy weighted clubs.

Finally, finish the protocol with **THREE** 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 Clubs	<b>THREE</b> on the dominant side and <b>THREE</b> on the non-dominant
<b>Step-Change</b>	<b>THREE</b> – Light, Medium, and Heavy Clubs	<b>THREE</b> on the dominant side and <b>THREE</b> on the non-dominant
<b>Standing</b>	<b>ONE</b>	<b>THREE</b> swings on the dominant side only