

Philosophy: Balance is the Foundation of an efficient, athletic motion. Golfers who swing in balance are more powerful and consistent than those out of balance. Poor balance can lead to tension and manipulation of the golf club during the swing.

Purpose: The Orange Peel is designed to improve balance and promote proper rotation around the center of gravity. The Orange Peel is like standing at the bottom of a sphere – all forces pushing you to the center to establish the balance point. Once the core is "centered", the golfer can produce more effective rotary motion and a free, natural whipping motion will result.

Benefits: The Orange Peel will promote a proper setup position and align your center of gravity in the core region while training an athletic golf swing and achieving a workout. To more easily correct swing faults, the user will adjust the position of their feet on the Orange Peel. This reaction to the weight re-distribution forces the golfer to naturally adjust the swing plane to fit their posture.



Before using the Orange Peel, perform some light stretching exercises to loosen-up. This will maximize effective use of the Peel and Minimize any chance of injury. Please consult your physician if you have questions relating to your health and the use of this product.

ORANGE  PEEL

- Center the core for improved balance
- Develop a dynamically athletic stance
- Promotes rotation around center of gravity
- Synchronize the upper and lower body
 - Experience different swing planes
 - Recreate uneven slope conditions
 - Facilitates proper body release



- Durable plastic design
- Rubber surface area for secure footing
 - Concave surface area
 - 44 inches long and 25 inches wide
 - 21 lbs total weight
- Built in handles for easy transport

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