

The Foundation Drills

Designed to be completed in numerical order.

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

1. Torso Twist



Stand with feet shoulder-width apart, arms extended at stomach height, with your hands under the Orange Whip.



While maintaining this position with your forearms pointed at your chest, begin slowly rotating back and forth in a smooth, continuous rhythm. Initiate and control the pace of the Torso Twist with your feet. Gradually increase the tempo of your motion while maintaining balance and the starting position.

Suggested Workout:
2-3 Sets Daily (10-12 Reps Per Set)

2. Hinging Forearm Rotation

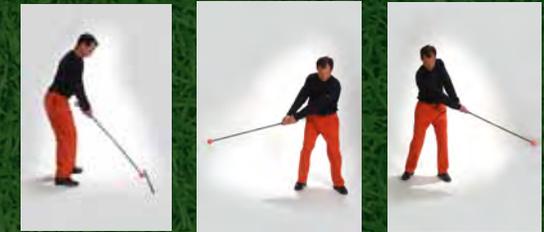


Place hand over the product sticker and grip shaft in your fingers. Extend the Whip from your core, slightly tilted toward the ground. Begin by rotating your torso back and forth, letting the wrist hinge on the back rotation and then releasing the hinge on the forward rotation. Gradually increase pace to replicate tempo of your golf swing. Use your footwork to control the pace and maintain balance.

Suggested Workout:
2-3 sets daily (10-12 reps per set)

For maximum results, perform this exercise with each hand.

3. Gradual Full Swing



Assume your normal golf stance facing a visible line parallel to your feet, if possible. Slowly begin your golf swing, moving your arms, shoulders and the Orange Whip in a pendulum motion, letting your weight shift naturally as you gradually widen the arc of your 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 reach a full swing. Continue at a pace that allows for perfect balance throughout the motion.

Suggested Workout:
2-3 sets daily (10-12 reps per set)

For a balanced workout, finish with one set opposite handed.

WARNING: Improper use of this product in a manner other than described above could lead to injury. Jimmy Hack Golf L.L.C is not liable for improper use of this product. Periodically check to make sure the product is not damaged and all components are secure. Do not use the Orange Whip if it is damaged in any way. Maintain a safe swing zone with at least ten-feet of empty space on all sides. Do not use the product to cause impact, including but not limited to impact with objects, people or animals of any kind. Avoid excessive twisting or bending of the shaft by hand or outside force. Product is only designed to be utilized in a manner consistent with the drills described. Product may be returned to the manufacturer for replacement in the event of malfunction or damage occurred through normal use.