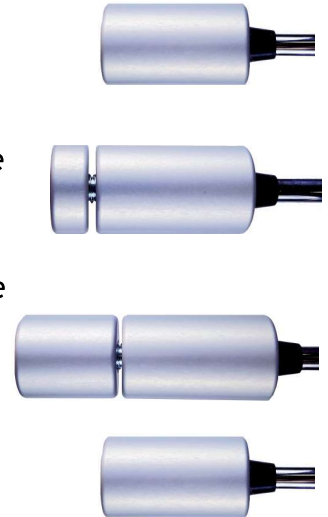


Handy Speed Stick Drill

Before each drill and practice session it is advised to warm up properly to avoid injury. We recommend a 15-minute warm-up before the drill (for example jumping jacks, pushups and light stretching). When you have warmed up you will get more out of your work out!

The drill (around 10-15 min). **Take a 15 to 20 second pause between every swing.**

1. 3 swings without added weight on your nondominant side
3 swings without added weight on your dominant side
2. 3 swings with the smaller added weight on your nondominant side
3 swings with the smaller added weight on your dominant side
3. 3 swings with the heavier added weight on your nondominant side
3 swings with the heavier added weight on your dominant side
4. 3 swings without added weight on your nondominant side
3 swings without added weight on your dominant side



NOTE! Remember to check that extra added weight is tight in the end of the shaft

With the lightest weight the user usually can get up to 19% more swing speed compared to the playing driver. The middle weight allows for up to 17% more swing speed and the heaviest of the three up to 12% more swing speed. With regular training, it is possible to get a 10 to 15 mph increase in your club head speed within a month, which gives you up to 30 yards more from the tee! The best part about training is that after it you do not need to swing harder but your natural swing will become faster by itself. We recommend practicing three times per week with a day off in between to optimize swing speed gains.

Warranty and Replacement

The product has a 1 year warranty from the date of purchase. The warranty covers possible manufacturing defects but does not cover accidental damages caused by improper use of the product. The Handy Speed Stick is not meant to hit a golf ball, the ground or any other object. The user can replace the Handy Speed Stick for a fixed price of 45 \$ (vat. included) + shipping cost for any defect the product has within warranty coverage.

Production and Marketing

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Attention! The product has applied trade dress for Europe and the USA.