

MaxSwingSpeed

GOLF TRAINING AID

Juniors (8-13yrs) Advanced Training Program

Weeks 1 - 2

POSITION	NUMBER OF WEIGHTS					
	1	2	3	4	5	1
SLIDE STEP	2 x swings on each side	2 x swings on each side	2 x swings on each side	X	X	2 x swings on dominant side
KNEELING	2 x swings on each side	2 x swings on each side	2 x swings on each side	X	X	2 x swings on dominant side
STANDARD	X	3 x swings on each side	X	X	X	X

Weeks 3 - 4

POSITION	NUMBER OF WEIGHTS					
	1	2	3	4	5	1
2 STEP	2 x swings on each side	2 x swings on each side	2 x swings on each side	X	X	2 x swings on dominant side
SINGLE KNEE <small>Left</small>	2 x swings on each side	2 x swings on each side	2 x swings on each side	X	X	2 x swings on dominant side
SINGLE KNEE <small>Right</small>	2 x swings on each side	2 x swings on each side	2 x swings on each side	X	X	2 x swings on dominant side
STANDARD	X	3 x swings on each side	X	X	X	X

Weeks 5 - 6

POSITION	NUMBER OF WEIGHTS					
	1	2	3	4	5	1
PRESET PUMP	2 x swings on each side	2 x swings on each side	2 x swings on each side	X	X	2 x swings on dominant side
HAPPY	2 x swings on each side	2 x swings on each side	2 x swings on each side	X	X	2 x swings on dominant side
SINGLE KNEE <small>Left</small>	1 x swing on each side	1 x swing on each side	1 x swing on each side	X	X	2 x swings on dominant side
SINGLE KNEE <small>Right</small>	1 x swing on each side	1 x swing on each side	1 x swing on each side	X	X	2 x swings on dominant side
STANDARD	X	3 x swings on each side	X	X	X	X

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Weeks 7 - 8

NUMBER OF WEIGHTS

POSITION	1	2	3	4	5	1
2 STEP	1 x swing on each side	1 x swing on each side	1 x swing on each side	X	X	2 x swings on dominant side
PRESET PUMP	1 x swing on each side	1 x swing on each side	1 x swing on each side	X	X	2 x swings on dominant side
KNEELING	1 x swing on each side	1 x swing on each side	1 x swing on each side	X	X	2 x swings on dominant side
HAPPY	1 x swing on each side	1 x swing on each side	1 x swing on each side	X	X	2 x swings on dominant side
STANDARD	X	3 x swings on each side	X	X	X	X

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