

# MaxSwingSpeed

GOLF TRAINING AID

## Adults Advanced Training Program

### Weeks 1 - 2

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

### Weeks 3 - 4

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

### Weeks 5 - 6

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

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## Weeks 7 - 8

POSITION	NUMBER OF WEIGHTS					
	1	2	3	4	5	1
<b>2 STEP</b>	1 x swing on each side	1 x swing on each side	1 x swing on each side	1 x swing on each side	1 x swing on each side	2 x swings on dominant side
<b>PRESET PUMP</b>	1 x swing on each side	1 x swing on each side	1 x swing on each side	1 x swing on each side	1 x swing on each side	2 x swings on dominant side
<b>KNEELING</b>	1 x swing on each side	1 x swing on each side	1 x swing on each side	1 x swing on each side	1 x swing on each side	2 x swings on dominant side
<b>HAPPY</b>	1 x swing on each side	1 x swing on each side	1 x swing on each side	1 x swing on each side	1 x swing on each side	2 x swings on dominant side
<b>STANDARD</b>	X	X	3 x swngs on each side	X	X	X

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