



HELLAFAR
GOLF

767 TRAINING STICKS

GOLF SWING SPEED DEVELOPMENT



Access Digital Version

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GOLF

Warm Up:

Normal Golf Swing with Dominant Hand at 50% Speed

Set, Swing Dominant:

Set at Top of Golf Swing then Accelerate with Dominant Hand

Set, Swing Opposite:

Set at Top of Golf Swing then Accelerate with Opposite Hand



Set at Top Example:

Normal Dominant:

Normal Golf Swing with Dominant Hand

Normal Opposite:

Normal Golf Swing with Opposite Hand

Normal Dominant Max:

Normal Golf Swing with Dominant Hand at Full Max Speed

Rapid 10 Second Max:

Swing at Max Speed for 10 Seconds with Dominant Hand

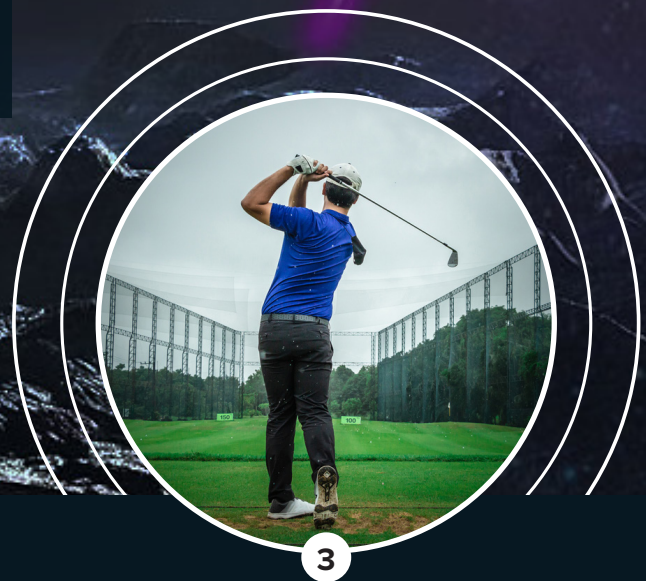


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WEEK 1-2

	DRIVER	LIGHT (SILVER)	MEDIUM (PINK)	HEAVY (GREEN)
Warm Up - Normal 50%	10-15 Swings			
Set, Swing Dominant - 50%		4 Swings	4 Swings	4 Swings
Set, Swing Opposite - 50%		4 Swings	4 Swings	4 Swings
Normal Dominant Max - 150%	3 Swings			

5 second break between set up and swing
30 second break between different weights
30-60 second break between swing for max





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WEEK 3-4

	DRIVER	LIGHT (SILVER)	MEDIUM (PINK)	HEAVY (GREEN)
Warm Up - Normal 50%	10-15 Swings			
Set, Swing Dominant - 50%		6 Swings	6 Swings	6 Swings
Set, Swing Opposite - 50%		6 Swings	6 Swings	6 Swings
Normal Dominant Max - 150%	3 Swings			

5 second break between set up and swing
30 second break between different weights
30-60 second break between swing for max



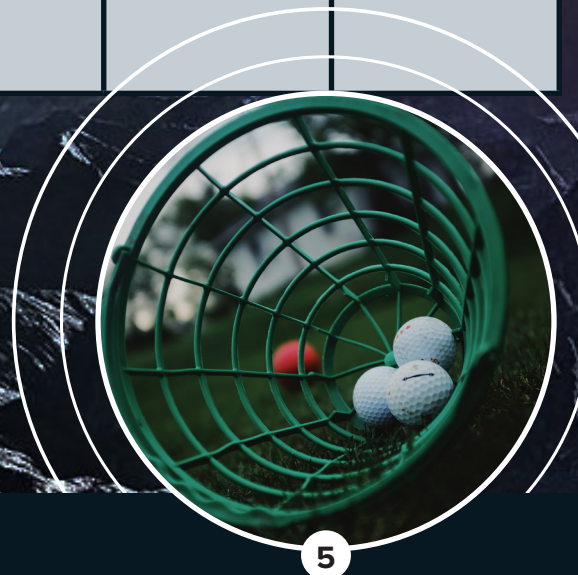


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WEEK 5-12

	DRIVER	LIGHT (SILVER)	MEDIUM (PINK)	HEAVY (GREEN)
Warm Up - Normal 50%	10-15 Swings			
Set, Swing Dominant - 75%		4 Swings	4 Swings	4 Swings
Set, Swing Opposite - 75%		4 Swings	4 Swings	4 Swings
Normal Dominant - 50%		3 Swings	3 Swings	3 Swings
Normal Opposite - 50%		3 Swings	3 Swings	3 Swings
Normal Dominant Max - 150%	3 Swings			
Rapid 10 Second Max	1 Set			

5 second break between set up and swing
30 second break between different weights
30-60 second break between swing for max
30-60 second break before rapid swing





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WEEK 13-19

	DRIVER	LIGHT (SILVER)	MEDIUM (PINK)	HEAVY (GREEN)
Warm Up - Normal 50%	10-15 Swings			
Set, Swing Dominant - 75%		6 Swings	6 Swings	6 Swings
Set, Swing Opposite - 75%		6 Swings	6 Swings	6 Swings
Normal Dominant - 50%		4 Swings	4 Swings	4 Swings
Normal Opposite - 50%		4 Swings	4 Swings	4 Swings
Normal Dominant Max - 150%	3 Swings			
Rapid 10 Second Max	1 Set			

5 second break between set up and swing
30 second break between different weights
30-60 second break between swing for max
30-60 second break before rapid swing





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WEEK 20-26

	DRIVER	LIGHT (SILVER)	MEDIUM (PINK)	HEAVY (GREEN)
Warm Up - Normal 50%	10-15 Swings			
Set, Swing Dominant - 90%		8 Swings	8 Swings	8 Swings
Set, Swing Opposite - 90%		8 Swings	8 Swings	8 Swings
Normal Dominant - 50%		6 Swings	6 Swings	6 Swings
Normal Opposite - 50%		6 Swings	6 Swings	6 Swings
Normal Dominant Max - 150%	3 Swings			
Rapid 10 Second Max	1 Set			

5 second break between set up and swing

30 second break between different weights

30-60 second break between swing for max

30-60 second break before rapid swing



Record Your Swing Speed Progress



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WEEK	DRIVER	NOTES
Week 1		
Week 2		
Week 3		
Week 4		
Week 5		
Week 6		
Week 7		
Week 8		
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