

How to use PlaneSWING

Step 1

Set the hoop at “0” setting and fix the PlaneGUIDE (the bungee cord) from one side of the hoop to the other at the halfway point.

Step 2

Take up the address position with the PowerSLIDER resting on the bottom of the hoop and ensuring that at least 4 inches (10cm) of the PowerSLIDER extends beyond the hoop. It is important that you adopt good posture (good spine angle) and an orthodox grip.

Step 3

Check that the PlaneGUIDE runs just below the halfway point of the sternum and that the PlaneGUIDE bows slightly across the chest. To achieve this you may need to adjust the setting of the angle of the hoop up or down to suit. See ideal plane setting image.

Step 4

Check your stance alignment is square on the Stance Alignment Mat.

Step 5

Once the ideal plane has been set, slowly build a swing with the weighted PowerSLIDER keeping shoulders and forearms synchronized, imagining a clock-face. Build from 5 o'clock to 7 o'clock, then 4 to 8, then 3 to 9. Stay relaxed and build this motion for a few minutes before going beyond 9 o'clock.



Step 6

As you build the swing (and width) you'll notice that your forearms have naturally rotated at point 4. Continue to build this motion and blend in wrist hinge (cock) to 90 degrees. Do this on the follow-through too.

Step 7

At 10 o'clock and 2 o'clock you'll notice that the PlaneCHECKER (assuming a 90 degree wrist hinge with an orthodox grip) is in line with the PlaneSWING hoop on both the back swing and the follow-through.

Step 8

If the PlaneCHECKER is above the hoop then it's likely that you have over-rotated your forearms or not synchronized your shoulders and forearms. If the PlaneCHECKER is below the hoop it's likely that you have taken the PowerSLIDER too much on the inside, not building width into the swing. Taking a club too much on the inside makes it difficult to hinge the wrists often resulting in an over-the-top motion. PlaneSWING helps eradicate this and other faults.

Step 9

Building the swing gradually from the address position to an almost full swing, back and through, increases flexibility and the weighted PowerSLIDER will stretch and strengthen specifically the muscles used in the golf swing. KEEP IT SMOOTH – NOT AGGRESSIVE.

Step 10

Repeat this for no more than 3 minutes at a time, with a minute break in between.



Notes:

- a. The LONG PowerSLIDER simulates driver to 5 iron. By gripping the PowerSLIDER at the bottom of the grip you simulate the shorter club and vice versa.
- b. This WILL impact the plane angle setting of course. You'll require the setting more upright for a shorter club and flatter for a longer club.
- c. The PlaneSWING can be used to improve pitching and chipping too by using the SHORT PowerSLIDER, available as an optional extra.
- d. Regularly check that the setting remains correct.

