10 Minutes to Tremendous POWER

Put DISTANCE in your game with untapped personal sources of SPEED and POWER!
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INTRODUCTION

You see it every weekend on TV… the “Young Guns” on the tour out there busting drives off the tee, sometimes 320 yards or even more. Is this just an improvement in equipment? No! Rest assured, all the pros on the tour have access to the best equipment that can be bought, period! The answer has to lie somewhere else, and that answer is proper conditioning and training of the golf muscles.

Let’s face it…watching the pros bust those drives is nice, but you really want the other members of your foursome to go “Wow!” after you hit your drive. While we can’t promise you will suddenly start driving 300 yards or more, if you use this program you can add substantial distance and build a more powerful swing almost immediately.

What is the Tremendous Power program? It’s really based on two separate components: The first is a set of isolation and contraction exercises you can do at home using the Maximus Weighted Swing Trainer. These exercises will build your “speed muscles” and help add power to your golf swing, in just ten minutes every other day!

The second is a set of warm-up and training routines on the range using the Maximus, the Medicus Dual Hinged trainer, and the Medicus Power Meter. These two trainers along with the Power Meter will get you fully warmed up, and will also reinforce the correct swing plane, tempo and timing, and build power for your swing.

Golf can be an incredibly fun game, especially when you’ve got the power to pull out your short irons on those par 4’s and 5’s. Invest just ten minutes every other day, and start busting those drives for incredible distance!
Okay, let’s face it, all golfers want to add distance and accuracy to their drives, and everybody and their brother seems to have a new golf gizmo out there that is going to revolutionize your golf swing. However, this program is a little different… it’s actually based on science! There is a way to build tremendous power and distance in your golf game, and that’s by building your fast response golf muscles, and therefore your club head speed.

If you follow this program you will end up with consistently more powerful, longer and more accurate golf shots, both with your driver and your irons.

**Building Club Head Speed**

What is the biggest factor in getting those long distance drives? It all boils down to club head speed. Plain and simple, the faster your club head is moving towards the ball at impact, the farther it will go. Now does that mean you should just go up there and swing as fast and as hard as you can? Well, you’ll probably get a 300 yard drive alright, 150 yards forward, and another 150 yards into someone’s backyard barbeque.

It’s a lot more than just gripping and ripping it… If you watch the pros, they look silky smooth, due to proper swing mechanics and technique. But in addition, they are superbly conditioned. Your average young professional on the tour has a swing speed of 120 mph and up. Your average weekend golfer has a swing speed anywhere from 80 to 90 mph. The difference? The professional golfer has trained their fast response golf muscles to react in an explosive, synchronous fashion, hence, busting the big drives!

Our goal here, if you follow the program, is to create the “Wow Factor”. We’re going to build and train your fast response golf muscles so people go “Wow” when you step off the tee! In fact, you’re going to be saying the same thing to yourself.
How the Program Works

To keep it simple, the best way to build your fast response muscles and an incredibly powerful swing is to use “Isolation and Contraction”. A vast amount of current scientific research has been done on this, and for those of you who want to understand the why’s and where’s we provide some background details later. However, here is a quick thumbnail of the core program.

There are two stages to the “Ten Minutes to Tremendous Power” program. The first uses the Maximus Weighted Trainer with a set of golf swing specific type of isolation and contraction exercises, to build up your fast response golf muscles and your core muscle groups. By following the exercises with the program you will be training and building your fast response muscles for explosive power.

The second stage employs the Medicus Dual Hinged Trainer, and the Medicus Power Meter, along with the Maximus. Used together these two training devices help keep your swing on plane and accurate, and also help re-enforce your new speed gains.

An interesting thing happened when we first started testing our program with both PGA instructors and playing professionals...we discovered just how hard it is for them to gauge their own club head speed as they work to build power. As they hit drives on the range, we asked them to identify which swings had the most club head speed, i.e., were the fastest. If they didn’t have access to the Medicus Power Meter (which will give them a true club head speed), they were often times incorrect in saying which swing was the fastest. Part of this program is training the golfer to recognize and gain the feeling of this new and more powerful swing, as well as learning to trust it under pressure.

While doing the exercises in the program will build power and club head speed, stage two uses the Medicus Dual Hinged trainer, the Maximus weighted trainer, and the Medicus Power Meter to complete the process and give you the ultimate “Wow” factor. If you’re ready to jump into the exercises you can skip ahead to page 11, “Performing the Exercises”.

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\text{Speed} + \text{Power} = \text{DISTANCE}
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Otherwise, keep reading and we will fill you in a little more on the concepts behind the program.

**PHASE 1**

**The Maximus Hittable Weighted Trainer**

Using the Maximus hittable weighted swing trainer with this program you can start busting those great drives in an incredibly short time! The Maximus weighted swing trainer is a uniquely weighted golf club that will help isolate and build the right golf muscles for tremendous power. You can perform the exercises at home and then go to the range and hit balls as well. The Maximus will encourage the right swing plane and tempo. One of the unique features of the Maximus is that it encourages you to use your large muscles during the swing, which produces a powerful and smooth motion.

The program starts with 5 simple exercises using the Maximus that you can do at home, in your office, or just about anywhere. Each exercise is designed to individually isolate, contract and build for speed the correct muscles used during the golf swing. You can do these in just ten minutes, every other day.

**PHASE 2**

**Combining the Maximus With the Medicus**

As you start creating increased club head speed and building power, it’s going to become even more important that you stay on-plane and with a good swing tempo, and that’s where using the Medicus and Maximus together really come into play.

The Medicus Dual Hinged trainer is ideal for ensuring your swing stays intact as your swing speed increases. If you get off plane or your tempo becomes too quick or uneven, the Medicus’ dual hinge will break, giving you instant feedback. Used together with the Maximus this
combination of swing trainers becomes the perfect complementary system, building power and re-enforcing a perfect swing plane and tempo.

Using this combination of trainers once a week, either in your backyard or on the range, will let you really take your newfound power to the next level, which means straighter, longer and more consistent drives. Since both the Medicus Dual Hinged Trainers and the Maximus Weighted Trainers are uniquely hittable and provide instant feedback, we encourage you to hit balls on the range as well.

Understanding the physics behind the program:
You don’t need a PhD in kinesiology (the study of human movement) in order to understand how to build your golf muscles for incredible speed and distance. Everything you need to know is included here, and we have purposely designed the program to be simple, quick and effective. However, don’t be tricked by the simplicity of the program… it is effective, and while designed to be done in ten minutes, it works, plain and simple.

Everyone’s muscle groups are comprised of three muscle fiber types… all designed to react at different speeds when called on by your neuromuscular response (your brain calling on your muscles to perform in certain ways.)

An easy way to describe these muscle fibers is slow, fast, and medium response. (Technically, these muscle fibers are referred to as “slow-twitch”, etc, or by numbers, with the slower being called “type I fibers”, and the faster ones “type II.”) In general, “fast-twitch” fibers can contract two to three times faster than their slower counterparts.

A good way to think about this is picturing the difference between a marathon runner and a sprinter. The marathon runner needs his leg muscles to contract and release numerous times over several hours, without exhaustion. Compare that with the sprinter, who needs his muscles to rapidly contract and release over a much shorter period of time. Needless to say, the training for each type of runner (marathoner or sprinter) is dramatically different.

Speed + Power = DISTANCE
If you could look inside at the muscle composition of each runner you would see a substantial difference. The marathoner would have his slower response muscles well trained and maximized, but the fast sprinter would have much more of the faster response muscle groups trained and ready to go. One study showed that while a distance runner might have about 25% of his leg muscles composed of type II fibers, a sprinter can have upwards of 80%!

While playing a round of golf takes several hours, the golf swing itself is actually a very explosive form of muscle activity… i.e., we are looking to train our fast response muscles. It’s true that simply swinging a weighted club or working out with weights will tend to build your general golf muscles, but building your medium and slow response muscle fibers is not as effective for the golf swing, and indeed may be counter-productive. What we really want to do is build the fast response muscles so they become the primary force during the swing.

Swinging a weighted club 20 to 30 times a few times a week is nice and will help some, but it’s like a body builder doing fast reps to strictly build up size. This will help with overall strength, but will also end up building the “slower response” muscles, which is not helpful for overall power.

We don’t need slow muscles to be trying to get involved…instead, since the golf swing is ideally explosive, we can do far better by focusing on the fast response or fast-twitch muscle groups and isolation and contraction is the perfect way to do it.

The Best Way to Train for Speed
Numerous scientific studies have demonstrated that the isolation, lengthening and then contraction of the specific muscle groups used in a particular task results in training the fast muscle fibers. This also helps to build the neuromuscular response required to call all this into action quickly. When we isolate and contract the specific golf muscle we want to use during the swing we are helping to reinforce in our mind the firing of that particular muscle group, thus helping to build speed.

The bottom-line…if you want to build muscle for speed…isolate and contract the muscle groups. This Maximus training program has been
designed specifically to quickly build your explosive, distance-producing golf muscles and produce a dramatic difference in your game.

**Let’s Get Started...**

**Precautions and Warnings**
Before starting this exercise program, if you have any health problems, you should consult with your physician to make sure this program is appropriate and safe for you. None of these exercises should cause pain or discomfort, only normal muscle fatigue. If you experience pain or discomfort while doing any of the exercises described below you should consult with your physician, and only continue with the exercises under his or her advice or direction.

**The Golf Muscles We Are Focusing On...**
As we mentioned earlier, the golf swing ideally is an explosive, synchronous movement that involves the rapid firing of your golf muscles in the proper order. Primary muscle groups used in our training here involve the Lateral Hip Rotators, Lateral Spine Rotators, the Deltoids, the Pectorals, the Triceps, and your Wrist flexors and Wrist extensors. Later on we will go into more detail about the proper muscle groups used during a powerful golf swing.

**STAGE ONE**
**Performing the Exercises**

The “Ten Minutes to Tremendous Power” program has been designed to be simple, easy and as the name implies, only take ten minutes to do all the exercises. We also have some even better news...for maximum benefit, you only need to do the exercises every other day! In fact, trying to do the exercises more often may end up being counter-productive, by not giving your muscles time to recover and build. However, it’s important to make sure you perform the exercises properly. Before we get started on the program, here are some definitions that we use here:

**Repetitions or Reps:** The number of times we do each exercise.
A Set: A set is considered to be each exercise done the proper number of repetitions, in this case usually 3 times for each exercise.

Exercise Rest Period: The rest period between each individual repetition in a set is typically 15 seconds. Rest periods between sets are 30 seconds.

Here are some keys for working on the program. These six keys will help you get the maximum benefit from the exercises:

1. Isolation and Contraction…
As mentioned, the best way to build the fast response muscle fibers is to isolate them in a specific exercise and then cause them to contract. Typically, the best contraction is one that takes place in a similar fashion to the motion that we are trying to enhance, in this case the golf swing.

Because the golf swing is really a synchronous exercise, which means a number of different muscles come into play one after another, as you do each of the exercises you will feel some of the other muscles contract as well. This is normal, and helps program your muscles to react in a fluid motion.

Each exercise shown here is specifically designed to isolate particular muscles used for that part of the swing. As you do the exercise you should be able to feel the particular muscle groups being worked. However, you can also enhance this effect by focusing on the particular group of muscles and making sure they are well contracted during the exercise. This will add to the effect and help achieve a maximum workout of the muscle.

2. Proper Breathing
Breathe normally while doing each exercise! There is a natural tendency to want to hold your breath during each routine… but this can have a negative effect, including raising your blood pressure, so… it’s important to make sure to breathe properly. When first starting out on the program, it helps to focus on your breathing and try to inhale and exhale at least once during each individual 15-second exercise.
3. Duration of Each Repetition
One of the great things about an isolation and contraction exercise routine is that each repetition only lasts 15 seconds. That’s right, 15 seconds! If you were doing a normal weight-training program you might spend up to two minutes doing each repetition in a set, and with a normal rest period you can easily spend up to five minutes working each muscle group. However, scientific studies have shown that with isolation and contraction exercises all you need is 15 seconds for each contraction to get your maximum gain.

4. Number of “Reps”
Even better news… for each exercise, you only have to complete each contraction just three times. With our isolation and contraction method, you will achieve your maximum benefits during the workout in about a minute and a half for each exercise. After several weeks you might want to add another repetition, making it four per exercise. However, after four you are no longer getting your maximum benefit. Our research shows that for most people three repetitions will hit that maximum benefit.

5. Rest Periods
Once again, 15 seconds is the magic number here… between each repetition we want to rest the muscles just long enough for glycogen replenishment to take place, which is just a fancy way of saying muscle recovery. We rest the muscles we are working for 15 seconds between each repetition, and then after the set is finished we take a full 30 seconds rest before we move on to the next exercise.

6. Frequency of Workouts
Studies have shown that the most efficient way to build your fast response muscle groups is to work them one day, then give them a day off to fully recover and start building before we start the next cycle of exercises. When we do the exercises, we are really “tearing down” the muscles and signaling your body that “We’re going to need more horsepower here guys.” Giving the worked muscles about 48 hours to rebuild in a slightly larger way to meet the demand seems to work best.
The nice thing about isolation and contraction is that since we are taking the muscles to peak contraction each time we continue to signal the body to keep building.

After each workout the body will continue building muscle mass for about 72 hours, when it hits its peak. So keep that number of 72 hours in mind as well...especially if you have an important tournament or match scheduled. You don’t want to do your exercises the night before an important match and have your muscles be in the middle of rebuilding. If you need to you can skip a day so you reach the 72-hour period for maximal muscle strength when you really need it the most!

**SUMMARY**

Okay...here is a quick summary of the best way to do the exercise program...

- Be sure to breathe when you’re doing the exercises.
- Do each muscle contraction for 15 seconds.
- Do at least 3 repetitions for each exercise.
- Rest for 15 seconds in between each repetition, and give yourself a full 30 seconds after completing a full set.
- Focus on each muscle group during the contraction.
- Your muscles will reach full recovery in about 72 hours so if you have an important match or round scheduled, give yourself the full 72 hours.

*Now that we have the basics down on how to do the exercises, let's get to it!*
BUILDING THE HIP AND SPINE ROTATORS

A good powerful swing really starts with the ability to rotate both the hips and the lower spine. Muscles used in a proper hip and spine rotation include the oblique muscles (right and left, just above the hips and to your sides) and your gluteus or glutes (what you sit on). These as well as other abdominal muscles are often referred to as your core muscle group. A strong core is essential to a powerful swing. A funny thing about the oblique muscles...for a long time they were the unknown muscle group, but now they suddenly have become the “muscle du-jour” for sports injuries. Check out any sports injury report on baseball, football, golf or others, and you’ll see something about a sprained oblique. The exercises shown here will strengthen the oblique muscles to not only add power to your golf swing, but will carry over to other sports as well.
A simple exercise that you can do anywhere you can find a door is a great way to isolate and build these muscles. This one doesn’t involve the Maximus, and you can do it just about anywhere you can find an open doorway.

THE DOORWAY TO POWER
EXERCISE #1
Find an open doorway, and stand just in front of the doorframe in a normal golf stance. Your back left heel should be 2-3 inches in front of the outer edge of the frame, with your body aimed forward, as though you were walking through the door. Your left shoulder and upper arm should be touching and flush with the outer frame, providing resistance. Now take a normal golf stance, with your knees slightly bent. (See figure #2)

Now, as you keep a steady pressure against the frame, slightly turn your hips and shoulders to the left, feeling the resistance. Your upper body will be turning almost 45 degrees. If you are doing this correctly, you will feel the pressure from the doorframe trying to push you to the right, as your hip and spine rotators resist. This effectively isolates your rotators. You should feel your left external oblique and your right internal oblique tense and contract. You should also feel a contraction in your gluteus and in your quadriceps (top of the leg). Focusing and feeling this contraction will actually help in isolating and strengthening these muscles.
Hold this position for a count of 15, or roughly 15 seconds.  
(Remember to breathe normally!) After you’ve finished rest for 15 seconds, then repeat 2 more times for a total of three times, and then take a 30 second rest.

Because we are building core muscles here involving the spine and trunk, we want to keep the body balanced, so we need to work on the right side as well. Therefore, exercise #2 is the mirror image of #1…

THE DOORWAY TO POWER
EXERCISE #2
The mirror image of Exercise #1, stand with your back right heel several inches in front of the edge of the frame, your right shoulder and upper arm touching the frame.

This time, slightly turn your hips and shoulders to the right, feeling the resistance. If you are doing this correctly, you will feel the pressure from the doorframe trying to push you to the left, as your hip and spine rotators resist. This effectively isolates your rotators. You should feel your right external oblique and your left internal oblique contract.

Hold this position for a count of 15, or roughly 15 seconds. (Remember to breathe normally!) After you’ve finished rest for 15 seconds, then repeat 2 more times for a total of three times, and then take a 30 second rest.

BUILDING POWER IN THE DOWNSWING

Several specific muscle groups come into play during the downswing, and the Maximus is perfect for isolating and strengthening them. Muscle groups used include the triceps (back of the upper arm), your pectorals (chest muscles), deltoids (shoulder muscles) and your lats (upper back and sides). To properly isolate and strengthen these arm muscles, there are three specific exercises using the Maximus Weighted Swing Trainer.
This exercise is designed to isolate and strengthen your pectorals, deltoids and lats.

Start by assuming a normal golf stance, as though you were addressing the ball. Using the Maximus, slowly start your backswing and continue until your arms are out at 80 degrees (to you) or almost parallel to the ground. Use a full wrist cock so that the club is actually straight up and down. (See figure #4) If you are in the right position, your wrists will be 2-3 inches below your shoulders. Feel free to slightly adjust your position (up or down) until you feel the maximum contraction.

Hold this position for a count of 15, or roughly 15 seconds. (Remember to breathe normally!) While doing this you should feel a contraction in your right pectoral, deltoid and lat. Focusing and feeling this contraction will actually help in isolating and strengthening these muscles.

After 15 seconds let the club drop into a normal swing plane, and then let your muscles rest for 15 seconds.
Repeat this exercise two more times, for a complete set of three repetitions, and a rest of 30 seconds at the end.

NOTES: This exercise also will help work your left external and right internal oblique muscles used during the swing, adding to the work we did with exercises #1 and #2.

Remember, if your golf muscles are out of shape, or if you have difficulty holding the position for the full fifteen seconds, it’s okay to start with less time, and then as your golf muscles get stronger, build up to the full exercise.

Figure 4 – Arm Power

ARM POWER
LEFT TRICEPS
EXERCISE #4

These exercises are designed to isolate and strengthen your triceps, an important component of a powerful downswing. Exercise #4 works your left triceps, and #5 works the right.

Start by assuming a normal golf stance, as though you were addressing the ball. Using the Maximus, slowly start your backswing and continue until your arms are out at 45 degrees (to you). Keep your wrists straight, without using a wrist cock. If you are in the right position, your club head will be about 2 feet off the ground. (See figure #6)
Hold this position for a count of 15, or roughly 15 seconds. (Remember to breathe normally!) While doing this, you should feel a contraction or tightening primarily in your left triceps, and a little less in your right. Focusing on this contraction will actually help in isolating and strengthening these muscles.

After 15 seconds let the club drop and rest for 15 seconds between repetitions.

Repeat this exercise two more times, for a complete set of three repetitions.

NOTES: Remember, if your golf muscles are out of shape, or if you have difficulty holding the position for the full twenty seconds, it’s okay to start with less time, and then as your golf muscles get stronger, build up to the full exercise.
ARM POWER
RIGHT TRICEPS
EXERCISE #5

Now that we have worked the left triceps, we also need to hit the right one as well. Basically, the exercise is just the mirror image of exercise #4.

Start by assuming a normal golf stance, as though you were addressing the ball. Using the Maximus, slowly move your club forward (to your left) and continue until your arms are out at 45 degrees (to you). Keep your wrists straight, without using a wrist cock. If you are in the correct position, your club head will be about 2 feet off the ground. (See figure #7)

Hold this position for a count of 15, or roughly 15 seconds. (Remember to breathe normally!) While doing this you should feel a contraction or tightening in your right triceps. Focusing on this contraction will help in isolating and strengthening this muscle.

After 15 seconds let the club drop and rest for 15 seconds between repetitions.

Repeat this exercise two more times, for a complete set of three repetitions.

NOTES: Remember, if your golf muscles are out of shape, or if you have difficulty holding the position for the full twenty seconds, it’s okay to start with less time, and then as your golf muscles get stronger, build up to the full exercise.
Another strong area of power in the golf swing is the wrist release at impact. A properly executed wrist release will add speed to your swing and yards to your drive. The muscles we want to focus on here are primarily the left wrist extensor and the right wrist flexor. Because we are using the Maximus, we can isolate these muscles exactly as they are used in the golf swing.

Start by assuming a normal golf stance, as though you were addressing the ball. Now, keeping your arms stationary, use only your wrists to start a normal backswing. If you are in the correct position, your shaft
will be almost but not quite parallel to the ground and pointing slightly to the left of your normal target line. Remember, all we are doing here is starting the first part of a normal backswing, but instead of using our arms, shoulders and hips, we are letting our wrists do the work. (See figure #8)

Hold this position for a count of 15, or roughly 15 seconds. (Remember to breathe normally!) While doing this, you should feel a contraction or tightening throughout your left forearm and a little less but slightly higher (towards your elbow) in your right. Focusing on this contraction will help in isolating and strengthening these muscles.

After 15 seconds let the club drop and rest for 15 seconds between repetitions.

Repeat this exercise two more times, for a complete set of three repetitions.

**Notes:** To make sure you are getting a strong contraction in your right forearm, you might want to concentrate on pushing your right elbow in (or extending your right arm slightly) to make sure your arm is straight. This will help to maximize contractions in both arms.
Feel free to experiment a little with your club head position, as everyone has a slightly different maximal contraction point. By raising or lowering your club head a few inches (making the shaft less or more parallel to the ground), you’ll quickly discover where you gain the strongest contraction.

Remember, if your golf muscles are out of shape, or if you have difficulty holding the position for the full 15 seconds, it’s okay to start with less time, and then as your golf muscles get stronger, build up to the full exercise. Another way for beginners to get started is to choke down on the grip 5 or 6 inches, thus creating less leverage. As you build muscle strength you can work your way back up the grip.
PUTTING IT ALL TOGETHER FOR SPEED

Now that we have isolated and worked all the muscle groups that will add explosive power to our swing, we need to put it all together. Right after completing the exercises is a great time to work on neuromuscular firing. This is just a fancy way of telling the brain to fire all the muscles off in sequence, and to do it rapidly.

We already have been working on the sequence of muscles used during the golf swing, just by doing the exercises in order. By taking each muscle group used to the approximate ideal contraction for a golf swing, we have been training our muscles to react in a speedy way.

Now we just need to add to our muscle memory by taking a few complete swings with the Maximus. By making 5 to 10 complete swings, we help to imprint our golf muscle memory on the correct sequence of firing and help to reinforce the muscle work we just completed.

Be aware that as your club head speed increases you need to keep an eye on staying on plane and in tempo. It’s really a good idea to try to get to the range at least once a week and hit a few balls with the Maximus, to make sure that your swing stays solid and intact. With that in mind, we are ready for “Phase 2”, which will continue your speed building and also help to maintain the perfect swing.

STAGE 2
Using the Medicus, Maximus and Power Meter Together
REINFORCING THE SWING ON THE RANGE

Having a much more powerful swing has definite advantages, but unless you can control it, it can be as much of a curse as a blessing. Being 300 yards off the tee is nice, but only if you are in the fairway. Stage 2 incorporates the Medicus Dual hinged trainer into your training routine,
Stage 2 also makes use of the Medicus Power Meter. As we mentioned earlier, having developed your golf muscles for a more powerful golf swing is one thing, but understanding, feeling and trusting this more powerful swing is another. While the Medicus Dual Hinged trainer will help reinforce a straighter, more accurate swing, the Medicus Power Meter will let you feel the dynamics of the faster swing, track your progress and help ingrain this into your muscle memory.

Both the Medicus and Maximus are excellent swing trainers but when all three units are used together they become the “ultimate swing training system”. We’ve already seen how using the Maximus can help build your fast response golf muscles, improve tempo and timing, and improve muscle memory for your golf swing. Combining the Medicus Dual Hinged swing trainer and the Power Meter can really help take you to the next level.

The Medicus with its special hinge is designed to break if your swing plane is off or if your tempo becomes too quick, providing instant feedback to the golfer. Both problems can creep into your swing as your club head speed increases. Following the “Phase 2” program once a week provides the ideal swing check to building the perfect swing.

In this stage of using both the Maximus and Medicus together you get an excellent warm-up for your round by starting with the Maximus. We follow that by using the Medicus Dual Hinged trainer to check for and correct any swing flaws, including swing plane and tempo. Then we follow it up with some more speed work with the Maximus, reinforcing the correct swing plane, tempo and timing, and continuing to build and imprint your golf muscles for speed. We then take all this and reinforce the feeling of greater club head speed with the Power Meter.

1. **Warm up and stretch using the Maximus:** (5 Minutes)
   A proper warm-up and stretching are essential prior to starting a round of golf or a practice session on the range. Swinging rhythmically loosens the muscles and provides a great stretch. The Maximus,
because it is a real, uniquely weighted and hittable golf club is perfect for getting your golf muscles warmed up. By hitting ten or so balls using a slow smooth swing you provide your golf muscles with an excellent warm-up, and the special weighting will help establish a correct swing plane, enhance your tempo and timing, and build muscle strength. Because you are actually hitting golf balls as well, you will be getting instant feedback by watching your ball flight.

2. Using the Medicus: (10 Minutes)
Now that we have the golf muscles warmed up and started grooving a correct swing, we are ready to switch to the Medicus. Just a few swings will provide instant feedback. An off plane swing or poor tempo will cause the hinge to break. Continuing to hit balls with Medicus will reinforce this ideal swing motion and promote a smooth and rhythmic tempo. Any swing flaws that may have snuck into your swing by building speed will quickly be identified and corrected.

3. Baseline Measurement (1-2 Minutes)
Now that the golf muscles are loose, warmed up and on plane, the golfer is assured of swinging with smooth timing and tempo. Take approximately 10 swings with your driver with a Medicus speed meter attached (see below.) The Medicus speed meter won’t interfere with your swing and will give you an accurate measurement of your improvement and ideal swing speed. Check your average club head speed. Now is a great time to record your new average swing speed improvement on the “Swing Speed Improvement Chart”.

4. Continuing to Build Speed
Now that we know our swing is on plane and we have a good tempo, we can add further imprinting of our muscle memory for a more powerful swing. Switching to the Maximus driver, take another ten smooth swings then switch back to your own driver, hitting balls and watching your ball flight. If you see obvious flaws creeping back into your swing (i.e., big slices or hooks), you can go back to the Medicus to work on your swing plane.

Using this program once a week will really help put it all together.

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\text{Speed + Power = DISTANCE}
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10 Minutes to Tremendous POWER

The Medicus Power Meter

1. Attaching and Using the Medicus Power Meter
As we mentioned earlier, having a more powerful, dynamic swing is one thing, but making this new swing speed a permanent part of your muscle memory and something you can trust during tournament conditions (or trying to beat your friends in a skins match) is another. The Medicus Power Meter will help reinforce this feeling and help ingrain in your neuromuscular memory what this new swing speed feels like.

The Power Meter is designed to quickly attach to your own golf club, and is small enough so that unlike other speed meters, it will not interfere with your golf swing or feel. (See figure #9)

2. Attaching the Power Meter to Your Clubs
The Medicus Power Meter can be easily switched between your Maximus, your Medicus and your regular driver or other clubs. On each end of the Power Meter are the locking levers. By applying a small amount of upward pressure these tabs will flip open, essentially opening up the Power Meter much like a clam.

Once the Power Meter has opened, you will see two rubber tabs at each end of the meter. The proper placement of the meter is up on the shaft, almost where the grip starts (but not on the grip!) Now simply slide your golf shaft in-between the rubber tabs, then close the meter around the shaft. Now gently close the locking tabs and you’re ready.
to go! Note that you shouldn't need to force the locking tabs closed. If it feels too tight, then you might want to look and make sure the shaft is between the rubber tabs. If it is, then simply move the meter down the shaft slightly.

3. Configuring Your Medicus Power Meter
The Medicus Power Meter is a precision instrument and can be used to track your swing power on almost any club you want to use. However, first we need to tell it a few things about you.

To turn on the Power Meter, push and hold down the left button for one second and the meter will spring to life. (See figure #10)

When first started up, the meter needs to know whether you want to view your numbers in MPH or Kilometers. Pushing the right button will allow you to toggle between your choice of speed measurements. Once you have selected one, simply hit both buttons to lock in your choice.

Next, the meter needs to know your correct height. You can increase height with the left button, and decrease the numbers with the right. Don’t forget to lock in your choice by hitting both buttons.

The final setting is club length. This lets you change to almost any club in your bag, however, most people will be using their driver. Put in your club length using the right and left buttons again. As an example, if you’re using your driver, most men’s drivers are around 44 inches, so you would choose 44 here, or the actual length of your
driver. A seven iron is likely to be 37 inches long, so if you are using a 7 iron, use 37.

Once you have your basic settings entered, you will only need to change your settings if you go to a different club.

4. Using the Medicus Power Meter
Once the power meter has been configured, all you need to do is swing the club. Every time you take a swing your swing power number will be shown. If you want to save your reading you can press the right button and enter it into memory.

If you don’t swing the club or press any buttons for 40 seconds the meter will go into standby mode. You can wake up the meter for your next swing by pressing the left button.

Using Your Swing Power Numbers
There are several key benefits to tracking your swing speed. Of course, one obvious benefit is watching your speed increase, which will keep you enthused about doing the more mundane work like exercises.

Another major benefit, however, is getting your subconscious to feel and trust your faster swing. This way, no matter what pressure you are under or what the circumstances are, your new more explosive swing will become automatic. As we mentioned earlier, it’s very tough for even the top golfing professionals to discern just how fast they are swinging their clubs unless they have a device to provide empirical proof to them of their swing speed. However, once they get that positive feedback as they practice it becomes very easy for them to develop trust in the new faster swing.

Now is a good time to talk about what your own ideal swing speed is. Often times as we watch the pros on TV, it’s easy to develop the misconception that they are always swinging at their top, full speed on every swing. They are NOT!!! Typically, a professional will use a swing speed that is about 85 percent of what their top speed could be. That way they can be assured, or at least hopeful, that the swing will
stay under some manner of control. When people hear the announcers say, “Boy, he really went after it that time…” they tend to assume the pro put everything he had into trying to drive the ball. Wrong again. More than likely, he upped his speed to about 90 percent of his maximum… enough to get some extra distance, but still have some hope of being in control.

Learning from the pros, we can take this same philosophy into our own swing speeds. When you first get started with the program you should try to identify what both your “controlled” and “Max” swing speeds are. As you do the exercises and work on the range over time you’ll find both of these speeds increasing. As your “controlled” swing speed increases, it’s a good idea to do some range work using the Medicus Power Meter to make sure you can really ingrain the feeling of this new swing speed. This way you can take it right to the course!
A NOTE ON THE MAXIMUS

Being uniquely weighted and designed for hitting balls on the range, the Maximus is really going to help you develop your core muscles and build power.

*However, because it is weighted, you are NOT going to be able to swing the Maximus at the same swing speed as your regular clubs. Trying to do so could possibly lead to muscle strain, etc.*

Remember, the Maximus is the “vehicle” to building power with your own clubs. Speed measurements should be taken using your clubs, and any measurements using the Maximus are just for informational purposes.

Maintaining Your New Swing…
*If you’re faithful about doing the exercises, working at the range with both the Maximus and Medicus, and using the Power Meter, you will see a steady increase in your power and distance over a period of about 6 to 12 weeks.* This, of course, depends on what kind of golf shape you were in when you started the program. Don’t be surprised if you experience some small peaks and plateaus during the program. However, your speed increase won’t be infinite… there is a natural limit to just how much faster you can get. Otherwise, with all the work the pros do, they’d have to lengthen the courses every year!

However, once you’ve gotten the proper core muscle development and built a faster swing, that doesn’t mean you can just stop the program and keep the speed. Even if you play twice a week, you will find that if you are not doing the exercises you will slowly regress back. Besides, keeping your core muscles strong will benefit you in other areas as well, including minimizing the risk of injury while you play.

The optimal scenario would be for you to continue doing the exercises at least once a week. This will help keep the muscle tone ready for your peak swing power.
One of the nice things about this program is it is an excellent “winter tune up” when you are unable to play because of the weather, but are starting to get the golf season itch. Starting the program about two months before you are ready to go out and hit the links is a perfect way to get ready.

**In Conclusion**

Using the Maximus and the exercises shown here to build core muscle strength, the Medicus Dual Hinged Trainer to keep your swing smooth, and the Medicus Power Meter to ingrain the feeling of your faster, more powerful swing, you can really improve your distance and your score!

*Remember, golf is a game and games are meant to be fun. Just think how much fun it’s going to be out-driving your friends!*
As mentioned earlier, one of the keys to building your golf specific muscles for speed and distance is to limit the number of repetitions you do for each exercise, and to give yourself sufficient recovery time for your muscles to build. Typically, each exercise is held for a period of 15 seconds, with a rest period of 15 seconds in between, and a final rest of 30 seconds between each exercise group. Each individual exercise would look like the following:

<table>
<thead>
<tr>
<th>15 Second Contraction</th>
<th>15 Second Rest</th>
<th>15 Second Contraction</th>
<th>15 Second Rest</th>
<th>15 Second Contraction</th>
</tr>
</thead>
</table>

The 3 reps shown above make up one full set, or that day’s training for each exercise.

This yields a total time for each exercise of only a minute and 45 seconds, and you can complete all the exercises in just 10 minutes a day.

*Your muscles will complete their full recovery in about 48 hours, so the optimal training schedule would be one day of rest in between each day of exercise.* Your peak strength is reached somewhere between 48 and 72 hours. With that in mind, if you have an important match or tournament coming up, you should adjust for it by adding an extra day of rest just before.

A typical two-week routine, with a match set for day 12, then might look like the following:
<table>
<thead>
<tr>
<th></th>
<th>#1</th>
<th>#2</th>
<th>#3</th>
<th>#4</th>
<th>#5</th>
<th>#6</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1</td>
<td>Hips and Spine</td>
<td>Hips and Spine</td>
<td>Chest and Back</td>
<td>Arms and Triceps</td>
<td>Arms and Triceps</td>
<td>Wrist and Forearms</td>
</tr>
<tr>
<td>Day 1</td>
<td>Exercise</td>
<td>Exercise</td>
<td>Exercise</td>
<td>Exercise</td>
<td>Exercise</td>
<td>Exercise</td>
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<tr>
<td>Day 2</td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
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<tr>
<td>Day 3</td>
<td>Exercise</td>
<td>Exercise</td>
<td>Exercise</td>
<td>Exercise</td>
<td>Exercise</td>
<td>Exercise</td>
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<tr>
<td>Day 4</td>
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<td></td>
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<tr>
<td>Day 5</td>
<td>Exercise</td>
<td>Exercise</td>
<td>Exercise</td>
<td>Exercise</td>
<td>Exercise</td>
<td>Exercise</td>
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<tr>
<td>Day 6</td>
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<tr>
<td>Day 7</td>
<td>Exercise</td>
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<tr>
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<td>Day 11</td>
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<td>Match</td>
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<tr>
<td>Day 13</td>
<td>Exercise</td>
<td>Exercise</td>
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<td>Exercise</td>
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<tr>
<td>Day 14</td>
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</tbody>
</table>

Speed + Power = DISTANCE
A great way to keep yourself motivated for training with the Maximus is to record your progress on a weekly basis. As you work on isolating and building your specific golf speed muscles, you should see an increase in both swing speed and total distance. Use the chart below to record your progress.

Starting Base Line: _______________ Starting Date_________________

Hit ten drives on the range, and record your five best ones here:

<table>
<thead>
<tr>
<th>Yds</th>
<th>Yds</th>
<th>Yds</th>
<th>Yds</th>
<th>Yds</th>
</tr>
</thead>
</table>

Add up the total yardage for the five drives:

**Total Yards:** ____________

Divide the total yards by 5 to get your **Average Distance:** ____________

If you have the optional Medicus clip-on Speed Meter, that is an excellent way to measure your progress as well. Using a driver, take 5 swings using the speed meter and record them here:

<table>
<thead>
<tr>
<th>MPH</th>
<th>MPH</th>
<th>MPH</th>
<th>MPH</th>
<th>MPH</th>
</tr>
</thead>
</table>

Add up your total speed for the five swings here:

**Total Swing Speed**__________

Divide your total speed by 5 to get your

**Average Starting Swing Speed**__________
Use the chart below to record your weekly progress. Enter your starting baseline in the second row, then record your progress each week.

<table>
<thead>
<tr>
<th>Date</th>
<th>Avg. Drive</th>
<th>Increase</th>
<th>Avg. MPH</th>
<th>Increase</th>
</tr>
</thead>
<tbody>
<tr>
<td>Starting</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week 1:</td>
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<tr>
<td>Week 2:</td>
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<td></td>
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</tr>
<tr>
<td>Week 3:</td>
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<td></td>
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<td></td>
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<tr>
<td>Week 4:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Total Yardage Increase:**
Subtract starting average drive from your Week 4 average drive: __________

**Total Percentage Increase:**
Divide your total yardage increase by your starting average drive: __________