

# MEDICUS – MAXIMUS COMBO UNLEASHING EXTRA DISTANCE

By Leonard Finkel

In surveys of golf professionals by Golf Digest, the Medicus dual-hinge swing trainer was chosen as the most effective training aid seven consecutive years. More than 1,000,000 golfers use the product. Thousands of teaching pros use it too. Speaking of his golf students, Davis Love's long time instructor and 1995 National PGA Teacher of the Year Jack Lumpkin confidently states, "We put a Medicus in their hands and in a very short time; they're hitting the ball better." That translates into greater distance, more fairways hit and therefore, lower scores. Mark O'Meara adds, "Using a Medicus will put you in the proper positions in the golf swing to get the results you're looking for." Isn't that what every golfer is

searching for?

For several years, Medicus inventor Bob Koch had a dream of incorporating an entire training line built around the Medicus dual hinged training clubs. To make this dream a reality, the company recently released the Maximus Hittable Weighted line of swing trainers to help golfers develop their swing power while working on their swing plane with Medicus. Both Medicus and Maximus work on the most important aspects of the

swing such as core movement and swinging on plane. Maximus' patented weighting induces you to use core muscles to propel the club, producing measurable increases in power and distance. Medicus allows you to develop that feel with instant feedback, showing if you are successful in achieving your goal, which is swinging on plane.

Medicus provides instant feedback identifying proper and improper swing plane positions and good and bad tempo. At any given point during the golf swing, the Medicus will "break" when the club is either off plane or swung with poor tempo but stays intact during a solid golf swing. Using Medicus will build the feeling of a fundamentally sound swing in muscle memory. According to Bob Koch, "Medicus forces you to use the big muscles. Using the small muscles will cause it to break down." Roger Gunn, 2001 SCPGA Teacher of the Year, adds, "It's the use of a golfer's small muscles that will take a golf club off plane during the swing. Any use of these muscles will be exposed with Medicus."

Maximus, available in a 7-iron, driver and Tour Edition L-Wedge, fulfills several roles. Swinging before playing loosens tight muscles and promotes a more fluid golf swing. Additionally, when your swing inevitably leaves you during a round, use the USGA approved L-Wedge to help restore your rhythm, tempo and timing. Most importantly, working with a Maximus swing trainer on a regular basis will allow any golfer to feel the proper core movement, essential for swing power. Gunn, who has taught PGA players

including Tom Lehman and Steve Pate firmly states, "Maximus is perfect for one of golf's most devastating problems; casting the club. Anyone who experiences a lack of power because of this type of hand action will really benefit with just a few sessions with Maximus. The key is to propel the club with the core muscles, which is the only way you can swing the Maximus"

Maximus allows any golfer to experience a smoother swing, letting the club do what it was designed to do. Any pro will tell you, the longer you keep your club on plane, the more likely the face will be square at impact... translating into longer, straighter shots. The L-Wedge is very accurate for shots of 60 yards and in and exceptionally helpful in deep rough and with tricky shots around the greens. The extra club weight powers it through even dense rough with no twisting of the head, propelling a ball towards its target. Critical to their success, with both Maximus and Medicus swing trainers, you actually hit balls, providing immediate feedback.

## MEDICUS - MAXIMUS ULTIMATE TRAINING

Both Medicus and Maximus are excellent swing trainers but used in conjunction with one another enhances the effectiveness of each. The following routine blends the advantages and strengths of each. Proper warm-up and stretching are essential prior to starting a round of golf or a session on the range. Swinging the Maximus rhythmically loosens muscles and provides a great stretch. A number of golf specific exercises are provided in the Maximus manual. Finally, take 15 to 20 practice swings with the Maximus.

Warmed up and limber and feeling the swing, switch to 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 a Medicus will re-enforce this ideal swing motion.

Loose, relaxed and on plane, you are assured of swinging

smoothly with pinpoint timing. A switch back to Maximus for the final few minutes will complete the warm-up process. Hitting balls with Maximus, using a grooved Medicus swing, feel the proper release and get ready for some serious scoring on the course. The routine should take about 20 minutes.

I find that the weight of Maximus guides my club on plane and prevents me from over swinging while swinging Medicus provides instant feedback, showing me if I'm swinging on plane and with smooth, flowing tempo. The result is longer, straighter shots; off the tee and from the fairway!

For a limited time try both the Medicus Dual Hinged and Maximus training clubs for just \$1.00. Guaranteed to take strokes off your game, Medicus and Maximus clubs are the perfect compliment to each other! To order or for additional information call 800-754-7171 or visit [www.maximustrainer.com](http://www.maximustrainer.com).

**"While a professional might not use the L-Wedge on the golf course, it could be extremely helpful for players that flip their wrists when chipping or pitching, and that is a very big group."**

*Wayne Searle, Aviara Golf Academy*

I had the opportunity to watch Roger Gunn demonstrate the Medicus/ Maximus training program. Roger not only showed how the training program worked, he explained why it worked. Using a speed meter, every media member, pro and guest in attendance gained between four and eight mph of added swing speed, which translates into quite a bit of additional distance off the tee! Product expert Dr. Barry Lotz pretty much summed up what everyone in attendance felt when he said, "Individually, I felt both products were very effective and delivered what they promised. Used in combination, the benefits increased exponentially."

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