



# AERO-SWING® YOUTH

## 100-150 Yds Avg. Drive

Week 1-2										Week 3-4																			
BASELINE SWING SPEED AFTER WARMUP (START OF PROGRAM)										BASELINE SWING SPEED AFTER 2 WEEKS TRAINING																			
Swing 1	0									Swing 1	0																		
Swing 2	0									Swing 2	0																		
Swing 3	0									Swing 3	0																		
Average	0.00									Average	0.00																		
					Week 1			Week 2								Week 3			Week 4										
					Day 1	Day 2	Day 3	Day 1	Day 2	Day 3						Day 1	Day 2	Day 3	Day 1	Day 2	Day 3								
Attach AERO-SWING 08 inches from Club Head										Place AERO-SWING on shaft at Club Head																			
Swing 7 times W/AERO-SWING										Swing 8 times W/AERO-SWING																			
Break for 1 Minute										Break for 1 Minute																			
Swing with AERO-SWING off for 7 times										Swing with AERO-SWING off for 8 times																			
Break for 1 Minute										Break for 1 Minute																			
Reverse Driver, hold club head, Swing 7 times*										Reverse Driver, hold club head, Swing 8 times*																			
Break for 5 Minutes										Break for 5 Minutes																			
Swing 7 times W/1 or 2 AERO-SWINGS										Swing 8 times W/1 or 2 AERO-SWINGS																			
Break for 1 Minute										Break for 1 Minute																			
Swing with AERO-SWING off for 7 times										Swing with AERO-SWING off for 8 times																			
Break for 1 Minute										Break for 1 Minute																			
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Reverse Driver, hold club head, Swing 7 times*										Reverse Driver, hold club head, Swing 8 times*																			
Swing 7 times W/AERO-SWING										Swing 8 times W/AERO-SWING																			
										BASELINE SWING SPEED AFTER 4 WEEKS TRAINING (FOLLOWING DAY AFTER WARMING UP)																			
* Complete 3 days of Training within 1 week										Swing 1					0														
* Can be Performed With Alignment Stick										Swing 2					0														
										Swing 3					0														

