



We have completed an overhaul of our training program and it is now available direct through our website.

From the menu select “My Account/Training Portal/Instructions” for details of how to access this, or see the details in the following pages.

It is fully mobile optimised so you can view on your iPhone or Android phone, or any other web enabled device.

Please note to access the program you will need to log into the website with the same details you used when you purchased the SpeedStix.

There are tests and corrective exercises for 13 different mobility issues that will impact the effectiveness of the golf swing; not just with speed but also consistency. When you have limited mobility somewhere, it is likely that a compensation will need to be made in your swing. You will be able to mark a mobility test as passed or failed, and this will automatically set the required corrective/awareness exercises in your program.

In addition, we have your health, golf fitness and general robustness taken care of with home or gym based training plans, with or without equipment and scaled intensity for all levels from beginner to advanced.

When you combine your new control and awareness of safe and efficient movement patterns, with a stronger, faster and more robust body, you'll be ready to hit your longest shots ever, score better and enjoy the game of golf like never before.

Welcome to the beginning of your Speed Journey!

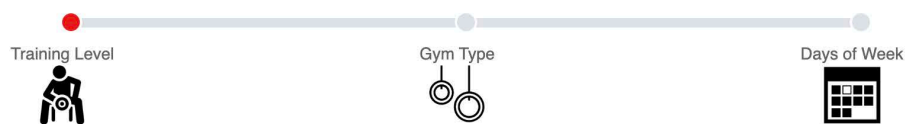
Make sure you are logged into the site with the details you used when purchasing your SpeedStix (under the My Account page).

Go to Training Schedule in the menu under My Account/Training/

Select from the options available. Combinations are restricted (for example a beginner will not have access to the Gym equipment type). you can revisit this when your experience level changes as you progress through the program. As a general rule, when your current programme level feels less than a 7 out of 10 intensity it's time to progress to the next level.

Our users feedback to us that moving from beginner to intermediate occurs after anything from 1 week to 6 weeks. Everyone is different however so go at your own pace. Intermediate takes longer to progress from due to the nature of programming. Again, progress at your own pace.

Training Schedule



Choose Training Level *

- Advanced
- Beginner
- Intermediate

Please choose your current physical training level (e.g. if you are new to strength training choose beginner, if you are a regular gym goer that now wants to do golf specific training you can choose advanced). The training plan will take you from Beginner to Advanced and will run parallel to the corrective exercise plan and SpeedStix training. You will first need to perform the TPI tests and then any prescribed corrective exercises. Cleaning up your limitations will allow your body to progress faster and more effectively as you progress through the training stages. Consult your doctor or medical provider before starting a new training programme.

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Go to Mobility Tests in the menu under My Account/Training/

Complete all the mobility tests, marking each as a pass or fail. You can revisit these tests again and re-test at any point when you think the result may have changed. The green tick/red cross indicates a pass or fail of the test.

Mobility Tests

Mobility Tests

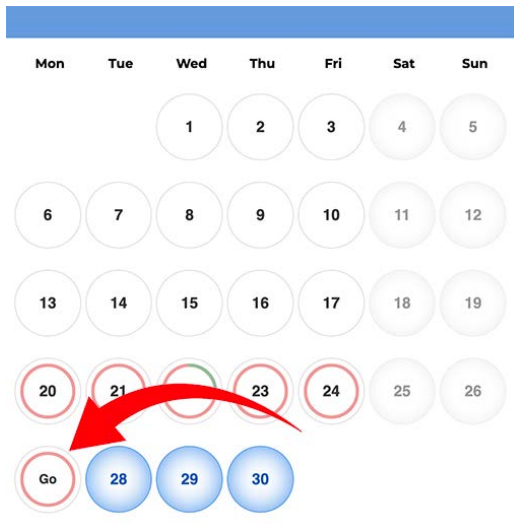
Complete all the tests on this page; watch the videos then mark each test as a pass or fail. The appropriate correction exercise will be added to your training schedule.

-  **SHOULDER ROTATION/DISASSOCIATION**
[VIEW →](#)
-  **PELVIS ROTATION DISASSOCIATION**
[VIEW →](#)
-  **GOLF POSTURE/SPINE SET UP**
[VIEW →](#)

Go to Calendar in the menu under My Account/Training/

Click the Go button, and your daily exercise program will be shown, including any corrective exercise required to fix any mobility issues. This will be your main portal into your training.

NB: If the Go button is not showing then the current day has not been selected in the training settings. If you wish to train, go back to the training settings, select that day of the week, then go back to the calendar and press refresh.



HIP ROTATION TEST TEMPLATE

