



The Tour Striker Power Impact Pro is a resistance training system for golfers. When used correctly, this training aid will produce results within several weeks. The direct benefits realized from training with the Tour Striker Power Impact Pro include:

1. Complete Body Strength
2. Educated Hands (Lag)
3. Improved Impact Alignments And Awareness
4. Increased Flexibility / Greater Range of Motion
5. Brain/Body Familiarity (Muscle Memory)

These benefits can help you become the complete golfer-athlete.

You can vary the speeds at which you perform each drill - some slow reps and some faster reps until your body is familiar with the drills. Also, to gain a full core workout and to balance out your body, I recommend equal repetitions from your opposite swing direction. For example; if you are right handed, repeat the drills left-handed.

To see videos of the Tour Striker Power Impact Pro with Martin Chuck and Don Saladino, please visit the Tour Striker Channel on YouTube to watch all drill examples within the TS PIP Training Playlist.

#### Drill Examples

1. Attach your TS PIP securely to a high point on a door. With your lead side perpendicular to the door, take the TS PIP grip to the top of your backswing position. With your arms structured, lead arm straight and trail arm bent at the elbow, should feel tension on the band. From this tensioned "top of backswing" position, slowly allow your hands to drop down into the slot while maintaining the sense of tension. *(Perform 3 Sets of 10-20 Reps)*
2. Attach your PIP securely to the high point of a door. With your lead side perpendicular to the door, take your PIP comfortably to the top of your backswing position. Hold your posture in your backswing position with structured arms, insuring that your elbows stay relatively close together with the butt of the PIP grip aiming at your target line. From this position, allow your arms to "pump" down from the top of your backswing positions feeling the sense of retained angle in your wrists. Don't try to unhinge your hands as you allow your arms to drop into the slot. *(Perform 3 Sets of 10-20 Reps)*

3. Attach your TS PIP securely to a mid-point of a door (handle, or secured within jamb). Set your trailside perpendicular to the door and assume your address position with mild tension in the TS PIP (adjust your distance from the door). This core strength exercise will help you feel the muscular dynamics of impact. Establish most of your weight onto your lead foot, keep your lead arm structured, trail arm slightly bent with a flat lead wrist. From this position simply hold for 10 seconds until your muscles begin to fatigue then relax and repeat. Allow your mind to sense the muscular feelings of your core, legs, arms and hands. To add an element of challenge and awareness, remove one hand at a time to increase the force and add more tension to each hand/arm. *(Perform 1 Set of 10-20 Reps)*
  
4. Attach your TS PIP securely to a high point of a door. With your trailside perpendicular to the door, take your arms to your finish position, in balance on your lead foot. Hold the TS PIP in this tensioned position for a count of 15 seconds. Allow your awareness to sense the muscles in your core and arms required to maintain control of this little tensioned position. *(Perform 3 Sets of 10-20 Reps)*

Enjoy the Tour Striker Power Impact Pro Video and Drill Playlist on YouTube. New drills and techniques for maximizing the benefit of your PIP will be added regularly.