



# User Manual



[www.gruuvgolf.com](http://www.gruuvgolf.com)

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Congratulations and thank you for choosing the SFPro, the world's most advanced and effective golf training, teaching and fitness system!

Whether your goal is to improve your golf swing's consistency, to get more power and accuracy in your shots or to improve your core strength, flexibility or overall fitness level, the SFPro can help meet your needs and objectives.

The patented SFPro offers revolutionary, unique and innovative features that can help improve your golf swing more effectively than any other product on the market. GruuvGolf is committed to helping you improve your understanding, performance and enjoyment of the game of golf.

You must read this entire *User Manual* very carefully as it contains important safety precautions and other instructions that must be followed to help minimize the risk of harm or serious injury.

Please visit [www.gruuvgolf.com](http://www.gruuvgolf.com) where you will find more information including several videos containing exercises and drills to help you maximize the benefits of your SFPro.

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# 1. Important safety instructions, warnings and precautions

**All SFPPro users assume a risk. To minimize such risk, care must be exercised and precautions must be taken at all times.**

**It is important for all SFPPro users to read and comply with the safety instructions and precautions and to heed the warnings contained in this manual.**



**WARNING: Failure to comply with precautions and instructions or failure to heed warnings may result in serious harm, injury or death.**

The SFPPro is not designed for use by children under the age of 16 without strict adult supervision.

Never use the SFPPro if unsupervised children are in close proximity.

Never let children approach the SFPPro while unattended.

Always keep the SFPPro ropes, handles and other attachments safely out of the reach of children.

Use the SFPPro only for its intended use as described in this manual. Do not use attachments not recommended by GruuvGolf Inc.

Do not wear clothes that might catch on any part of the SFPPro.

Always wear athletic shoes while using the SFPPro.

Inspect the SFPPro before each use – see additional instructions in sections 4 and 5 of this manual (i.e. *Exercising with the SFPPro* and *Inspection and Maintenance*).

At no time should more than one person be on the SFPPro.

Never use the SFPPro if it is damaged or not operating properly.

If you experience any kind of pain, including but not limited to chest pains, nausea, dizziness, or shortness of breath, STOP EXERCISING IMMEDIATELY and consult your physician before continuing.

## 2. Assembling the SFPro

During the assembly process there are several areas that warrant special attention. It is very important to follow the assembly instructions correctly. If the assembly instructions are not followed correctly and in proper sequence, there is a risk that the SFPro will not function properly. To prevent damage to the SFPro and to minimize the risk of harm or injury, it is important to comply with all the assembly instructions.



**WARNING: Do not unpack or assemble the SFPro in the presence of children unless they are under strict adult supervision.**


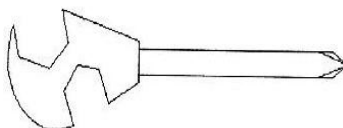
### UNPACKING

Unpack the SFPro close to the area where it will be used. Place the SFPro box on a level flat surface and ensure you have sufficient space available to spread the SFPro parts as you unpack them. It is recommended that you place a protective covering on your floor. Take CAUTION when handling and transporting the box and its contents. Do not open the box when it is on its side.

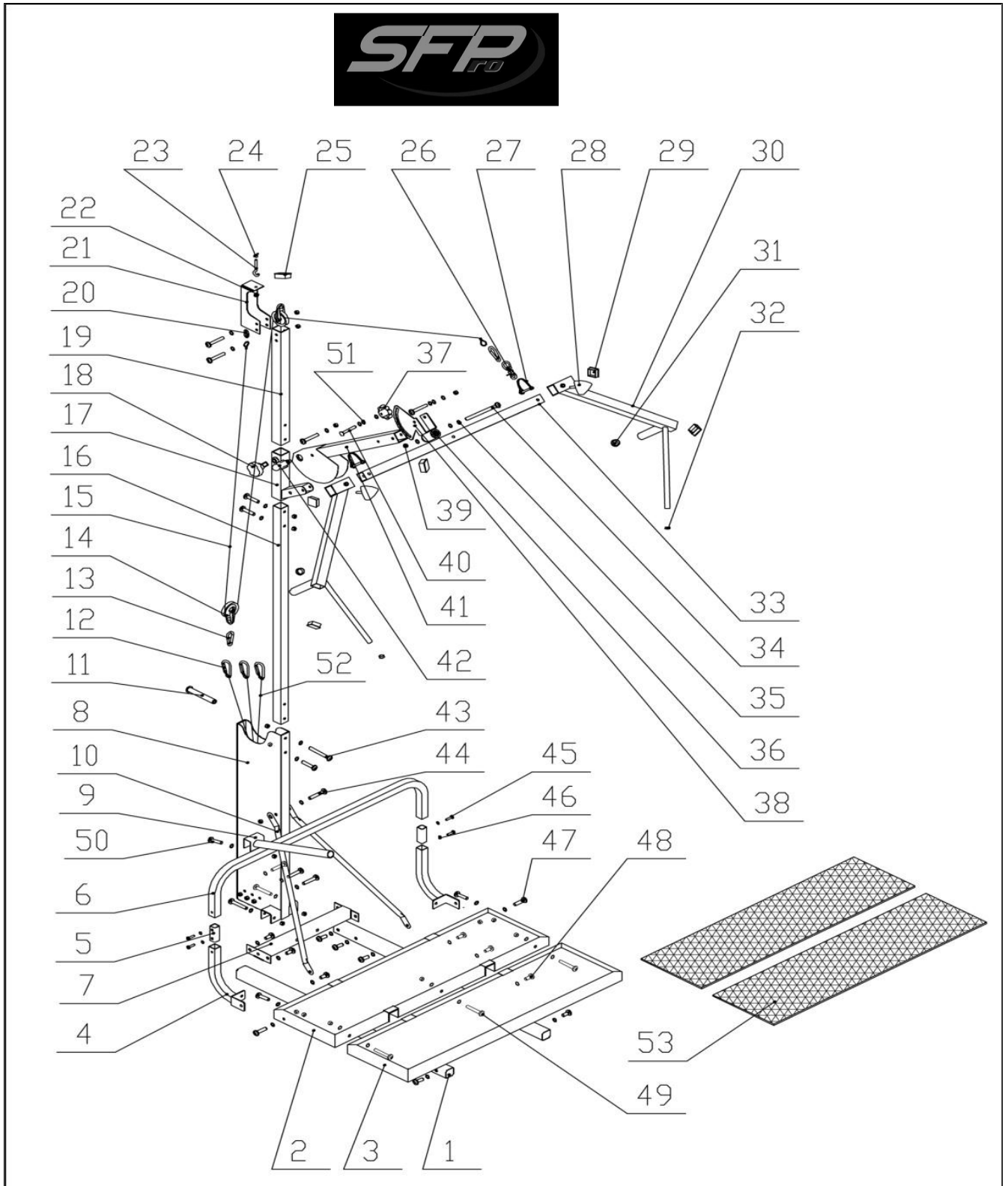
### Pre-Assembly

Unpack all the tools and parts required for assembly that were included in the SFPro box. During each assembly step, ensure that ALL bolts and nuts are in place and partially threaded in before completely tightening.

### Tools provided:

1 Allen Key	
1 Wrench	


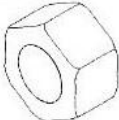


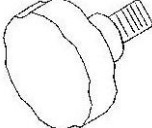
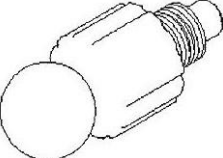
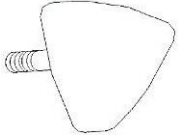
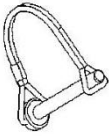
# SFPro Parts List Diagram



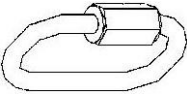
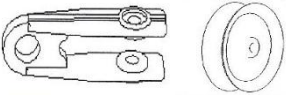

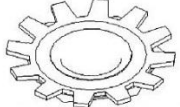
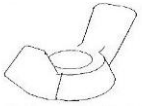

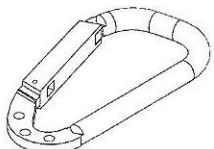
## SFPro Parts List Descriptions

Part #	Part Description	Part #	Part Description
1	Platform mount	27	Shoulder bar safety pin
2	Platform rear piece	28	Long handle tightening knob
3	Platform front piece	29	Shoulder bar plastic cap
4	Knee brace mount bottom piece	30	Long handles (left and right)
5	Knee brace mount connector piece	31	Hand size grip
6	Knee brace mount top piece	32	Golf size grip
7	Platform mount rear cross piece	33	Shoulder bar
8	Resistance band mount	34	Bolt (100 mm) – Shoulder bar
9	Knee brace	35	Flat washer
10	Diagonal support braces	36	Yoke bearing assembly
11	Resistance band support tube	37	Angle adjuster tightening knob
12	Resistance band "C" clamps	38	Angle adjuster
13	"C" clamp connector	39	Large white plastic washer
14	Bottom pulley	40	Bolt (50 mm)
15	Resistance cable	41	Raising arm
16	Middle post	42	Raising arm release pin
17	Middle post sleeve	43	Bolt (60 mm)
18	Middle post sleeve tightening knob	44	Bolt (55 mm)
19	Top post	45	Bolt (12 mm)
20	Oval connector	46	Washer
21	Top pulley mount	47	Bolt (35mm)
22	Top pulley	48	Bolt (12 mm)
23	Open hook	49	Bolt (50 mm)
24	Wing nut	50	Bolt (40 mm)
25	Top post plastic cap	51	Nut
26	Snap hook for shoulder bar	52	Resistance bands
		53	Carpet

## SFPro Illustrated Hardware Parts List for Assembly

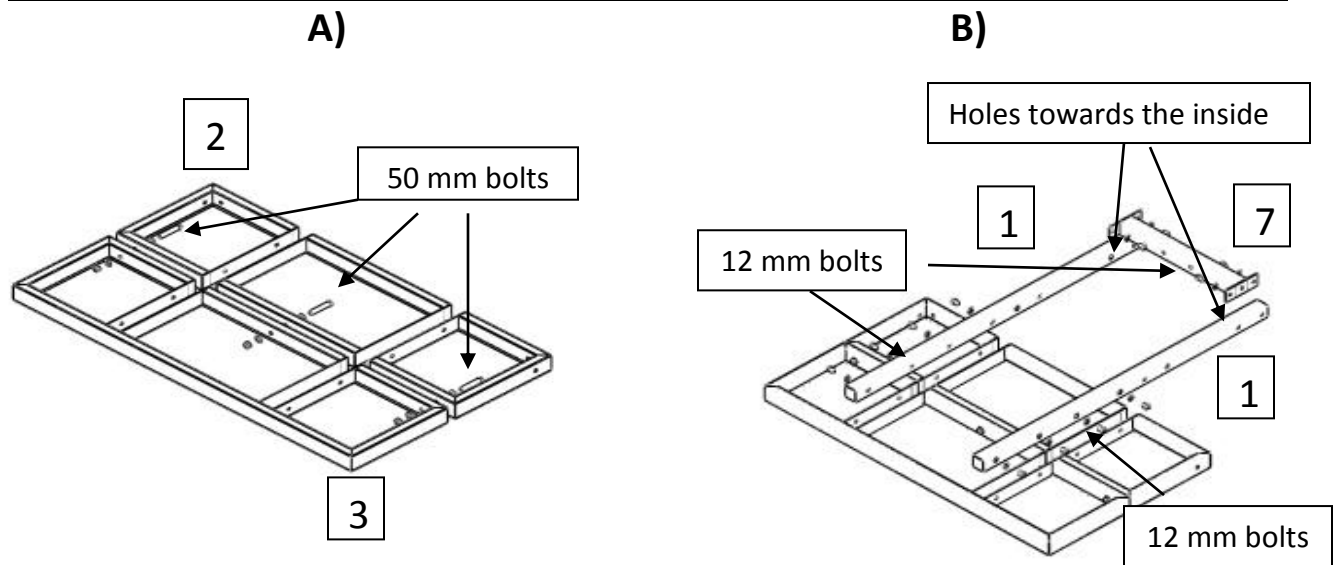
<u>Part #</u>	<u>Part Description</u>	<u>Quantity</u>	<u>Illustration</u>	<u>Comments</u>
45, 48 47 50 49 44 43	12 mm bolt 35 mm bolt 40 mm bolt 50 mm bolt 55 mm bolt 60 mm	18 4 1 6 6 1		Generic illustration, not representative of a particular size or type of SFPro bolt.
51	Nuts	17		
46	Washers	49		
11	Resistance band support tube	1		
18	Middle post sleeve tightening knob	1		
42	Raising arm release pin	1		
28	Long handle tightening knob	4		
27	Shoulder bar safety pin	2		

## Illustrated Hardware Parts List for Assembly (cont'd)

<u>Part #</u>	<u>Part Description</u>	<u>Quantity</u>	<u>Illustration</u>	<u>Comments</u>
20	Oval connector	1		
14, 22	Top and Bottom Pulleys	2		Pulley wheel and clamp come assembled with Resistance cable
23	Open hook	1		
Part of Open hook	Gear nut	1		Comes assembled with Open hook and Wing nut
24	Wing nut	1		
13	"C" Clamp connector	2		
12	Resistance band "C" connector	3		

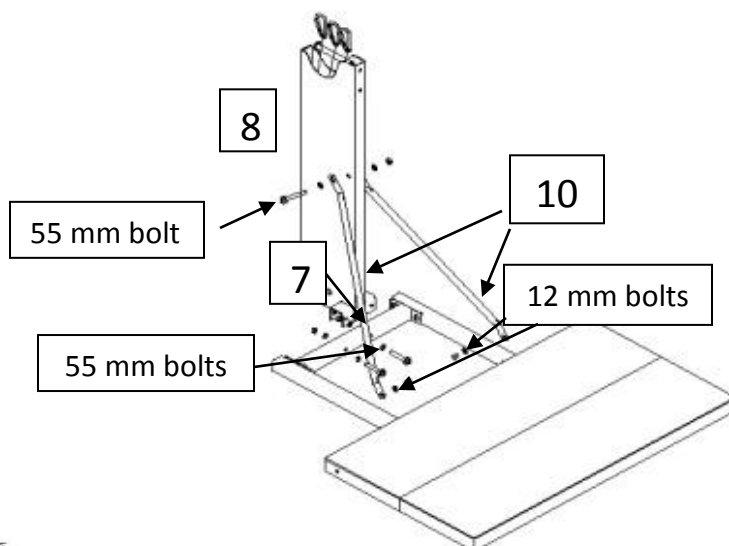
## Assembly Step 1

- A) Turn the Platform rear and front pieces (parts 2 and 3) upside down and secure them together using a 50 mm bolt fastened with a nut and two washers for each of the three holes.
- B) Insert the two Platform mounts (Part 1) into the slots in the assembled front and rear Platform pieces from step A. Secure the Platform mounts using 12 mm bolts and a washer for each of the eight holes (four per mount). You must ensure that the portion of the platform mounts that is away from the platform has the side holes facing towards the inside. Install the platform mount rear cross piece (part 7) between the two platform mounts as shown using a 12 mm bolt and a washer for each of the four holes.



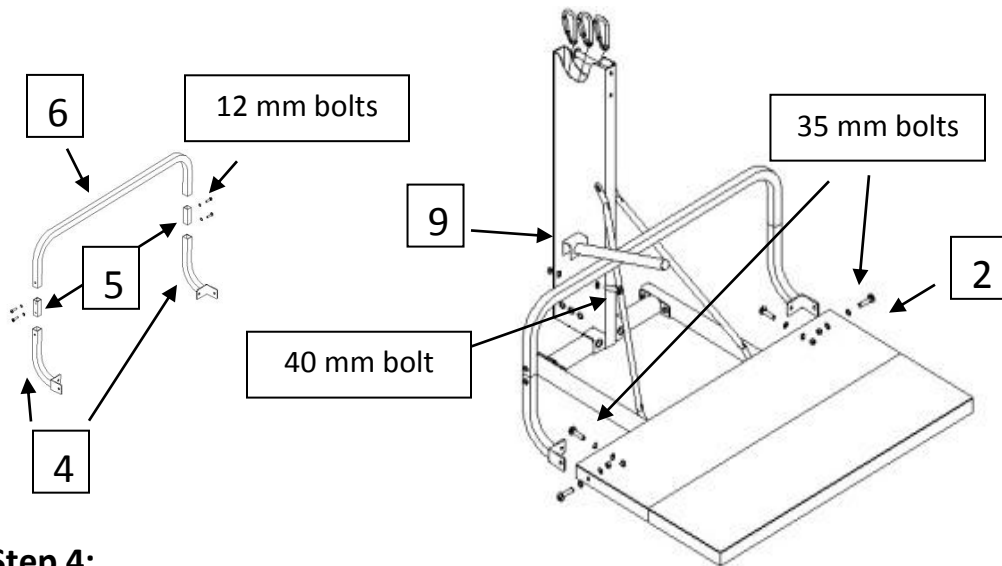
## Assembly step 2:

Attach the Resistance band mount (part 8) to the Platform mount rear crosspiece (part 7) using 55 mm bolts fastened by nuts and washers. Install the Diagonal support braces (part 10) to the Resistance band mount (part 8) using a 55 mm bolt and to the Platform mounts using 12 mm bolts and washers.



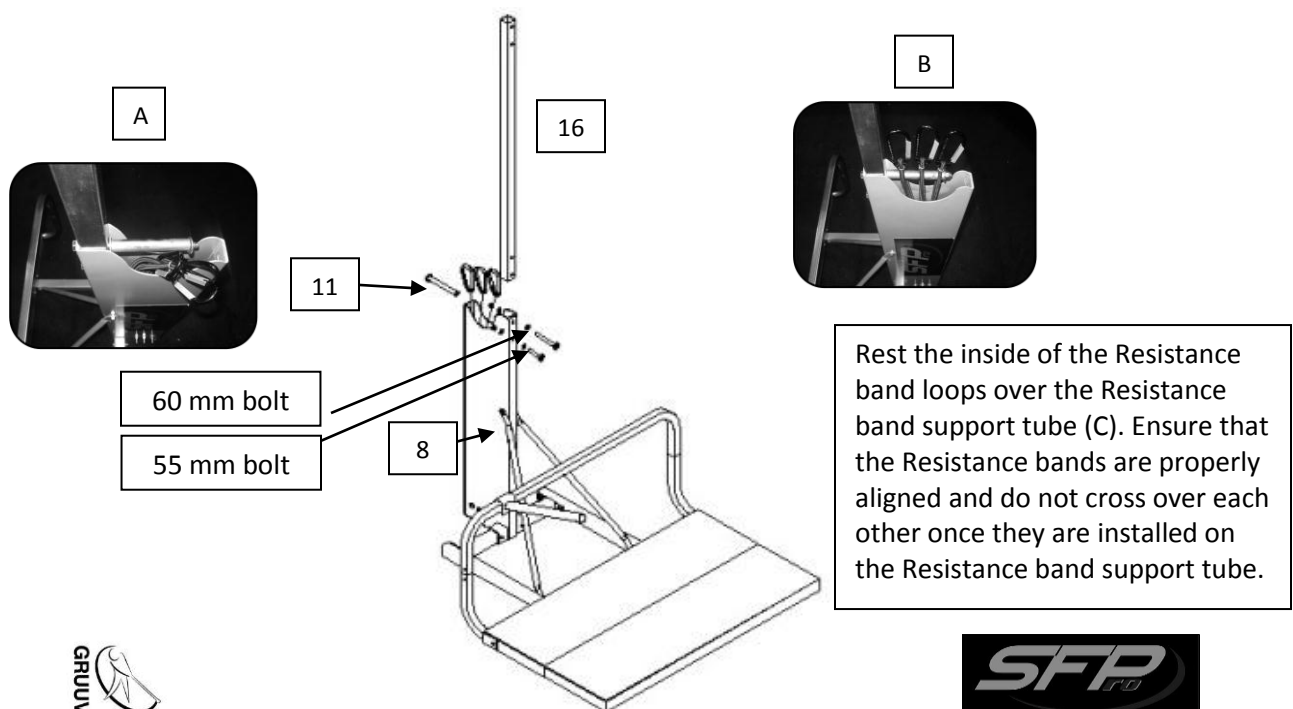
### Assembly Step 3:

Assemble the Knee brace mount (parts 4, 5 and 6) using four 12 mm bolts with washers and secure it to Platform rear piece (part 2) using four 35 mm bolts and washers. Install the Knee brace (part 9) onto the Knee brace mount using the 40 mm bolt fastened with a nut (do not over-tighten to allow for lateral movement of the Knee brace across the Knee brace mount).

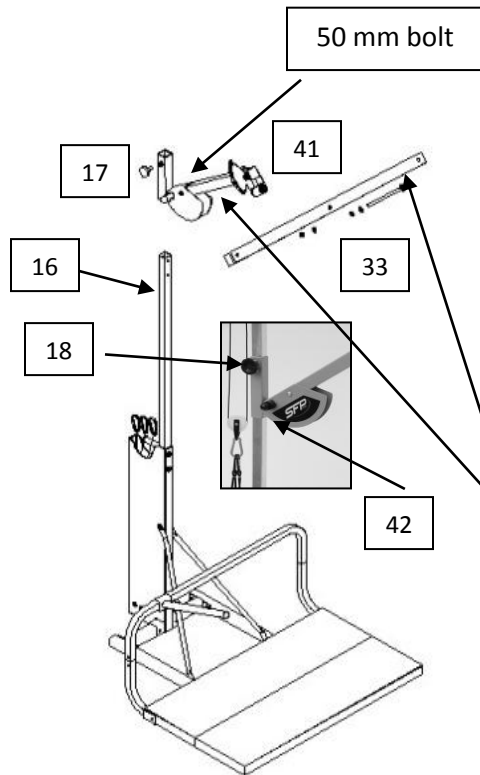


### Assembly Step 4:

Install the Middle post (part 16) inside the top of the Resistance band mount (part 8) and secure it first by inserting a 55 mm bolt in the lower hole fastened with a nut and two washers; then insert the 60 mm bolt into the Resistance band support tube (part 11) through the top hole of the Resistance band mount (A).



### Assembly Step 5:

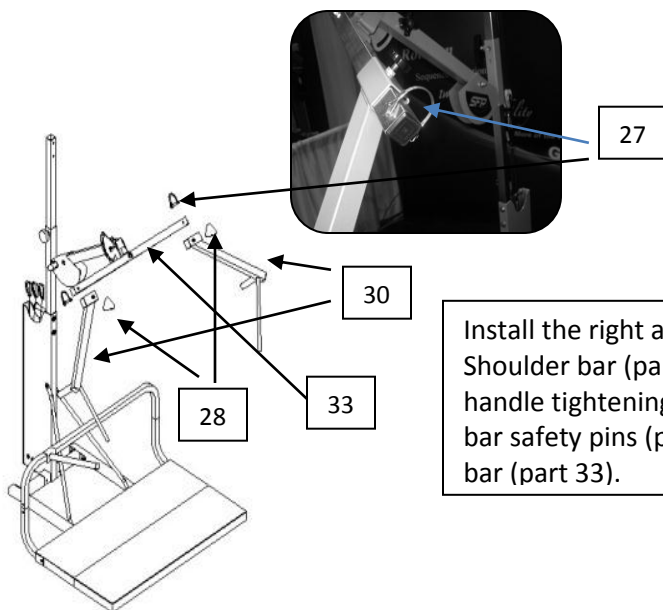


Install the Middle post sleeve (part 17) onto the Middle post (part 16) and secure it using the Middle post sleeve tightening knob (part 18).

Install the Raising arm (part 41) (with Shoulder bar (part 33) attached) onto the Middle post sleeve using the 50 mm bolt and the Raising arm release pin (part 42). Do not screw in the Raising arm release pin all the way – sufficient space must be afforded to allow the Raising arm to be lowered into a collapsed position and to be returned to the operating position. The Release pin should be screwed in far enough to avoid inadvertent collapse of the Raising arm.

**Please note:** although the Shoulder bar (part 33) and the Raising arm (part 41) are depicted above as separate parts, they are factory pre-assembled and no further assembly is required to attach these parts together.

### Assembly Step 6:



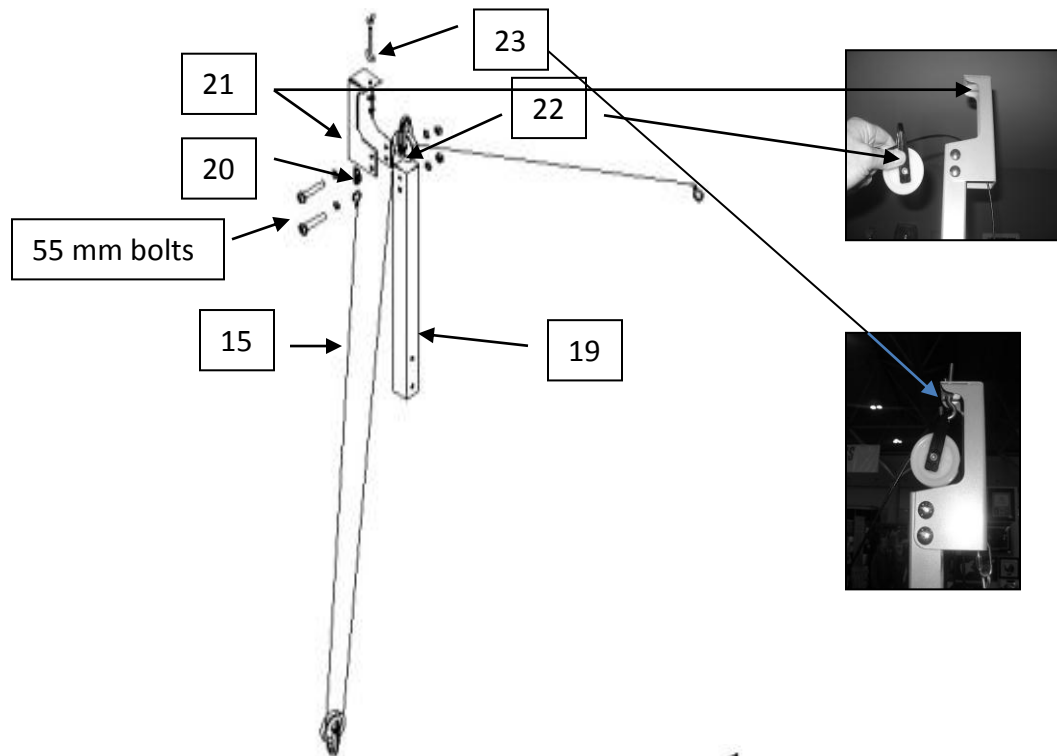
Install the right and left Long handles (part 30) onto the Shoulder bar (part 33) and secure using the Long handle tightening knobs (part 28) insert the Shoulder bar safety pins (part 27) on both ends of the Shoulder bar (part 33).

## Assembly Step 7:

Attach one end of the Resistance cable (part 15) to the rear of the Top pulley mount (part 21) using the Oval connector (part 20).

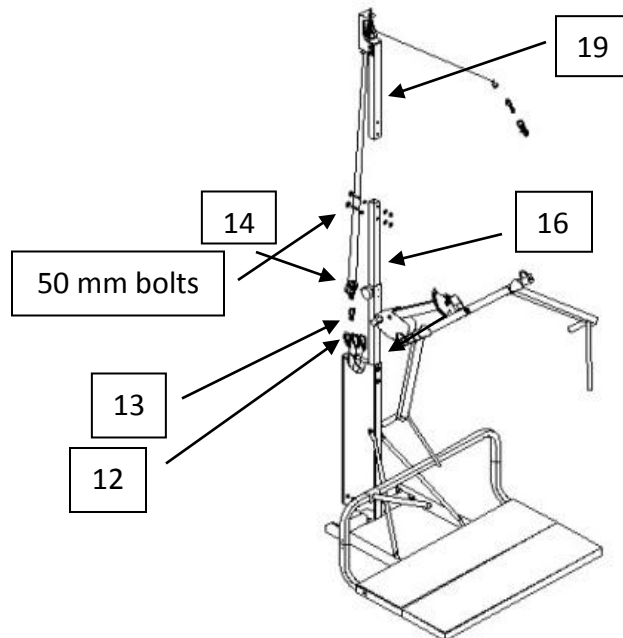
Attach the Top pulley (part 22) to the Top pulley mount (part 21) using the Open hook (part 23); use the Gear nut (see Hardware Parts List on page 9) through the Open hook.

Tighten the Open hook using the Wing nut (part 24). Secure the Top pulley mount (part 21) to the Top post (part 19) using the 55mm bolts fastened with nuts and washers.

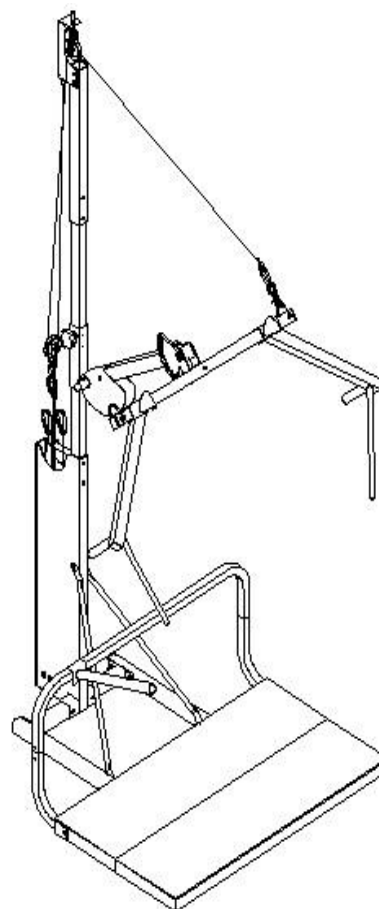


## Assembly Step 8:

Install the Top post (part 19) onto the Middle post (part 16) using two 50 mm bolts. Install a "C" clamp connector (part 13) through the hole of the Bottom pulley (part 14). Using the "C" clamp connector, attach the Bottom pulley to one of the Resistance band "C" clamps (part 12).



## The SFPro fully assembled



### 3. Getting Started



**WARNING: Failure to comply with precautions and instructions or failure to heed warnings may result in serious harm, injury or death.**

Once you have finished the assembly process, you must ensure that the SFPro is working properly as designed. If the SFPro is not functioning properly, it is possible that some assembly steps were missed or not performed properly which will require corrective action. Under no circumstance should the SFPro be used if it is not functioning properly.

#### **Before using the SFPro, please ensure that:**

- The Middle post sleeve can move freely from the top to the bottom of the free space on the Middle post and be effectively secured to the Middle post using the tightening knob. When adjusting to desired height, never over-tighten the knob to avoid damage.
- The Collapsible raising arm can be dropped, raised and properly fastened into operating position using the Release pin.
- Resistance bands can be easily and securely attached to and removed from, the pulley cable.
- The Shoulder Bar rotates a full 360 degrees (without resistance cables attached).
- The Angle adjuster can move freely within the available range and can be properly set at any available angle with the tightening knob.
- The Knee brace can move freely across the Knee brace mount and be fastened into any position on the Knee brace mount.
- The Resistance cables can be securely fastened to the Shoulder bar safety pins using the Snap hooks attached to the Resistance cable on the right and left sides of the Shoulder Bar.

#### **SFPro set-up instructions**

Please visit [gruuvgolf.com](http://gruuvgolf.com) for helpful videos on how to use the SFPro. The videos will help you better understand and execute the setups for each SFPro exercise and help you transition from one exercise to the next in completing your SFPro workout routine.

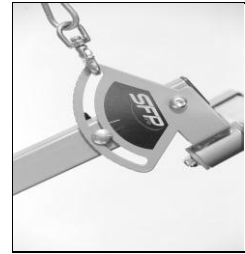
SFPro exercises have five basic variables that require adjustment depending on which exercise is being performed:

**1. Angle adjuster:**

**White Line**



**Green Line**



**2. Shoulder Bar height:**

**Base of Neck (or Shoulder) level**



**Chest level**

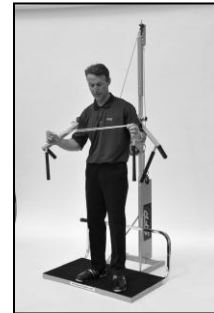


**3. Length of rope:**

**Short Rope**



**Long Rope**



**4. Attaching Resistance cable:**

**Left Side**

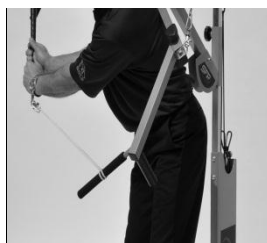


**Right Side**

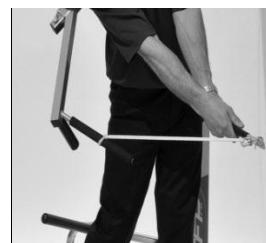


**5. Attaching Golf handles :**

**Left Side**



**Right Side**

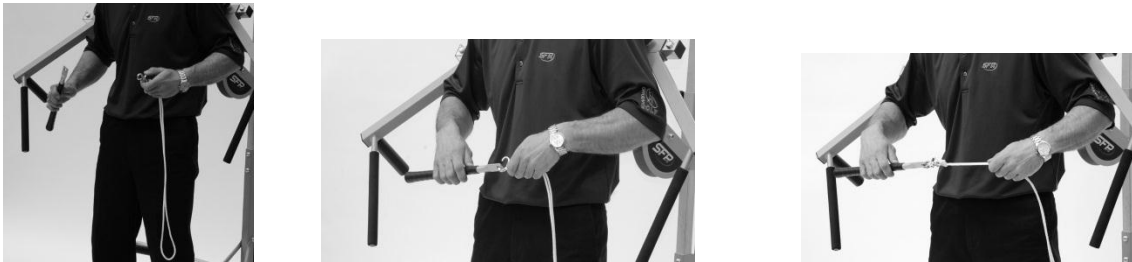


## Attaching and using ropes and golf handles

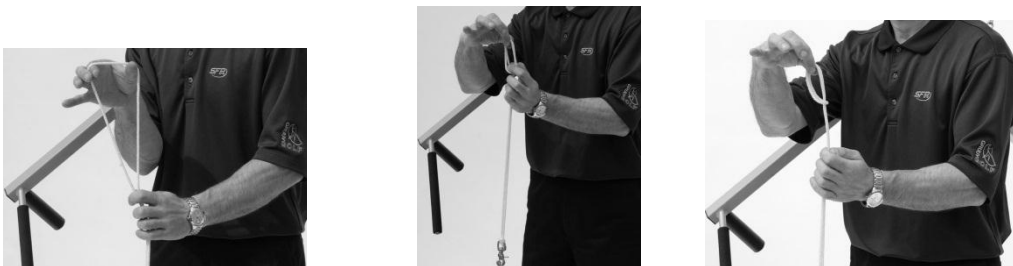
The rope and golf handles are used in the Takeaway, Backswing, Transition (handle only) and Impact exercises and are used in different ways depending on the exercise.

The following instructions and illustrations will assist you in the proper use of the golf handles and ropes. After a few exercises, performing these steps will become second nature and your exercise routine will flow smoothly and efficiently.

1. Attach rope to mobile golf handle using Snap hook.



2. Create a sliding knot: create a loop using index and thumb and pass the rest of the rope through the loop.



3. Secure the rope to the SFP Pro Golf handle using slip knot.



Please visit [gruuvgolf.com](http://gruuvgolf.com) to view videos that provide more in-depth instructions on how to use the golf handles and ropes

## Adjusting Shoulder bar height

Performing a full SFP Pro workout including all of the exercises will require a few height adjustments to the Shoulder bar using the Raising Arm and Middle post Sleeve.

The two basic heights of the Shoulder Bar are the base of the neck (or shoulder) level (for Turn and Turn and Finish exercises) and chest level (for Takeaway, Backswing, Impact and Follow Through exercises).

The shoulder bar is not required for the Transition exercise, but it must be collapsed and therefore requires adjustment. The shoulder bar height for the Putting exercise depends on individual preference.

1. Whenever adjusting the height of the shoulder bar you should always first attach the Resistance cable to the Angle adjuster using the Resistance cable's snap hook.



This will allow height adjustments to be performed safely and smoothly as the resistance cable acts as a counter weight when the Middle post sleeve is moved up or down.



Always hold the shoulder bar with your right hand and make height adjustments with your left hand as shown above.

2. Whenever collapsing the Shoulder bar, always use your right hand to hold the bar and use your left hand to pull on the Raising Arm release pin. The resistance cable should **not** be attached to the Angle adjuster. Once the Shoulder bar has been released from its “operating” position, use both hands to lower it into the “collapsed” position as illustrated below.



Please visit [gruuvolf.com](http://gruuvolf.com) to view videos that provide more in-depth instructions on how to use the golf handles and ropes

## 4. Exercising with the SFPro



**WARNING: Failure to comply with precautions and instructions or failure to heed warnings may result in serious harm, injury or death.**

To minimize risk of harm or injury, consult your physician before starting your golf exercise program on the SFPro.

For your own safety and maximum benefit, review the GruuvGolf exercise videos and other exercise instructions made available to you at [www.gruuvgolf.com](http://www.gruuvgolf.com) before you begin exercising with the SFPro.

### **Before using the SFPro, ensure that:**

1. All nuts, bolts, hooks and connectors and snap links are in place and properly tightened/fastened
2. There are no missing, worn or damaged parts. Do not use the SFPro if any parts are worn, damaged or missing.
3. All Snap hooks and Safety pins close properly.

To minimize risk of harm or injury, consult your physician before starting your golf exercise program on the SFPro.

### **Introduction to the SFPro Exercises**

The patented SFPro is the only system available that is designed to improve every fundamental element of the golf swing while providing a full golf workout focusing on the specific muscle groups and joints that are critical for the execution of a successful golf swing.

The standard SFPro exercises consist of eight (8) basic golf drills. The “Turn and Turn” exercise consists of a full golf swing motion simulation. Six other exercises break down each critical component of the swing (i.e. Takeaway, Backswing, Transition, Impact, Follow-through and Finish). Lastly, the SFPro is so adaptable that you can also perform a “Putting” exercise.

All drills can be performed with adjustable resistance. A total of 30 pounds is available in 5 pound increments provided by three resistance bands, each with their own resistance levels of 5, 10 and 15 pounds respectively. A full exercise routine of all of these drills can be properly performed in fifteen to twenty minutes assuming one set of fifteen to 20 repetitions per drill.

All SFPro exercises should be performed in a controlled, repetitive and slow motion.

Proper execution of the SPro exercises on a regular basis will allow golfers to assume proper posture, retain the appropriate spine angle during the swing rotation and to recognize key body and club positions through each component of the golf swing.

**Very important:  
Exercise instructions are written for right handed golfers**

***Though the SPro is fully functional for both right and left handed golfers, the exercise instructions in this Manual at times refer to the LEFT or the RIGHT side, whether it be the SPro, specific body parts or even general direction or orientation. The information was prepared for RIGHT HANDED players. LEFT HANDED players must interpret this information in reverse fashion (i.e. Right is LEFT and Left is RIGHT).***

## SFPro Turn and Turn exercise



### Benefits of the SFPro Turn and Turn exercise

The Turn and Turn is the GruuvGolf SFPro signature exercise. This exercise helps achieve a full upper body rotation emulating a full, professional golf swing. Performing the Turn and Turn exercise gives golfers a real life sensation of a full motion professional golf swing that helps achieve and perfect:

- pro-like posture
- spine angle retention through the entire swing
- consistent shoulder plane through the entire swing
- effortless and efficient power
- increased flexibility in back, shoulders and hips
- increased strength in core muscles

### Executing the SFPro Turn and Turn exercise

#### Set-up:

- **Angle Adjuster:** white line
- **Shoulder Bar Height:** base of neck (shoulder height)
- **Length of rope:** not applicable – no rope required
- **Attaching resistance cable:** right side
- **Attaching Golf handles:** not applicable – no ropes or handles required

For a more detailed illustration of the set-up options, please see page 16.

## SFPro Turn and Turn exercise (cont'd)

- Begin with shoulders and back resting against the shoulder bar with spine touching the yoke in the center of the shoulder bar.
- With normal stance at address, assume a square posture with knees slightly bent while ensuring heels line up with the rear of the platform.
- While lightly gripping the handles and keeping the elbows down, move slowly through the back swing motion, then start downswing back to address position.
- The follow through and finish motion can be performed continuously after the back swing motion or as a separate exercise.

## GruuvGolf Exercise Tips – Turn and Turn

- Ensure that the first body movement in the downswing is with the left knee moving slightly outwards or towards the target. This sets up a position of stability and begins an effective rotation that begins with the lower part of the body.
- On the downswing, impact and follow through sequence, engage the core muscles to rotate the shoulder bar with the slightest possible arm exertion. This helps remind golfers to rotate through the striking zone with the large muscles allowing the arms to follow rather than lead the swing motion. This will help provide more lag in the club which helps produce effortless power.
- Keep shoulders aligned with the shoulder bar at all times and keep head down (as though looking at the golf ball) through the rotation. This helps remind the golfer to stay down on the ball and not lift away from the ball prematurely (a common mistake seen in many golfers).
- Try to keep left foot flat on the platform at all times through the Turn and Turn exercise. This practice helps promote stability and helps prevent hip sway.
- The right knee should begin moving towards the left leg in the impact zone and continue moving in that direction through the follow through and finish sequence until the right knee is almost touching a firmly planted and fully extended left leg.
- To help achieve the leg and knee positions described above, let the right foot lift freely until the toe is pointing towards the ground and the sole of the shoe is fully visible while extending the hip rotation. This practice promotes and enhances a fuller rotation in the latter part of the swing for increased power and accuracy.
- The posture that is assumed in the Turn and Turn exercise should be maintained consistently in all other SFPro swing exercises (i.e. Takeaway, Backswing, Transition, Impact, Follow-through and Finish).
- Gradually increase the resistance levels as proficiency, strength and flexibility improve.

## SFPro Takeaway exercise



### Benefits of the SFPro Takeaway exercise

The SFPro Takeaway exercise helps golfers achieve the proper position to begin a successful back-swing while working the core and stabilizer muscles.

Regular and proper execution of the Takeaway exercise will help golfers take the club back on the desired swing plane which will help set up an efficient back-swing. This exercise will help golfers avoid the mistake of taking the club back too far inside or outside of the proper plane. This mistake requires manipulative corrections in the remainder of the swing sequence to get the club back to the proper pre-impact position which is difficult to repeat and is less effective. Avoiding this all too common mistake by taking the club back on the proper plane will help golfers drastically improve their ability to set up a successful swing.

The Takeaway exercise will also help golfers start hinging the wrists early in the swing which is essential for achieving lag in the latter stages of the swing.

### Executing the SFPro Takeaway exercise

#### Set-up:

- **Angle Adjuster:** green line
- **Shoulder Bar Height:** chest
- **Length of rope:** short
- **Attaching resistance cable:** left side
- **Attaching Golf handles:** left side

For a more detailed illustration of the set-up options, please see page 16.

## SFPro Takeaway exercise (cont'd)

Attach the short rope to the middle of the left handle of the SFPro and attach the resistance cable to the left side of the SFPro shoulder bar. In normal golf stance and in proper SFPro posture, ensure the right foot is at the upper right corner of the platform.

Holding the golf handle for the rope to be behind left hand and pointing the handle towards the ground (at ball position), take the club handle half way into the back-swing with arms extended until they reach hip height while turning your back towards the target. Keep the rope aligned with the front edge of the platform. Slowly return to address position and repeat.

### GruuvGolf Exercise Tips – Takeaway

- Assume proper SFPro posture – same posture as in the Turn and Turn exercise
- Keep both feet flat during the exercise
- Slightly begin moving left knee towards the right
- Wrist hinge varies based on preference of golfer or instructor – can begin to hinge at beginning, middle or end takeaway
- Place a ball in front of the platform (as it would be at address) to help better visualize the address
- Try practicing different takeaway motions for different clubs. For example, if using the driver, the takeaway would begin just inside the left foot position and end with arms fully extended
- Repetition is key to instinctively recognize the position of the arms, wrists, hips and back at the end of the Takeaway

## SFPro Backswing exercise



### Benefits of the SFPro Backswing exercise

The SFPro Backswing exercise promotes flexibility in the hips, torso and shoulders while also strengthening related muscles including the quadriceps and abductors. Performing this drill will help increase your range of motion and help you reach that key position at the top of the swing more efficiently and with less restriction while promoting stability in the lower body.

### Executing the SFPro Backswing exercise

#### Set-up:

- **Angle Adjuster:** green line
- **Shoulder Bar Height:** chest
- **Length of rope:** long
- **Attaching resistance cable:** left side
- **Attaching Golf handles:** left side

**For a more detailed illustration of the set-up options, please see page 16.**

Standing in the middle of the platform in normal stance and proper golf posture, hold the golf handle for the rope to be behind the left hand. Starting at the end of the Takeaway position (see Takeaway Exercise), take the club handle to the top of the backswing with the left arm extended by turning the shoulders on plane with the shoulder bar and by keeping a consistent spine angle. Focus on keeping the right leg and right foot stable through the upper body rotation to avoid swaying the legs and hips.

## SFPro Backswing exercise (cont'd)

### GruuvGolf Exercise Tips – Backswing

- Begin with same posture and stance as you practiced in the Turn and Turn exercise
- Always stay in posture during the hip rotation and shoulder turn
- Keep left arm extended and wrists hinged
- Focus on turning and not swaying the hips or lower body
- Try to extend rotation until your back is facing the target
- Keep head down throughout the entire exercise as though looking at the ball during a golf swing

## SFPro Transition exercise



The change of direction is a critical part of the swing that determines whether the golfer can return the club to the ball on the proper plane, at the proper angle of approach and on the proper path.

### Benefits of the SFPro Transition exercise

The SFPro Transition exercise will help golfers identify their position at the top of the swing. It will help golfers execute the downswing in the proper sequence of motion and achieve the pre-impact position on the proper plane, path and angle of approach for a successful ball strike while developing the muscle groups that help generate maximum power.

### Executing the SFPro Transition exercise

#### Set-up:

- **Angle Adjuster:** not applicable – angle adjuster not used
- **Shoulder Bar Height:** not applicable – Shoulder bar not used
- **Length of rope:** not applicable – attach golf handle directly to Resistance cable
- **Attaching resistance cable:** not applicable – attach golf handle directly to Resistance cable
- **Attaching Golf handles:** attach mobile golf handle directly to Resistance cable

For a more detailed illustration of the set-up options, please see page 16.

## SFPro Transition exercise (cont'd)

Standing in the middle of the platform in normal stance and proper golf posture, begin the exercise holding the golf handle at the top of the swing. Initiate the downswing motion with the left knee moving away from the right knee towards the target. Follow the sequence by turning the hips until they are parallel to the target line or front edge of the platform. While turning the hips, the right elbow should meet the right hip. At this point in the downswing most of body's weight should still be on the right foot. Continue turning in this sequence with the hips leading the upper body until the golf handle is parallel to the ground and the butt of the handle is pointing to the target. At the end of this exercise, the hands should be in front to the right leg.

Return to the starting position and repeat the exercise.

### GruuvGolf Exercise Tips – Transition

- Begin with same posture and stance as you practiced in the Turn and Turn exercise
- Always stay in posture (same as Turn and Turn Exercise)
- Keep left arm extended and wrists hinged
- Focus on executing a proper sequence of motion (i.e. left knee, hips, shoulders, arms)
- Keep head down throughout the entire exercise as though looking at the ball during a golf swing
- The resistance cable should be aligned with the right elbow in the latter stage of the downswing motion

## SFPro Impact exercise



### Benefits of the SFPro Impact exercise

The SFPro Impact exercise will help golfers better understand the dynamics of moving the club through the ball striking zone and practice this critical part of the swing in a controlled fashion. Performing the SFPro Impact exercise will:

- Increase club head speed.
- Achieve greater consistency in solid ball striking.
- Help to understand the proper sequence of motion through the impact zone.
- Strengthen all muscles and joints that are used in this part of the swing including obliques, wrists and forearms.

### Executing the SFPro Impact exercise

#### Set-up:

- **Angle Adjuster:** green line
- **Shoulder Bar Height:** chest
- **Length of rope:** short
- **Attaching resistance cable:** right side
- **Attaching Golf handles:** right side

**For a more detailed illustration of the set-up options, please see page 16.**

In normal stance and in proper golf posture at the front middle of the platform, begin by holding the handle pointing slightly upwards to the right with the right elbow resting against the right side of the body. Move the handle through the impact area while rotating the hips towards the left until the hands are past the left leg and both arms are fully extended. At the end of the Impact exercise:

## SFPro Impact exercise (cont'd)

- the rope should be parallel to the ground
- 70-80% of the body's weight should be shifted to the left foot
- the head should be behind the ball position
- the hips should have shifted a few inches to the left from the starting position
- the left leg should be fully extended (no more knee flex)
- the right foot should be coming off the ground and be set to promote a continuous hip rotation

Return to the starting position and repeat the exercise.

## GruuvGolf Exercise Tips – Impact

- Begin with same posture and stance as you practiced in the Turn and Turn exercise
- Always stay in posture (same as Turn and Turn Exercise)
- Keep wrists hinged
- Ensure that wrists work together in unison
- Focus on executing a proper sequence of motion (i.e. hips leading the arms through and beyond impact)
- Keep head down throughout the entire exercise as though looking at the ball during a golf swing
- Continue the rotation and extension of the arms until the golf handle points to the target

## SFPro Follow Through exercise



Though most golfers do not focus enough attention on the follow through, virtually all the pros regard this segment of the swing as critical.

Most top players work on their follow through because the movement is a continuation of the ball strike. All golfers will improve by working on this portion of the golf swing which improves core strength and maximizes swing velocity and swing stability.

### Benefits of the SFPro Follow Through exercise

Performing the Follow Through exercise in the SFPro will help strengthen core muscles and improve flexibility in the hips for a greater range of motion. Golfers will improve their understanding of the required positions and swing plane required to maintain stability and to promote a continuum of power and velocity.

### Executing the SFPro Follow Through exercise

#### Set-up:

- **Angle Adjuster:** green line
- **Shoulder Bar Height:** chest
- **Length of rope:** not applicable – no rope required for Follow Through exercise
- **Attaching resistance cable:** right side
- **Attaching Golf handles:** not applicable – no ropes or handles required

For a more detailed illustration of the set-up options, please see page 16.

## SFPro Follow Through exercise (cont'd)

Form a golf grip and rest hands against the bottom of the handle. In a normal stance and proper golf posture with feet angled towards the rear of the platform, push against the resistance while maintaining posture. At the end of the Follow Through exercise, the belt buckle should be lining up towards the target and both arms should be extended slightly past parallel to the ground.

### GruuvGolf Exercise Tips – Follow Through

- Begin with same posture and stance as you practiced in the Turn and Turn exercise
- Always stay in posture (same as Turn and Turn Exercise)
- Keep wrists hinged
- Avoid initiating the movement with the arms; rather, initiate with the hips while keeping the core engaged and push with right leg
- Keep head down throughout the entire exercise as though looking at the ball during a golf swing
- Maintain the shoulders on the same plane as the shoulder bar while doing the rotation
- Try to keep the left foot flat and stable and avoid rolling over the side of the foot

## SFPro Finish exercise



The SFPro Finish exercise is likely the most difficult of all drills in the SFPro. Most golfers are challenged to master this segment of the swing, yet highly accomplished golfers are able to finish their swing in perfect balance, with no apparent effort.

It is critical that every segment of the golf swing be executed in balance in order to achieve the desired result on a consistent basis. Knowing how to execute a proper finish will help maintain balance and stability.

### Benefits of the SFPro Finish exercise

The SFPro Finish exercise will help the golfers maintain balance while providing the core, shoulder and hip muscles and joints a tremendous workout for improved strength and flexibility.

### Executing the SFPro Finish exercise

#### Set-up:

- **Angle Adjuster:** green line
- **Shoulder Bar Height:** base of neck (shoulder height)
- **Length of rope:** not applicable – no rope required for Follow Through exercise
- **Attaching resistance cable:** right side
- **Attaching Golf handles:** not applicable – no ropes or handles required

For a more detailed illustration of the set-up options, please see page 16.

## SFPro Finish exercise

Hold the left handle with a normal golf grip (wrists will automatically be in hinged position). In a normal stance, proper golf posture and with feet angled towards the rear of the platform, push against the resistance while maintaining posture. At the end of the Finish exercise, the belt buckle should be facing the target, the hips and shoulders should be at the very end of the rotational plane.

### GruuvGolf Exercise Tips – Finish

- Begin with same posture and stance as you practiced in the Turn and Turn exercise
- Always stay in posture (same as in Turn and Turn Exercise)
- Avoid initiating the movement with the arms; rather, initiate with the hips while keeping the core engaged and push with right leg
- Try to keep the left foot flat and stable and avoid rolling over the side of the foot
- Left leg should be fully extended (no knee flex)
- Within your limits, try to gently thrust the right hip as far forward as possible
- Lift head only at the end of the exercise (if at all)
- At the end of this exercise, the right foot should be toe down and the sole should be entirely visible from the rear

## SFPro Putting exercise



The putting stroke is arguably the most personal of all golf strokes. Though there are fundamental elements to a successful putting stroke, how to achieve success will vary greatly based on individual style and preference.

While all the other SFPro exercises promote “proper posture” and spine angle retention on the “proper” plane, GruuvGolf encourages users to adjust the height and angle of the SFPro based on their normal putting stance and putter (as some can vary widely in length).

### Benefits of the SFPro Putting exercise

The SFPro Putting exercise will help golfers hone their putting stroke by promoting stability and synchronization while exercising their stabilizer muscles. By locking the shoulders during the rocking motion of the putting stroke, the SFPro promotes unison between the hands, arms and shoulders which translates to directional accuracy on a consistent basis.

### Executing the SFPro Putting exercise

- Adjust the SFPro Putting handles to shoulder width when in normal putting stance.
- Set the height and angle adjusters for the shoulder bar to be at the height and angle of your normal putting stroke.
- Holding a putter with usual putting grip, assume normal putting stance with putter blade over the front edge of the platform.
- Practice various putting strokes using the front edge of the platform as the guide for the desired putting line.

### GruuvGolf Exercise Tips – Putting

- If possible, alternate between sets (8 to 12 repetitions per set) of the SFPro Putting exercise and practice putting with a golf ball.
- When not in the SFPro, try to emulate the feeling of having shoulders locked (as in SFPro) and working in unison with arms and hands through the rocking motion of the stroke.

## 5. Inspection and Maintenance of the SFPro



**WARNING: Failure to comply with precautions and instructions or failure to heed warnings may result in serious harm, injury or death.**

Routine inspection and maintenance of the SFPro is important to ensure maximum safety and performance. The SFPro is made from the highest quality components, but some wear is inevitable. Therefore, you must carefully inspect your SFPro regularly.

### 1. Resistance bands

Resistance bands should last for several years under normal use given the nature of the engineering on the SFPro. While the SFPro is not in use, carefully run your fingers along the bands to feel for thinning or bulging areas. Replace immediately at the first sign of damage or wear. Do not use the SFPro until damaged bands are replaced. Visually inspect the bands for fraying, cracking, peeling or discoloration.

### 2. Carpet

Ensure the carpet remains securely attached to the SFPro platform. If carpet becomes detached, please use two sided carpet tape to re-secure to prevent possible injury. The Carpet should last for several years under normal use conditions. However, if carpet appears worn it should be replaced.

### 3. Nuts/Bolts/Fasteners

Before each use, inspect all nuts and bolts on the SFPro. Tighten if needed. If bolts seem to loosen, re-tighten to ensure that all hardware is properly fastened before using.

### 4. Adjustments / Tightening Knobs

Check all pieces for signs of visible wear or damage. Check springs in Safety pins for proper tension and alignment. If a spring sticks or has lost its rigidity, replace immediately.

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