



Your Driver Speed	
Before	
After	
Total Gain	

## SUPERSPEED C - LEVEL 1

POSITION	REPS & SIDE	SETS
<b>1</b> STANDING SWINGS	3 SWINGS EACH SIDE	2
<b>2</b> NARROW STANCE	3 SWINGS EACH SIDE	2
<b>3</b> STEP CHANGE	3 SWINGS EACH SIDE	2
<b>4</b> MAX EFFORT	3 SWINGS	1

**Make sure you grip the C Club below the red part of the grip**

Record your fastest standing swing on your dominant and non dominant side.

Week	Dominant Swing
WEEK 1 SESSION 1	
WEEK 1 SESSION 2	
WEEK 1 SESSION 3	
WEEK 2 SESSION 1	
WEEK 2 SESSION 2	
WEEK 2 SESSION 3	
WEEK 3 SESSION 1	
WEEK 3 SESSION 2	
WEEK 3 SESSION 3	
WEEK 4 SESSION 1	
WEEK 4 SESSION 2	
WEEK 4 SESSION 3	
WEEK 5 SESSION 1	
WEEK 5 SESSION 2	
WEEK 5 SESSION 3	

Week	Non Dominant Swing
WEEK 1 SESSION 1	
WEEK 1 SESSION 2	
WEEK 1 SESSION 3	
WEEK 2 SESSION 1	
WEEK 2 SESSION 2	
WEEK 2 SESSION 3	
WEEK 3 SESSION 1	
WEEK 3 SESSION 2	
WEEK 3 SESSION 3	
WEEK 4 SESSION 1	
WEEK 4 SESSION 2	
WEEK 4 SESSION 3	
WEEK 5 SESSION 1	
WEEK 5 SESSION 2	
WEEK 5 SESSION 3	