



SUPERSPEED FORCE PEDAL PROTOCOL

PERFORM EACH DRILL IN ORDER FOR THE SPECIFIED NUMBER OF REPS. ONCE YOU FINISH WITH DRILL 7, TAKE A 2 MINUTE BREAK AND THEN REPEAT THE PROTOCOL 2 MORE TIMES.

POSITION	REPS	INSTRUCTIONS
01 CLUB ON CHEST SWINGS	5 REPS	Orange FP under trail heel Yellow FP under lead ball
02 HORIZONTAL SWINGS	5 REPS	Orange FP under trail heel Yellow FP under lead ball
03 HEEL STOMP SWINGS	3 REPS	Mini FP under lead heel
04 HEEL STOMP SHOTS	3 REPS	Mini FP under lead heel
05 FULL SPEED SWINGS	3 REPS	Orange FP under trail heel Yellow FP under lead ball
06 FULL SPEED SHOTS	3 REPS	Orange FP under trail heel Yellow FP under lead ball
07 FULL SPEED SHOTS W/O FP	3 REPS	No FP

TOTAL 25 REPS