

Lock-in Golf Grip lockingolfgrip.com/videos

This golf training aid, featured at the PGA Merchandise Show, is now being used by many PGA golf professionals. It is designed to lock in your leading hand, also referred to as the controlling hand, into the proper position as a PGA/LPGA professional golfer. It can be set to a weak, neutral or a strong grip. Try what works best for you then “Lock it in” and create that muscle memory! Can be attached to any club in your bag and used to practice your chipping, pitching and full swing. Follow the six-step program and obtain your full potential!

-Forces you to grip the club like a professional. How important is it to grip the club correctly you ask? Well, ask any professional golfer and they will tell you it is the most important aspect of the golf swing. Unlike other ball hitting sports like baseball or tennis, the golf grip must be correct in order for the club head to naturally rotate while making contact with the ball

-Teaches you the proper wrist hinge. The wrist should hinge as natural as possible. Therefore, no forcing of wrist rotation should ever be used in a golf swing. Our six-step program explains and walks you through drills that will create muscle memory to allow the wrist to hinge naturally. 'Feel the force don't force the feel'.

-Indirectly forces correct body movements throughout the swing. Incorrect body movements are created from the results of an inconsistent grip and/or wrist hinge. Once you have corrected your grip and wrist hinge, your body will make adjustments in order to square up the face. You will naturally start rotating your hips correctly on the downswing in order to hit it straight.

-Creates clubhead awareness. By attaching the golf club consistently to your hand for every swing, the brain will start to treat the golf club as an extension of your arm. Just think about it, if you attached your arm slightly different to your body every time you needed to pick up something, your brain would get confused. This is similar to gripping the golf club slightly different every time you swing. Did you know that 90% of all the average golfers grip the club slightly different for every swing and they won't even know it. Follow the six-step program and create that consistency.

【TWO SIZES AVAILABLE】

The S/MED and the L/XL. The S/MED is used by players that typically wear a small or a medium glove size, and is designed to fit over any standard grip or smaller. The L/XL is used by players that typically wear a large or an extra-large glove size, and is designed to fit over any standard or oversized grip.

【FOR LEFT AND RIGHT HANDED GOLFERS】

Orientation: For the Right-Handed golfer, the Lock-in Golf Grip will fit over the left hand. And, for the Left-Handed golfer the Lock-in Golf Grip will fit over the right hand.

【PREMIUM QUALITY】

The difference is in the quality you can feel. Made in the USA with American parts and features a utility patented design. Built for endurance and 1 year Manufacturer Warranty Against Defects.

【COMFORTABLE DESIGN】

Mostly made of firm but flexible polyurethane plastic to gently lock your hand in place. A soft padding that will make you more adapted and give you a more comfortable using experience.

【SIGNIFICANT IMPROVEMENT】

By perfecting your grip and wrist hinge, you will take less power to send the ball further to greater distance. Your golf buddies will notice your swing changes on the golf course and will want to know how on earth you improved so fast.

Prepare to practice:

Step 1) Select a club that you want to practice with. It is recommended to start with a nine or eight iron at first. Then using the white writing utensil supplied, mark a line at the top of the grip that references the leading edge of the golf club head. Then, attach the Lock-in Golf Grip to one of the three positions shown below. (Note: More PGA players are going to the strong grip in order to hit the ball farther). And, the stronger the grip, the more you need to open up your hips on the downswing to hit it straight. Try these settings and adjust it needed. Tighten so that it does not slide around. (Note: attaching to your hybrid is done the same way. See below for attaching to your driver).



Strong Setting

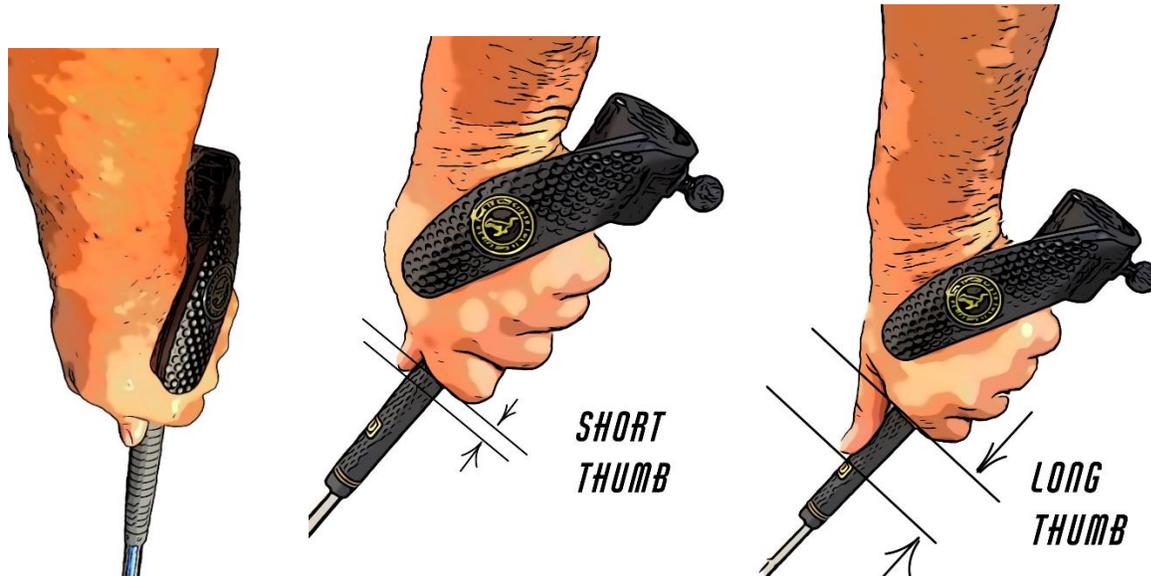


Neutral Setting



Weak Setting

Step 2) Next, place your leading hand on the golf grip so that the back of the hand is firm against the Lock-in Golf Grip. Also, knuckles should be about a 1/2 inch to 1 inch from the edge of the Lock-in Golf Grip. Also, it is recommended to grip with a short thumb to activate the proper muscles in the hands.



Note: Your leading hand will now be position correctly on the grip. The heel pad is now positioned directly on top of the grip and the hand is on the grip at a consistent angle. Also, it does not matter whether you use a 10 finger, overlap or interlock grip. What is important is that your heel pad and hand angle position is consistent on the grip for every swing.

Also keep in mind that most amateurs find the strong position uncomfortable at first. And, remember that the strong setting is the position of the average LPGA or PGA player which means some golfers have a slightly weaker grip. Adjust slightly clockwise or counterclockwise if desired and then “lock it in”.

Step 3). Now, position your other hand so that your palm is facing the target and is covering up your thumb. Watch the video called “The 6 Step Program” (The grip section) for detailed information.



Why does the strong golf grip feel uncomfortable at first?

Many players start playing golf with a very weak controlling hand grip and refuse to change it because it feels uncomfortable. Players who grip the club with a weaker grip will find it nearly impossible to square the club. A strong grip will generally close the club face either at address or during the swing. Understanding the relationship between your grip and your hip action on the downswing is essential for good ball striking. Follow the “Six Step Program” at lockingolfgrip.com/videos for more information.

Step 4). You are now ready to practice the golf swing. Just follow “The 6 Step Program” video and watch your ball striking improve tremendously. lockingolfgrip.com/videos.

Other information you should know:

The driver: Using the white writing utensil supplied, mark a line at the top of the grip that references the leading edge of the golf club head. Then, attach the Lock-in Golf Grip to your driver as shown below. Notice that for drivers, the Lock-in Golf Grip is lined up directly with the leading edge for a strong grip. However, for the irons, the Lock-in Golf Grip is lined up one notch over for a strong grip. The reason for the differences is because of where the ball is played in your stance. For the driver, the ball is played toward the front foot. Irons and hybrids are played toward the center of your stance. (Note: See above for attaching to your iron).



Weak Setting



Neutral Setting



Strong Setting

Proper Set up:

When hitting with an iron (right-handed):

- Place the ball in the center of your stance to promote a downward strike on the ball
- Position your hands off of the inside of your left thigh



When hitting with a driver (right-handed):

- Place the ball towards the front foot to promote an upward strike on the ball.
- Position your hands off of the inside of your left thigh



When using an iron or a club that is hit off of the ground, the ball is lined up closer to the center of your stance (between your feet). This will encourage the club to hit the ball on the downswing.

This slight change in setup is the reason for differences in the positions of the Lock-in Golf Grip.

- A. Driver Weak Setting
- B. Driver Neutral Setting, Iron Weak Setting
- C. Driver Strong Setting. Iron Neutral Setting
- D. Iron Strong Setting.

