



Hand Speed Trainer™

A LONGER STRONGER SINGLE PLANE SWING

Tim Graves Keys to a Great Golf Swing and Training Guide

WHAT GGA IS SAYING...

Every golfer wants more club head speed. The **Hand Speed Trainer** is the number one way for you to **build strength** and **increase club head speed** while making the most of your practice time. The **HST's revolutionary design makes it THE golf training tool that allows you to functionally build speed in your Single Plane Swing with every club in your bag.**

Longer shots are what so many of us are after, if we can hit it longer we can set ourselves up for easier approach shots. I know that I am always after **more birdie opportunities** and **hitting a longer ball** will help with that. The **Hand Speed Trainer** fits securely on your forearm and allows you to train **specific muscles of the swing** without changing your swing mechanics.

Many golfers try to hit the ball harder when they are attempting to hit the ball longer. They use their **larger muscles** to hit the ball and their **hands tighten** up around the club. **Loosen your grip** slightly and focus on making a smooth swing, but a **fast swing**.

The **faster** you move your arms and hands, the **faster** the club will move. The **Hand Speed Trainer** isolates the **exact muscles** you need to **swing fast**. The **faster** the club head moves – all else being equal – the farther the ball will travel. **The key point** here is to not hit the ball harder, but **to swing faster**.

The **Hand Speed Trainer** will change the way you train for A LONGER STRONGER SINGLE PLANE SWING.

Tim Graves

GET STARTED

The **Hand Speed Trainer** has two built-in **performance slots**. Each performance slot can hold 12 ounces, one **black 4 ounce weight** and one **red 8 ounce weight**. **Resistance** can be moved from 4 ounces to 24 ounces in 4 ounce increases. The ability to increase the resistance of each HST insures **consistent** and **safe training environments**. The **HST** slides easily over the hand and **fits securely** onto the forearm providing a **snug** and **comfortable fit**, snug and comfortable fit just below the elbow.



1
Pull Velcro tab and choose desired weight



4
Slide HST onto forearm just below the elbow.



2
Slide weight into pocket



5
Pull elastic strap around forearm, secure with velcro



3
Cover completely with Neoprene



6
Adjust straps and weights as needed



DRILL 1



DRILL 2

DRY SWINGS

Take swings (as prescribed in training) using HST with good technique. Then repeat the swings without the HST. Alternate swings with and without HST to build functional strength.

PVC WITH HST

Move through the PVC Drill positions using the HST. This helps you feel the movement of the swing positions especially the downswing (vertical drop) movement.



DRILL 3



DRILL 4

LEVERAGE BAG WITH HST

Use the HST when hitting the leverage bag. Striking the leverage bag using the HST helps keep the hands leading and develop the impact position and hand speed into the ball.

BAG TO BALL WITH HST

Start by hitting the leverage bag with the HST approximately 3 times then immediately strike a ball. Going back and forth from bag to ball improves functional swing strength.



DRILL 5

CHIPPING DRILL WITH HST

Use the HST while chipping by holding the finish position with hands leading. This drill helps you feel the hands moving down into the ball.



DRILL 6

TOE-UP / TOE-OVER WITH HST

Using the HST, take the club into the backswing (toe-up) and then, striking the ball, swing into the release position (toe-over).



DRILL 7

FULL SWINGS WITH HST

Start with the shorter clubs and start hitting balls using the HST. As you feel more comfortable, work up to hitting the longer clubs as you practice.



DRILL 8 – BONUS DRILL

ONE ARM DRILL

Using the HST on both arms, make swings (not hitting the ball) using only your lead arm. Then do the same with your trail arm only.



WEEK 1

FREQUENCY: 2-3 x

During the first week use the HSTs two to three times.

SWINGS: 20-25

During the first week you should become used to the HSTs taking 20-25 swings per training session.

RESISTANCE: 4oz.

One 4 ounce weight (black) should be placed securely in each HST sleeve during the first week.

WEEK 2

FREQUENCY: 3-4 x

During the second week use the HSTs three to four times.

SWINGS: 40-50

During the second week you should take 40-50 swings using the HSTs during your training.

RESISTANCE: 4oz.

One 4 ounce weight (black) should be placed securely in each HST sleeve during the second week.

WEEK 3

FREQUENCY: 2-3 x

During the third week use the HSTs two to three times.

SWINGS: 20-25

During the third week you should take 20-25 swings using the HSTs during your training.

RESISTANCE: 8oz.

One 4 ounce weight (black) should be placed securely in each HST sleeve pocket (8 ounces total) during the third week.

WEEK 4

FREQUENCY: 3-4 x

During the fourth week use the HSTs three to four times.

SWINGS: 40-50

During the fourth week you should take 40-50 swings using the HSTs during your training.

RESISTANCE: 8oz.

One 4 ounce weight (black) should be placed securely in each HST sleeve pocket (8 ounces total) during the fourth week.



WEEK 5

FREQUENCY: 3-4 x

During the fifth week use the HSTs three to four times.

SWINGS: 20-25

During the fifth week you should take 20-25 swings using the HSTs during your training.

RESISTANCE: 12 oz.

One 4 ounce weight (black) and one 8 ounce weight (red) should be placed securely in each HST sleeve pocket (12 ounces total) during the fifth week.

WEEK 6

FREQUENCY: 4-5 x

During the sixth week use the HSTs four to five times.

SWINGS: 40-50

During the sixth week you should take 40-50 swings using the HSTs during your training.

RESISTANCE: 12 oz.

One 4 ounce weight (black) and one 8 ounce weight (red) should be placed securely in each HST sleeve pocket (12 ounces total) during the sixth week.

WEEK 7

FREQUENCY: 3-4 x

During the seventh week use the HSTs three to four times.

SWINGS: 20-25

During the seventh week you should take 20-25 swings using the HSTs during your training.

RESISTANCE: 16 oz.

One 8 ounce weight (red) should be placed securely in each HST sleeve pocket (16 ounces total) during the seventh week.

WEEK 8

FREQUENCY: 4-5 x

During the eighth week use the HSTs four to five times.

SWINGS: 40-50

During the eighth week you should take 40-50 swings using the HSTs during your training.

RESISTANCE: 16 oz.

One 8 ounce weight (red) should be placed securely in each HST sleeve pocket (16 ounces total) during the eighth week.



Go to MoeNormanGolf.com for
additional training information.

MoeNormanGolf.com

