

# ORANGE WHIP

- Find your ideal swing plane
- Create "Tour Pro" Lag
- Perfect your sequence of motion
- Improve Tempo & Balance
- Enhance Core Fitness & Flexibility

For all your Whip needs, please visit our website at  
[www.OrangeWhipTrainer.com](http://www.OrangeWhipTrainer.com)  
 877-505-9447

- Order Whip Products
- Get Whip Instruction
- Watch Whip Video
- Read Whip Testimonials
- Learn Whip Philosophy
- Become a Whip Affiliate



### Orange Whip Trainer

(Recommended for men & taller women)  
 Length: 47-1/2" --- Weight: 1.75 Lbs

- Simulates Driver Motion
- Recommended Whip for core-fitness and flexibility
- Ideal Whip for balance and tempo enhancement

### Orange Whip Golden

(Recommended for juniors, women, teens and seniors)  
 Length: 44" --- Weight: 1.60 Lbs

- Simulates irons motion
- Low-impact Whip – shorter & lighter than Trainer
- Ideal Whip for most women & seniors

### Orange Whip Hickory

(Recommended for juniors and short-game)  
 Length: 40" --- Weight: 1.30 Lbs

- Simulates wedge motion
- Low-impact Whip – shorter, lighter than Golden
- Ideal for juniors between 4'4" and 5' height

### The Orange Whip & The Rules of Golf

The Orange Whip does not conform with Rule 14-3a of the Rules of Golf. Use of the Orange Whip during a stipulated round, for other than stretching, is not permitted. However, a player is permitted to carry the device in their golf bag.

#### USGA Rule 14-3a

"Except as provided in the Rules, during a stipulated round\* the player must not use any artificial device or unusual equipment, or use any equipment in an unusual manner:  
 a. That might assist him in making a stroke or in his play."

\*The "stipulated round" consists of playing the holes of the course in their correct sequence, unless otherwise authorized by the Committee. The number of holes in a stipulated round is 18 unless a smaller number is authorized by the Committee. As to extension of stipulated round in match play, see Rule 2-3.

# ORANGE WHIP

The Orange Whip is the ultimate golf swing trainer and fitness tool for today's golfer and athlete. It is versatile, dynamic and the most effective swing aid on the market. Consistent use of the Orange Whip will improve your golf swing and provide an essential core-muscle workout. The elegant design combines a counter-weighting system and flexible shaft that work together to promote the natural golf swing motion unique to each individual. The Orange Whip will help you find your ideal swing plane, create "tour pro" lag, achieve perfect sequence of motion, and promote balance that's supported from the ground up. Your strength, flexibility, and swing speed will increase, and your shot-making will become more accurate and consistent.



For more details, visit us today at  
[www.OrangeWhipTrainer.com](http://www.OrangeWhipTrainer.com)

Before using the Orange Whip, perform some light stretching exercises to loosen-up. This will maximize effective use of the Whip and minimize any chance of injury. Please consult your physician if you have questions relating to your health and the use of this product.

## 1. Torso Twist



Stand with feet shoulder-width apart, arms extended at stomach height, with your hands under the Orange Whip.



While maintaining this position with your forearms pointed at your chest, begin slowly rotating back and forth in a smooth, continuous rhythm. Initiate and control the pace of the Torso Twist with your feet. Gradually increase the tempo of your motion while maintaining balance and the starting position.

**Suggested Workout:**  
2-3 Sets Daily (10-12 Reps Per Set)

## The Foundation Drills

Designed to be completed in numerical order.

### 2. Hinging Forearm Rotation



Place hand over the product sticker and grip shaft in your fingers. Extend the Whip from your core, slightly tilted toward the ground. Begin by rotating your torso back and forth, letting the wrist hinge on the back rotation and then releasing the hinge on the forward rotation. Gradually increase pace to replicate tempo of your golf swing. Use your footwork to control the pace and maintain balance.

**Suggested Workout:**  
2-3 sets daily (10-12 reps per set)  
For maximum results, perform this exercise with each hand.

Please refer to the website for video demonstrations and additional instruction

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

877-505-9447

**WARNING:** Improper use of this product in a manner other than described above could lead to injury. Jimmy Hack Golf LLC is not liable for improper use of this product. Periodically check to make sure the product is not damaged and all components are secure. Do not use the Orange Whip if it is damaged in any way. Maintain a safe swing zone with at least ten-feet of empty space on all sides. Do not use the product to cause impact, including but not limited to impact with objects, people or animals of any kind. Avoid excessive twisting or bending of the shaft by hand or outside force. Product is only designed to be utilized in a manner consistent with the drills described. Product may be returned to the manufacturer for replacement in the event of malfunction or damage occurred through normal use.

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OrangeWhip™

### 3. Gradual Full Swing



Assume your normal golf stance facing a visible line parallel to your feet, if possible.



Slowly begin your golf swing, moving your arms, shoulders and the Orange Whip in a pendulum motion, letting your weight shift naturally as you gradually widen the arc of your swing.



Start with quarter-swings, then increase the motion to half-swings, and continue to gradually let the momentum of the Orange Whip build until you reach a full swing. Continue at a pace that allows for perfect balance throughout the motion.

**Suggested Workout:**  
2-3 sets daily (10-12 reps per set)  
For a balanced workout, finish with one set opposite handed.