



SCOTTIE SCHEFFLER
2022 Masters Champion

GOLFFOREVER SWING TRAINER

WHAT IS THE GOLFFOREVER SWING TRAINER?

The GOLFFOREVER Swing Trainer is the first product to combine fitness and golf with expert instruction so you build strength and clubhead speed safely. It's both a weighted warmup club and at-home training tool — all powered by world-class, step-by-step instruction in the GOLFFOREVER program.

At The Course:

Use the weighted warmup club (green ball) optimized to a D3 Swing Weight / 2.5x heavier than your driver to loosen up before you play, and the heavier, overloaded weight option (gray ball) for building speed.

At Home:

Gain strength, flexibility and rotational power — safely — with asymmetrical cord-driven training you can take virtually anywhere.

WHY WE CREATED THE SWING TRAINER

The speed training concept in golf is broken. It can even hurt you, without a body that can handle the game's unnatural, repetitive movements.

That's why we created a product that helps you gain mobility, balance and speed SAFELY. It's the physical manifestation of the GOLFFOREVER program — the first golf training aid that combines asymmetrical bar training with weighted warmup club technology and expert instruction.

It's the first "club" you grab to warm up at the course and your do-it-all tool for at-home training. This is your 15th club in the bag, helping any golfer improve their body and gain distance.

PRODUCT INCLUSIONS



01. Multi-use 44.5-inch training bar
02. Standard quick-interchange weighted ball (green) for warming up; 2.5x heavier than a driver; D3 Swing Weight
03. Heavier quick-interchange weighted ball (gray) for overloaded speed training
04. Two durable Latex training cords (light and medium) with Nylon safety sleeve
05. Two power grade soft, sweat-resistant 15-inch rubber grips with five specialized training zone demarcations
06. Easy-to-attach, three-in-one training bar fitment for weighted balls and training cord
07. Two easy-to-attach polymer carabiners
08. Premium carry bag
09. Universal Nylon door anchor
10. Free 30-Day Subscription to **GOLFFOREVER**
11. **PLUS:** Two quick-interchange, sweat-resistant rubber handles that attach to the Latex Training Cord for the complete **GOLFFOREVER** program starter kit!

WHY THIS PRODUCT IS DIFFERENT

Golf requires a strong, flexible body that won't break down to play your best and avoid injury. Many golf training aids, especially speed training aids, force you into unnatural positions that can do more harm than good – and even hurt you. That's why we've designed the first golf training tool that helps you safely improve three keys to gain distance and consistency: **mobility, balance and speed.**

The **GOLFFOREVER** Swing Trainer is also the first golf training aid to seamlessly integrate with the most sophisticated golf fitness app in existence, utilizing hundreds of customized, doctor-designed videos that teach you how to use your Swing Trainer and build a golf-optimized, pain-free body so you can **play without limits for as long as you want in life.**

KEY MESSAGING & BRAND STATEMENTS

- The GOLFFOREVER Swing Trainer is the first golf training aid that combines asymmetrical bar training with weighted warmup club technology and expert instruction to increase your mobility, balance and speed – **safely**.
**Short version: The GOLFFOREVER Swing Trainer is the first product to combine fitness and golf with expert instruction so you build strength and clubhead speed safely.*
- The GOLFFOREVER Swing Trainer is the first **complete** golf training aid.
- It's both a weighted **warmup club** and at-home **training tool**.
- It has **two weighted balls** you can attach to its interchangeable fitment, which is pin-loaded and easily snaps into place.
- The standard ball (green) creates a D3 Swing Weight, so it has the same dynamic feel as your driver, but about 2.5x heavier. That makes it **the ideal heavy warmup club** to get you loose and warm up safely.
- The heavy ball (gray) creates an overloaded heavy club, **ideal for speed training** or personal preference.
- Gain strength, flexibility and rotational power — **safely** — with cord-driven training you can take virtually anywhere.
- The GOLFFOREVER Swing Trainer is powered by our doctor-designed golf fitness app with hundreds of personalized workouts that teach you how to use your Swing Trainer and build a golf-optimized, pain-free body.

TRUSTED BY CHAMPIONS

“GOLFFOREVER is a tool and approach that is critical to my preparation for the PGA Tour.”

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