

Golf’s #1 Swing Training Products and Programs

Used by PGA, LPGA and Tour Professionals worldwide, the Orange Whip allows you to feel if your swing is in rhythm and balanced. It provides the perfect warm-up before you play or practice and is perfect for off-season training. Swing the Orange Whip for just five minutes per day and it will increase your flexibility and strengthen your golf muscles and develop the fundamentals of your golf swing. The patented counterweight, flexible shaft system provides instant feedback that you can feel. Swing better and have more fun on the golf course. You Gotta Feel It!



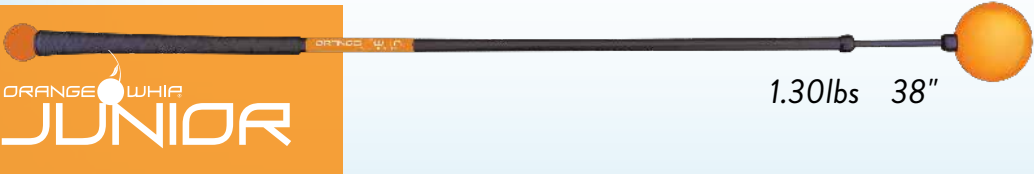
- Designed for men and taller women
- Simulates driver motion
- Recommended to maximize core fitness and flexibility



- Designed for men, women, seniors and teens
- Simulates iron motion for men and taller women
- Simulates driver motion for women and teens
- Provides core fitness and flexibility



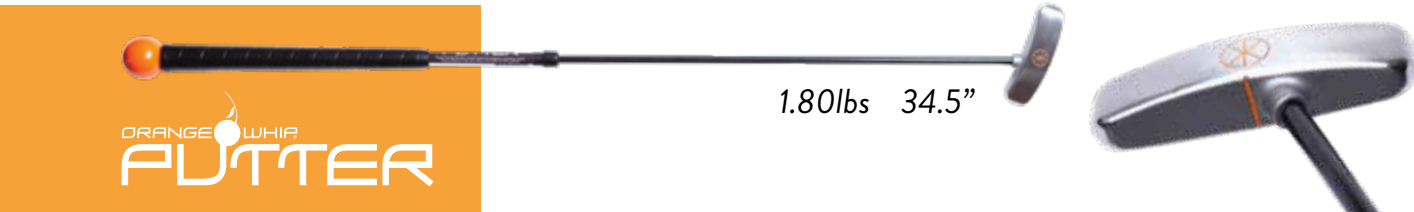
- A great complement to the Trainer & Mid-Size swing trainers
- Convenient length for indoor use and travel
- Simulates short iron motion
- Versatile design for Men, Women, Seniors and Teens



- Designed for Junior golfers
- Simulates driver motion for kids



- Increases swing speed and club head speed in minutes
- Develops speed while maintaining rhythm, tempo and balance
- Improves swing path while increasing speed
- Pairs with Orange Whip Golf & Fitness streamable, online body and ball flight programs



- Orange Whip counterweighted flexible shaft system
- Dual-side spherical face promotes center contact
- Blade design accommodates right and left handed golfers



- Available in right-handed and left-handed models
- Orange Whip counterweighted flexible shaft system
- Stan Utley inspired 56° wedge head
- Promotes short game rhythm and feel



The Orange Peel provides the perfect foundation for all of your swing training needs. Use with any of the Orange Whips or with your own golf clubs to achieve a synchronized, rhythmic, and balanced golf swing.

The Peel has a concave surface so your stance naturally finds its center and balances your core while simultaneously providing the flexibility to replicate a variety of golf course lie angles.



- Designed for our Golf & Fitness workouts, speed training, and practice drill programs
- Connection points and resistance bands provide resistance and assistance training
- Develop and strengthen the 5 Foundational Swing Skills [ Posture, Rotation, Segmentation, Weight Shift & Balance, Swing Plane Bracket
- Includes: Orange Peel, LightSpeed Trainer, resistance bands, Power Foot Straps, handles, belt, and yoga mat



- Designed for our Golf & Fitness workouts, speed training, and practice drill programs
- Power Foot Straps and resistance bands provide resistance and assistance training to help your body move correctly
- Perfect for hitting balls on the range or working out in the gym
- Includes: LightSpeed Trainer, Power Foot Straps, resistance bands, handles, belt, and yoga mat

WARNING: Improve use of these products other than described above could lead to injury. Jimmy Hack Golf, LLC is not liable for improper use of this products. Periodically check the make sure the products are not damaged and all components are secure. DO NOT USE Orange Whip Golf Products if they are damaged in any way. Maintain a safe swing zone with at least 10 feet of empty space on all sides. DO NOT USE these products to causes impact, including but not limited to impacting objects, people, or animals of any kind. Avoid excessive twisting or bending of the shaft by hand or outside force. Products are only designed to be utilized in the manner consistent with the drills described. Products may be returned to the manufacturer for replacement in the event of malfunction or damage occurred through normal use. DO NOT HIT FULL SHOTS WITH THE ORANGE WHIP WEDGE. DO NOT HIT WEDGE SHOTS OVER 25 YARDS.

TESTIMONIALS

“The Orange Whip is the best device I have ever seen to develop a correct feel for sequencing the hips and core to whip the arms and club properly.

**Jim Hardy, PGA**  
2007 PGA National Teacher of the Year

“I do not give a Putting Lesson without incorporating some work with the Orange Whip Putter.

**Michael Kernicki, PGA**  
General Manager/Director of Golf  
True North Golf Club

“If you know anyone who could benefit from improved rhythm, tempo, balance and rotation, put an Orange Peel on your range.

**Ryan Kennedy, PGA**  
The Kennedy Academy  
Rustic Canyon Golf Club

“I believe every golfer should possess the skills to play each unique short game shot with confidence and success. I am certain by training properly with the ORANGE WHIP WEDGE and the ORANGE WHIP PUTTER, golfers will improve their short game skills and lower their scores.

*Stan Utley*  
**Stan Utley**  
Short Game Expert



“Swinging the Orange Whip allows any golfer to feel the swing motion on a tilted arc.

**Carol Preisinger, LPGA**  
Director of Instruction  
Kiawah Island Club

“If you want golf results now to improve your sense of balance, footwork and overall confidence in your golf swing, the Orange Peel & Orange Whip are my go-to golf training aids. They are for all ages and skill levels! I love all these products, why are you waiting?

**Kathy G-Jensen, PGA**  
2014 PGA National Teacher of the Year



ORANGE WHIP  
GOLF & FITNESS

GET FIT.  
SWING  
BETTER.



ORANGE WHIP  
GOLF & FITNESS

GOLF  
& FITNESS  
PRODUCTS

MADE  
IN THE  
USA



# ORANGE WHIP TRAINER DRILLS

## Torso Twist

**Purpose:** Syncs upper and lower body through proper foot work. Stand fairly erect with your feet shoulder width apart, arms extended at stomach height, holding the center of the Orange Whip with palms facing the sky. While keeping the Orange Whip and shoulders parallel to the ground begin slowly rotating back and forth in a continuous motion. Be sure to engage your feet while maintaining balance.



## Hinging Forearm Rotation

**Purpose:** Trains the body to properly release the golf club. With one hand hold the Orange Whip at the bottom of the grip. Swing the Orange Whip in a back and forth motion, allowing your wrist to hinge and unhinge. Use your footwork to control the pace and maintain balance. Repeat using opposite hand.

## Full Swing

**Purpose:** Promotes an athletic swing that focuses on rhythm and balance. While maintaining your balance, start slowly with back and forth pendulum ¼ swings, increase to ½ swings, gradually letting the momentum build to full swings. The objective is to make multiple swings without losing your balance. If your balance is lost, stop and start over. Finish with 3-5 individual golf swings from your natural & athletic setup to reaffirm a balanced takeaway, smooth transition and a full finish.



# LIGHTSPEED TRAINER DRILLS

## Wind Up Drill

**Purpose:** Learn to coil in the backswing and use ground forces through impact and finish. Assume set up foundation and while making a full backswing use your lead leg to wind up like a pitcher and drive against the ground causing your lead knee to come across the body. Plant your lead foot during the downswing and extend hips to bring the LightSpeed through impact and finish as fast as possible.



## Rev Up Drill

**Purpose:** Improve hip speed and sequence to increase swing speed with control. Assume set up foundation and turn your shoulders and chest toward the target while in side-bend and hold the LightSpeed directly in front of you. Start the LightSpeed back to start your swing. Allow your hips to start forward during the downswing to create good weight shift as you swing faster.



## 3-Swish Drill

**Purpose:** Improves your swing skills to improve your swing speed. Assume set up foundation and complete a full backswing and forward swing with speed. Immediately coil into another full backswing and full forward swing. You will hear a swish at the bottom of your forward swing, your second backswing and your last forward swing.



# ORANGE WHIP DISTANCE DUO

Bundle and save with our interactive swing training program and the distance duo.

# ORANGE WHIP TRAINER

## Develop Rhythm & Balance

- Designed to develop better rhythm, balance, strength, flexibility and swing plane
- Orange Whip Counterweighted, flexible shaft system
- Voted the #1 Swing Trainer by golf professionals

# ORANGE WHIP LIGHTSPEED

## Gain Distance & Speed

- Increase swing speed by up to 20% instantly
- Flexible shaft helps you maintain control while increasing swing speed
- Lighter weight trains swing sequence and proper swing plane

# ORANGE WHIP POWER PEEL

# TOTAL GOLF & BODY SWING GYM

Powered by **Golf Fitness X** Golf Swing Technology

## Train your golf swing and body at the same time

The Power Peel and Power Straps use a resistance and assistance band connection system to train your golf swing and body at the same time. Our methodology is proven to make you better twice as fast. Bands are available in 3 strengths to fit your strength and coordination level.



## Power Peel includes:

- Balance & Rotation Platform
- LightSpeed Trainer
- Foot Straps
- Fitness Belt
- Handles (2)



## Swing Fixes

With a few simple connections you can fix your bad habits and increase swing speed, power, and consistency.

### Over-The-Top Slice

Resisted Swings: Bands shallow out the LightSpeed and the upper body. The arms and hips gain flexibility and strength.



### Early Extension

Back Rack Ground Sweepers: Train the proper hip and shoulder planes, and strengthen your core, hips, and legs.



## Golf Fitness

Band resistance and assistance training improves golf-specific fitness as you train your golf swing

### Increase Strength & Power

Hip Rotations: Creates separation between the upper and lower body to increase swing speed and improve sequence



### Improve Balance & Flexibility

Single-Leg Resisted Swings In Chop: Develop a more efficient upper body turn to improve your balance and reduce body sway



# ORANGE WHIP POWER & SPEED KIT

# TAKE YOUR SWING TRAINING TO THE COURSE

## Portable practice!

Included in the Power Peel Package, or sold individually, the Power Strap & Speed Kit lets you take your body and swing training anywhere with ease.



### Take anywhere



Fits easily into your golf bag, gym bag, or travel bag to help make your swing training easier than ever.

### Feel the proper swing



Wearable while hitting balls, the Power Straps and Resistance Bands will resist against your bad habits and assist you in making the proper golf swing movements.

# HIGHER LEARNING

## Orange Whip 4D Swing & Body Module

# 4DMOTION

Assess, Correct, and Track your swing and body improvements like never before.

Using 3D Motion Capture Technology, the body and swing module's sensor analyze over 30 points of performance in just 6 swings. The App then provides drills using your Orange Whip equipment to correct any body and swing flaws instantly. Just put on the sensor, make a few swings, perform the prescribed drills and retest to make instant, measurable changes in your body and golf swing.

# SHORT GAME PRACTICE

## Train your hands

Begin by allowing the wedge or putter head to swing freely from your wrists, elbows, shoulders and body. The Orange Whip will help you find your sequence, rhythm and balance.



Correct Correct Incorrect

## Impact training

Good rhythm and sequence leads to solid contact. Allowing the Orange Whip Wedge or Putter to load and unload at the correct time will help you make solid contact.

## Distance training

Solid contact gives you the ability to control your distance. You will now be able to chip or putt your ball to a spot and predict the runoff to leave your ball close to the hole.



# ORANGE PEEL SETUP

## Golf Course Lies

**Purpose:** Develops rhythm and balance from any lie angle. Take a stance anywhere within the Orange Peel. From your chosen stance, practice your normal swing to build rhythm and balance allowing you to be more consistent on the golf course when faced with a variety of lie angles.



Swing Inside The Sphere



Swing Inside The Sphere

## Standard Position

**Purpose:** Naturally positions you into a balanced athletic golf stance. Take your normal golf stance in the center of the Orange Peel with the white line bisecting your feet. Perform all of the above Orange Whip drills from this position.



## Pitching/Chipping

**Purpose:** Positions you into a proper short game setup.

Take stance as illustrated, positioning the weight on the front foot. Practice your normal short game swing. The result is a proper angle of descent, creating distance control and greater overall accuracy.

For Instructional Videos, Visit [OrangeWhipGolf.com](https://www.OrangeWhipGolf.com)

# GROVE

# ALL ACCESS AT-HOME SWING TRAINING

## DAILY PRESCRIBED SWOD

Easily access the Swing Workout Of The Day prescribed daily by our GFX Certified Coaches. The daily programs are designed to improve your golf swing and golf body while using the Power Peel and Strap resistance band system. The SWOD trains your 5-Foundational Swing Skills [ Posture, Rotation, Segmentation, Weight Shift & Balance, Swing Plane ]

## WHIP SWOD

Our daily program designed specifically for the Original Orange Whip Trainer. Transform your swing and train your rhythm, balance, timing, and tempo in just a few minutes a day.

## SPEED SWOD

Gain swing speed and consistency like never before. Increase your swing speed by up to 20% instantly with the LightSpeed Trainer program.

## FULL PRODUCT OVERVIEW AND DRILLS

Access the "How To Use" tutorials as well as the features and benefits of all the Orange Whip Golf & Fitness Products. Maximize your equipment and fix your swing flaws with our complete list of Quick Drills.

## ON DEMAND PROGRAM ARCHIVE

Play your favorite programs or movements anytime, anywhere. Sort the daily programs by product, difficulty, duration, swing class, swing fix or swing skill.

## GFX COACH CONSULTATION

A GFX Coach is there to guide you every step of the way. We are committed to help you achieve your golf swing and golf body goals.

GOLF & FITNESS SWING MEMBERSHIP STARTING AT \$9.99/MONTH  
Receive a 14-Day Free Trial. Cancel at anytime.



# 14-DAY FREE TRIAL CANCEL ANYTIME