

Flat Left Wrist Club

- Trains a Correct Flat Left Wrist
- Trains Flat Left Wrist from at least impact through follow through
- Trains Grip (hands) in front of the ball at impact
- Trains a Correct Weight Forward Swing
- Teaches Contacting Ball, prior to contacting the ground
- Teaches Divot in front of the ball
- Teaches Striking Down on the Ball
- Encourages a Steady Head



Immediately Impact Your Game with the PureStrike Flat Left Wrist Club!

It is crucial that you maintain a Flat Left Wrist from “at least impact” – through follow through – to the point where both arms are extended (the point where the club is at a 45 degree angle to the ground on follow through).

When you see the “Orange Marking” – at the point of impact – on the PureStrike Flat Left Wrist Training Club, you know that you have achieved both Weight Forward Swing and a Flat Left Wrist.

- This encourages a Steady Head and allows you to Contact the Ball Prior to Contacting the Ground.
- This trains your Hands/Grip to Stay In Front of the Ball at Impact.
- Teaches Striking Down on the Ball.
- Teaches Proper Divot – In Front of the Ball – and not behind the ball.

Summary information:

A Flat Left Wrist is a left wrist (right-handed golfer) that is flat (in line with the forearm), from at least impact through follow through (to the point where the club is at a 45 degree angle to the ground). To achieve a Weight Forward Swing you must smoothly move your lower body weight onto your forward foot beginning at start-down and continuing until follow-through (all while maintaining a Steady Head). At “Address” about 50% of your weight is distributed on each foot; at “Impact” between 70 and 85% of your lower body weight is moved to your front foot; at “The Finish” 90 to 95% of your weight should be on your front foot.